



**Emerging Artists' Program &  
Community Connect 2017/2018**

# **Stress Management for Artists**

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# Artists' Health Alliance

## Keeping Artists Creating Art

Health is an intrinsic part of artistic practice—it is in an artist's posture, in their state of mind, in their work-life balance. At the Artists' Health Alliance, we believe that each creator gets to discover and define what health means for themselves as an artist and as a whole person.

The Artists' Health Alliance provides leadership in health advocacy, promotion, and education for artists of all disciplines and at all stages. Through active networking and research, we are a catalyst for advancing the health and wellbeing of our artistic community. Our educational programs encourage artists of all disciplines and at all stages to be deliberate about their wellbeing and to integrate healthy practices into their daily lives.

Our educational efforts are grouped under the **Christine Ardagh Education and Outreach Program**, which includes Emerging Artists' Program, Community Connect, Artists' Toolbox and Research for Practice Talk Series. Through these, we offer workshops, talks, resources and community presentations to support the health and wellbeing of professional artists of all disciplines, students in post-secondary professional training programs, and those who train and treat them.

The workshops described here are available through Emerging Artists' Program & Community Connect.





## Emerging Artists' Program

**Emerging Artists' Program** Through the Emerging Artists' Program, the Alliance engages post-secondary students in professional arts training programs to be proactive about their health. We offer workshops to classrooms, departments and faculties at tertiary educational institutions.

Providing these tools and resources at an early stage is critical to the long-term health and wellbeing of artists. By enabling healthy and sustainable arts careers, we ensure the future of arts in Canada and the vibrancy of the societies we live in.

We have delivered workshops to students at Humber College Theatre Arts, Randolph Academy for Performing Arts, School of Toronto Dance Theatre, Toronto School of Art, University of Toronto Faculty of Music and York University Dance, among other institutions.

*"This workshop really opened my eyes to the different ways stress can affect me. I learned so many ways to help myself."*

*"This was a great workshop that made me reconsider actually trying to manage my stress levels."*

– Students, Ryerson University Performance Production, *Shiatsu Therapy* workshop participants

## Community Connect

**Community Connect** Our community outreach activities include tabling at events, information-sharing with other art service organizations and delivering private workshops on request.

Previous partners include the Alliance of Canadian Cinema, Television and Radio Artists (ACTRA), Arts Lab Toronto, Dancer Transition Resource Centre, Ontario College of Art and Design University (OCADU) Health and Wellness Centre, Summer Institute of Church Music, Soundstreams and Toronto Fringe Festival Theatre Entrepreneurs' Network & Training (TENT), among other organizations.

*"Artists' Health Alliance was instrumental in our ability to deliver a workshop about 'Self Care' for undeserved youth artists. Their staff and workshop facilitator were wonderful to work with, and the workshop itself was informative, accessible— truly interesting and meaningful for the young artists who participated.*

*Thank you, Artists' Health Alliance!"*

- Rebecca Harrison, Project Coordinator, Arts Lab



# Spotlight on Stress

## Workshop Offerings

Our 2017/18 workshops focus on our most in-demand topic: stress management. We approach stress as a mental and physical health issue, as well as an expected, and even necessary, part of life. These health education workshops empower artists of all levels – from emerging to established – with the knowledge and tools necessary to practice and study their art while having a healthy relationship with stress.

All workshops offer:

- Content tailored to artists and art students
- Holistic approaches to stress
- Practical tools participants can use immediately
- Expert facilitators from The AI & Malka Green Artists' Health Centre
- Comprehensive handouts with artist-relevant resources
- Feedback Questionnaire
- Q&A period
- Standard workshop is 2 hours

Workshops address stress through the following topics:

**Antidotes to Overwhelm**  
**Complementary Care**  
**Medicine Wheel Teachings**  
**Mind-Body Medicine**  
**Naturopathic Medicine**  
**Nutrition**  
**Physical Conditioning**  
**Self-Care**

*Have something else in mind? Send us the Workshop Request Form to tell us what you're looking for.*

## Cost

Standard workshop fee is \$375; additional charges may apply to some workshops. The Alliance is able to subsidize only a limited number of workshops, so book early!

## Request a Workshop

Fill in a Workshop Request Form found at the end of this package. Send it to [admin@artistshealth.com](mailto:admin@artistshealth.com) **at least 6 weeks before your requested date.** You should hear back within 5 business days.

**We begin taking requests in August 2017. We recommend you book early in the year to ensure financial support and facilitator availability.**



## Antidotes to Overwhelm

Dr. Anita Shack, B.F.A., D.C., F.A.T.A.

Chiropractor, Craniosacral Therapist, Acupuncture

Feeling overwhelmed is a particular aspect of stress. In this workshop, gain perspectives, tools and techniques to help overcome this specific stress experience.

- Understand the phenomenon of feeling overwhelmed and how to artfully master it
- Learn easy-to-implement tools and strategies to manage time, tasks, tension and thought patterns
- Focus on regaining balance, clarity, and energy

### This workshop requires:

- A/V equipment for slide presentation
- Flipchart or whiteboard with markers
- Preferably, participants have room for movement. Lecture-style is also acceptable.
- Participants need to have paper and pens or pencils; comfortable clothing is preferred

**Dr. Anita Shack** is a chiropractor who uses an integrated approach in her work at The AI & Malka Green Artists' Health Centre. She combines chiropractic, craniosacral therapy, and acupuncture, customizing care to the individual artist's needs and goals. She has been teaching workshops and working with artists for over thirty years.



## Complementary Care

Leisa Bellmore, Shiatsu Therapist

Explore a range of self-care strategies such as Shiatsu Therapy, a Japanese massage involving pressure points, acupressure, mindfulness and more. Come away from this workshop with a variety of tools in your back pocket that will help you live well with stress.

- Learn to perform self-Shiatsu techniques to alleviate stress
- Discover a range of self-care strategies to manage stress including stretches, acupressure, breathing exercises and mindfulness exercises
- How to integrate simple self-care strategies into daily life to keep stress under control

**You may choose to focus on *Sleep Aid*:**

- How sleep supports a healthy life, allowing us to function well physically and mentally
- Good sleep habits and self-care strategies to overcome sleep problems
- Additional self-care strategies such as Progressive Muscle Relaxation and nutrition to aid sleep

**You may choose to focus on *Fighting Fatigue***

- Self-Shiatsu techniques targeted to relieve mental and physical fatigue
- How to integrate simple self-care strategies into daily life to boost energy and feel mentally and physically refreshed
- Additional self-care strategies such as Qi Gong

**You may choose to** include mini Shiatsu Massage sessions. For groups of 6-20 participants, Leisa can provide 5-10-minute mini shiatsu sessions before or after the workshop.

**This workshop requires:**

- A/V equipment for slide presentation
- Whiteboard for groups of up to 25 people, preferred
- Mini Shiatsu sessions require chair of adjustable height and table
- Additional cost of mini Shiatsu session is approximately \$100/hour. Exact charge is based on number of participants and length of massage. This cost is not subsidized.

**Leisa Bellmore** is a Shiatsu Therapist, speaker and researcher who has been practicing since 2001. She has presented and published nationally and internationally. Leisa is currently pursuing an MSc in Complementary Medicine Research. She is passionate about self-care and health management.



## Medicine Wheel Teachings

**Dr. Anita Shack, B.F.A., D.C., F.A.T.A.**

**Chiropractor, Craniosacral Therapist, Acupuncture**

Rooted in Indigenous teachings, the Medicine Wheel illuminates the importance of and connection between physical, emotional, mental and spiritual health. It offers the wisdoms needed to choreograph your energy, live a balanced life and transform stress.

- Understand the powers of the four directions as a key to finding balance, wellbeing and health
- Water/Earth/Air/Fire exercise to align with the elements
- Use the Medicine Wheel to create a personal plan to make changes that can increase your energy and manage your stress

### **This workshop requires:**

- A/V equipment for slide presentation
- Flipchart or whiteboard with markers
- Participants need to bring pen or pencil as well as colour pencils or markers
- Preferably, participants can sit on the floor in groups. Lecture-style is also acceptable
- A nominal fee of \$10 - \$50 may be charged to cover cost of materials. Exact amount depends on number of participants.

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## Mind-Body Medicine

Dr. Chase McMurren, BA, BEd, MD, CCFP

Mind-Body Medicine focuses on the reality that our whole self includes body, mind and spirit. Healing becomes easier when we find ways to integrate our whole self. This workshop provides hands-on techniques that are easy to integrate into everyday life.

- Identify and evaluate unhelpful thinking patterns to create healthier practices for self-care, drawing on concepts from cognitive therapy and self-compassion mindfulness
- Practice and apply mind-body techniques for reducing mental and physical strain, such as visualization and acupressure
- Create and prioritize a toolkit of self-healing resources for managing the realities of being an artist

**You may choose to** include several restorative yoga-based shapes that can reduce mind-body strain and enhance balance

### **This workshop requires:**

- A/V equipment for slide presentation
- Internet access
- To include physical/yoga-integrated learning, the space will need to allow for participants to lie on the floor, ideally on yoga mats, in comfortable clothing that allows for simple, unencumbered movement

**Dr. Chase McMurren** is a psychotherapist and the Medical Director at The Al & Malka Green Artists' Health Centre, a home-visiting physician for frail older adults who are homebound, a coroner for the Province of Ontario, and a faculty member in the Department of Family and Community Medicine at the University of Toronto. Dr. McMurren believes that a person-centred, integrative approach to psychotherapy is central in helping artists identify and modify patterns that seem to get in the way of living and practicing well.





## Naturopathic Medicine

Jean-Jacques Dugoua, HBSc ,ND, PhD.

Naturopathic medicine is a primary healthcare profession that focuses on prevention and uses natural methods. It is the art and science of disease diagnosis, treatment and prevention using natural therapies and gentle techniques.

**Details coming soon!**

**Dr. Jean-Jacques Dugoua**, or Dr. JJ as he is affectionately known, is a naturopathic doctor (ND), clinical pharmacologist and researcher. He is the first ND to practice at the Toronto Western Hospital as well as at The Al & Malka Green Artists' Health Centre, where he practices naturopathic medicine, clinical nutrition, homeopathy, acupuncture and herbal medicine. Dr. JJ has given a number of workshops throughout Ontario specifically focused on artists and their health care, and has given presentations internationally, including the World Health Organization in Washington DC. He is the Chief Medical Officer of the Liberty Clinic in downtown Toronto. He does research with the Motherisk Program at Sick Kids Hospital. He is also an Associate Professor at the University of Toronto Leslie Dan Faculty of Pharmacy.

Dr. JJ completed his PhD in Pharmacy Sciences at the University of Toronto. He has co-authored 2 books on pregnancy safety and one book on diabetes. Dr. JJ has many peer-reviewed scientific publications published or in press. He is a world expert on natural health products pharmacology and pregnancy safety. Local and nationwide print and television media frequently consult him to provide expert commentary.



## Nutrition

Nishta Saxena, MSc., Registered Dietitian

What we eat, our eating patterns and our mindset about food are all fundamental to health. This workshop considers the time and financial restrictions artists commonly face to offer stress-reducing, health-boosting knowledge.

- Nourish yourself in a way that reduces stress and anxiety
- Learn about stress-reducing and anxiety-producing foods and patterns
- Identify when eating patterns are problematic
- Easy ways to plan and prepare meals
- Logical ways to eat on a budget

**You may choose to** focus on *Nourishing the Dancer*:

- Which nutrients dancers need for performance
- How to stay strong and well-nourished on a budget
- Pitfalls of nutrition in dance, including body image and disordered patterns, and how to recognize, avoid and deal with them
- What are practical meal and snack ideas to keep you nourished on the go as a busy working dancer

**You may choose to** add a Food Demonstration. Participants see how to prepare a simple and nutritious two-food group snack or a three-food group meal.

**This workshop requires:**

- A/V equipment for slide presentation
- Internet access
- Food demonstration requires a cutting board, knife, plates or cups for sampling food, forks, napkins or paper towel, surface cleaner, small hand sanitizer, chairs and table. Artists' Health Alliance may be able to supply some of these materials.
- Additional charge of \$25 - \$50 for food demonstration. Exact amount depends number of participants. This cost is not subsidized.

**Nishta Saxena** has been working as a registered dietitian in the public and private sectors since 2005. Her expertise includes pediatric nutrition, along with chronic disease prevention and management. As a former dancer, she is acutely aware of the power nutrition can have on the body and performance.



## Physical Conditioning

Vicki Hawkins, BScPT, BA

Registered Physiotherapist, Level 2 GYROTONIC® Trainer, Level 1 GYROKINESIS® Trainer

Discover how body movement is crucial to managing stress and how to establish a safe and successful physical conditioning routine. Learn GYROKINESIS® exercise from a certified trainer.

- Understand the importance and components of proper warmup for performing and nonperforming artists
- Discover the connection between physical movement and stress management
- Learn how to establish a physical conditioning routine that is safe and successful
- Participate in a demonstration of GYROKINESIS® exercise which can be used for warmup and/or physical conditioning

### This workshop requires:

- Chair and a small table for the facilitator
- Participants must be seated in chairs. Preferably, the chairs can be moved in the space
- For groups of 40 or more participants, a microphone (wireless preferred) for the facilitator

**Vicki Hawkins** completed her Physiotherapy degree at University of Toronto. She is a member of the International Association of Dance Medicine & Science and the Performing Arts Medicine Association. Vicki has worked with members of Dance, Music and Theatre departments at York University, Ryerson University, University of Toronto, the National Ballet School and Toronto Dance Theatre as well as with OCAD University, COBA, Ballet Creole, and Esmerelda Enrique Dance Theatre.

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## Self-Care

Susannah McGeachy, MN, NP-PHC

This workshop highlights ways to integrate self-care techniques into daily routine, allowing artists to manage stress, prevent injury and work towards a sustainable and fulfilling arts practice.

Please note: this workshop may only be offered until December 2017. As of January 2018, please contact us directly to see if it is still available.

- Participate in facilitated discussion on shared self-care challenges and triumphs
- Practical tips on fundamentals such as diet, exercise, and rest for your work life
- Practice brief techniques for preventing injury, relieving stress and renewing energy

### **This workshop requires:**

- A/V equipment for slide presentation
- Internet access
- Whiteboard
- Preferably, the room is arranged to facilitate group discussion (e.g. in horseshoe shape).  
Lecture-style is also acceptable.

**Susannah McGeachy** is a primary health care Nurse Practitioner who trained at the University of Toronto and Ryerson University. She also holds a Bachelor of Arts in Theatre Arts from Case Western Reserve University in Cleveland, Ohio. Susannah was delighted to return to the Artists' Health Centre in July, 2016, having completed a locum there in 2014.



# Workshop Request Form

Please fill out the form below with as much detail as possible and send it to [admin@artistshealth.com](mailto:admin@artistshealth.com) at **least 6 weeks before your requested date**. You should hear back within 5 business days.

**We begin taking requests in August 2017. We recommend you book early in the year to ensure financial support and facilitator availability.**

## Organization/School Information

Organization Name:

Organization Address:

Briefly describe your organization or program:

## Contact Information

Name and Position at Organization:

Email Address:

Phone Number:

## Workshop Information

Reason for workshop request:

Choose the workshop(s) you are interested in and indicate if you would like to include any of the optional features or focus-topics:

- Antidotes to Overwhelm
- Complementary Care |  Focus on *Sleep Aid* |  Focus on *Fighting Fatigue*  
Include mini Shiatsu Sessions: 10 minutes 5 minutes
- Medicine Wheel Teachings
- Mind-Body Medicine |  Include physical/yoga-integrated learning
- Naturopathic Medicine
- Nutrition |  Focus on *Nourishing the Dancer* |  Include a Food Demonstration
- Physical Conditioning
- Self-Care
- Other | Please Specify:

Is there anything specific you would like covered or offered in the workshop that is not already included (ex. activities, takeaways, content)?:

Available Dates & Times (please list all possible dates/times, noting any preferences):



## Participant Information

Who are the expected participants (age, artistic discipline)?:

Expected group size:

## Questionnaire

	Yes	No	Unsure	Comments
Is your organization able to contribute towards the Facilitator's fee?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>If yes, how much?</i>
Is your organization able to provide recognition opportunities (ex. social media mention)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is your organization able to provide space for the workshop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>If so, please provide the location details</i>
Is the workshop open to the public (only applicable to Community Connect)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Will you charge participants to attend (only applicable to Community Connect)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>If so, please tell us the fee you plan to charge.</i>
Is your organization able to provide the equipment required for your requested workshop(s)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Will your organization commit to distributing a follow-up feedback form to all participants 1 month after the workshop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Is there anything else you would like us to know?: