



LIVE YOUR BEST YOU.

Creative Self-Care Challenge

2020 Report

About the Challenge

Our creative pursuits can be effective in helping us express emotions, reaffirm what's important to us, and enhance well-being. "Creative Self-Care" is an online, university-wide challenge that encourages creative experiences in art, music, and writing as tools to promote self-care and mental/emotional well-being.

Each week of the challenge, participants will choose one or more of the 14 creative experiences offered — including exercises in art viewing and making, music, and writing. These experiences have been recommended or created by IU experts to benefit individual self-care and well-being. They can assist you in becoming more mindful in your daily life and can also help counteract feelings of stress, burnout, anxiety, and other mental-health related concerns.

This challenge is brought to you by Healthy IU with the generous contributions of [Sidney and Lois Eskenazi Museum of Art](#), [IUPUI Music Therapy Program](#), and Healthy IU facilitators across the university. Full-time employees and their spouses who register for the challenge are eligible to receive a set of Healthy IU mini colored pencils (first-come, first-served, while supplies last) to help them with their creative pursuits.

Note: This online challenge and the exercises included do not take the place of therapy or traditional psychotherapy sessions. They are to be utilized for wellness or self-care purposes only. Learn more about free, confidential counseling options through [SupportLinc Employee Assistance Program](#). Services are provided at no cost to all employees, IU Residents, Graduate Appointees, Fellowship Recipients, and their household members.



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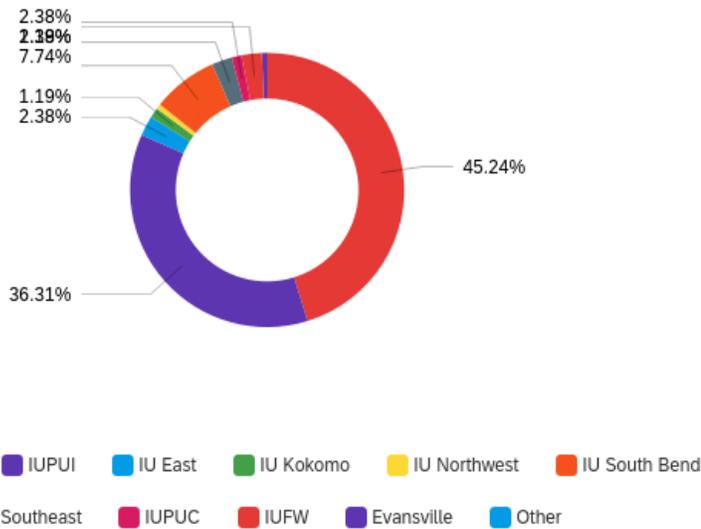
Participants

Total Participants: 719

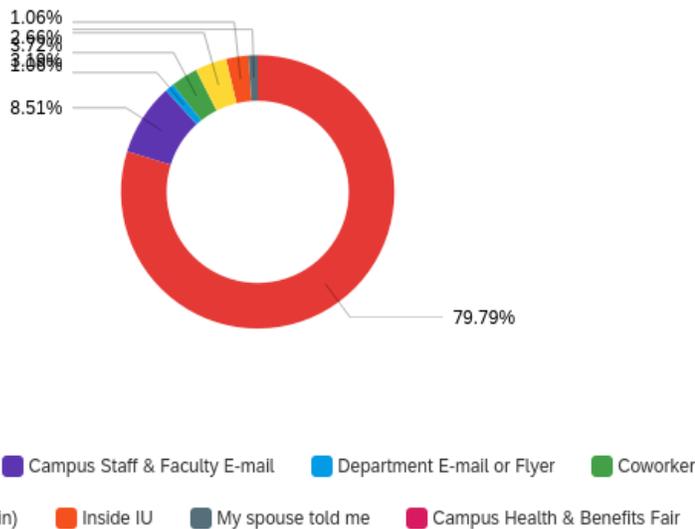
Participants Who Completed the Evaluation Survey: 168

All the information that follows represents the 168 participants who completed the evaluation survey.

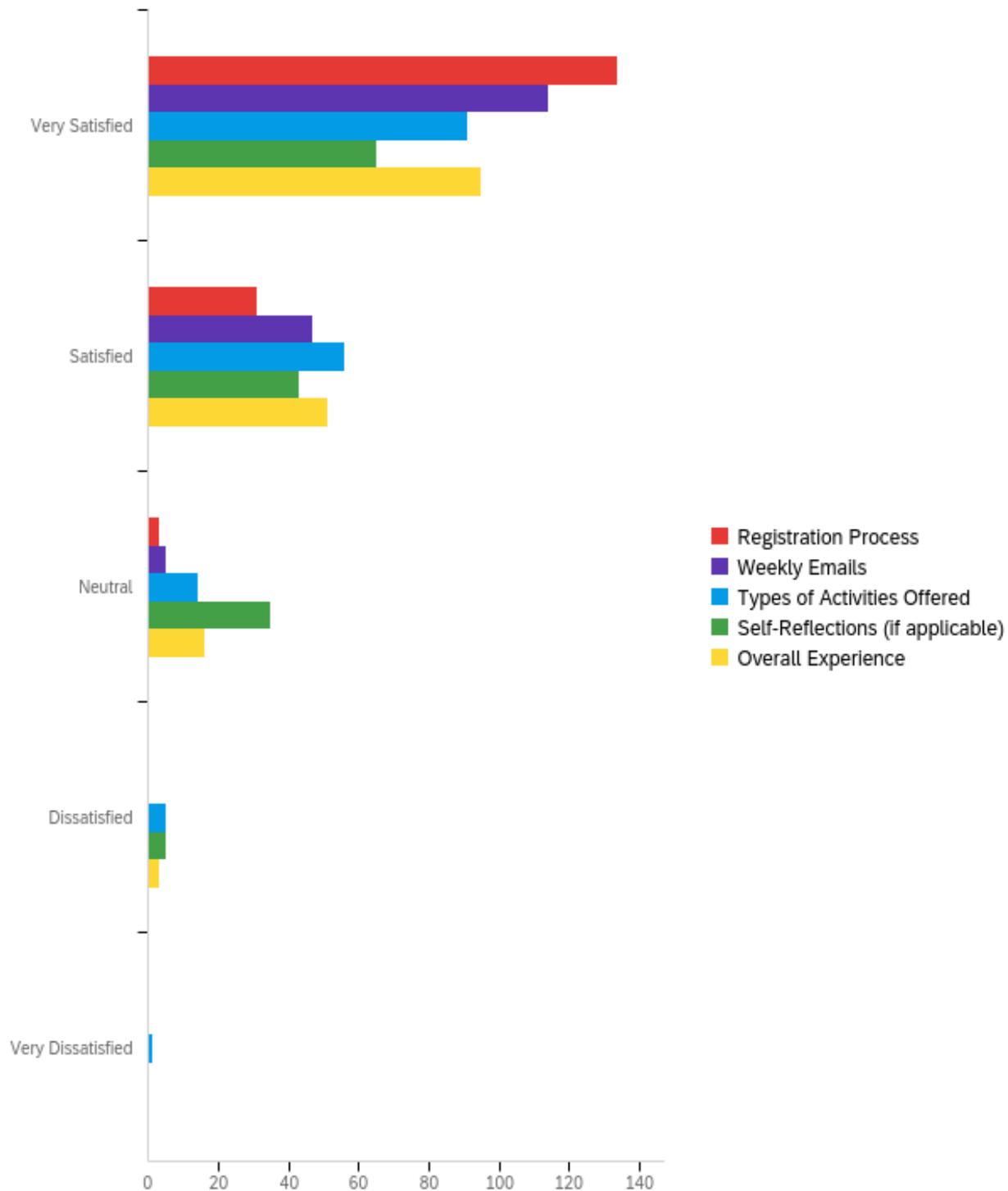
Primary Campus Location



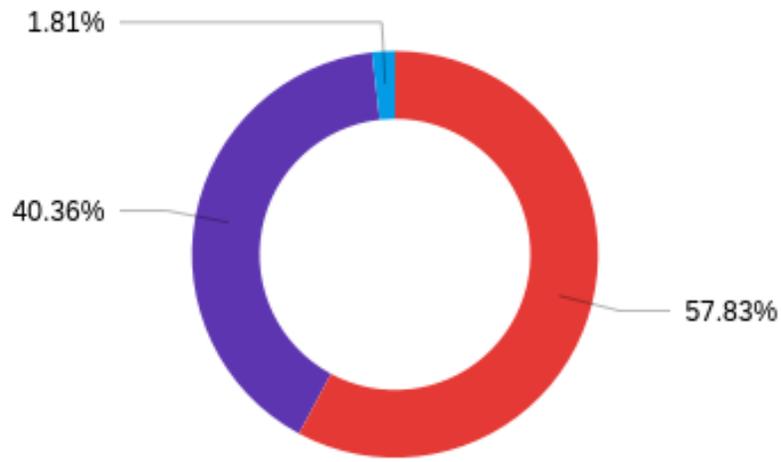
How Did You Hear about the Challenge?



Please rate the following regarding your challenge experience.



During the challenge, I:



- Practiced self-care more than usual
- Practiced self-care about the same as I usually do
- Practiced self-care less than I usually do