



Recovery Day

The background is a solid teal color with a subtle, textured appearance. There are faint, white, geometric patterns scattered across the surface, including a grid-like pattern in the top-left corner and curved lines in the bottom-left and bottom-right corners.

My Artwork

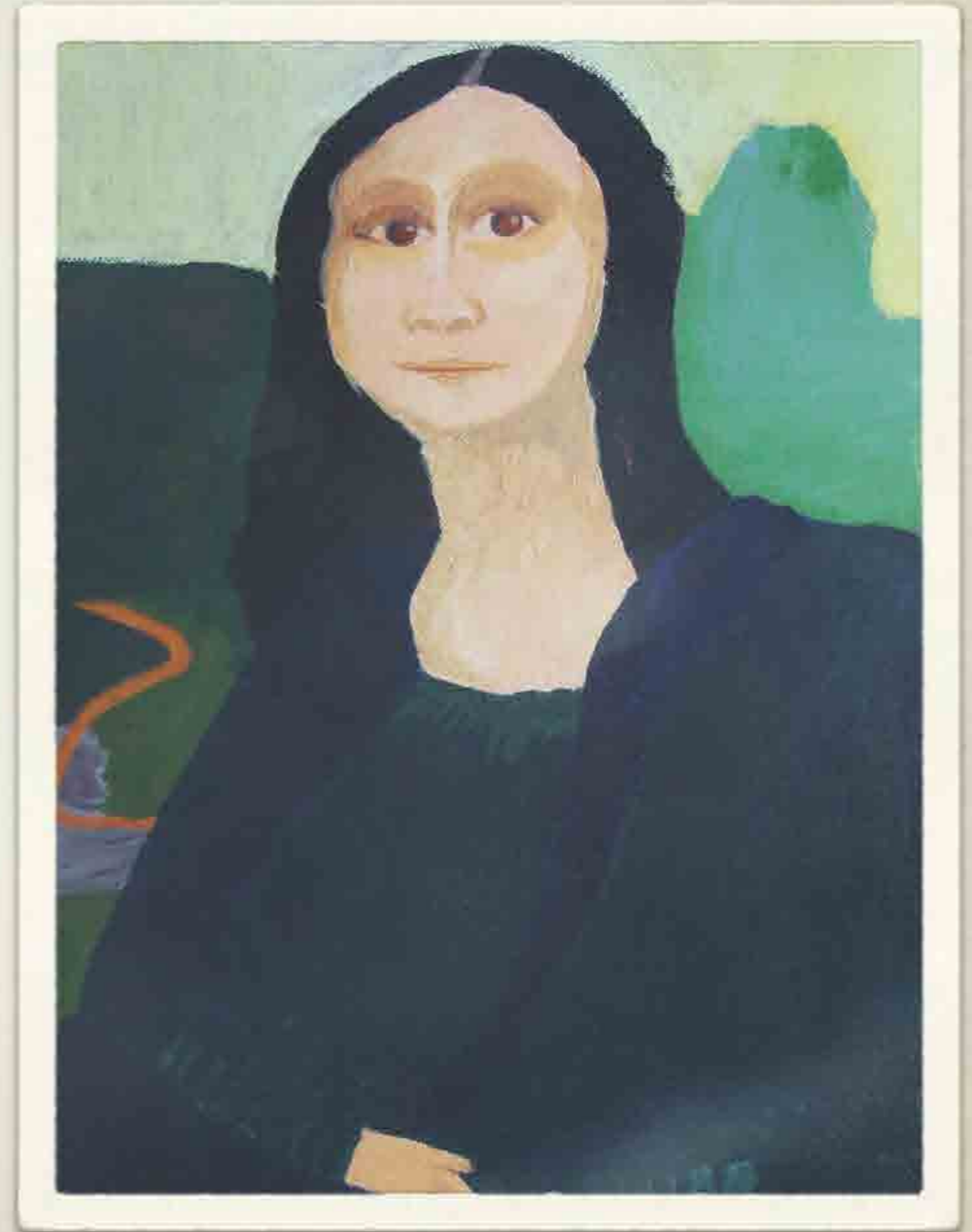
Christine

How Art makes me feel:

My journey of recovery

I enjoy doing artwork because:

- * Help me to relax
- * I can be creative in what I do with my artwork.
- * It energises me
- * It makes me feel good
- * It is a natural extension of my life
- * It's a form of expression of how I am feeling



When I first started to paint:

- * I had to be open to other people's comments and trust their feedback.
- * The teacher helped me to learn new skills
- * The friendship of other group members helped me keep going even on bad days





What changed over time:

- * I started to notice that I agreed with the comments they made about other people's work.
- * So I realised that maybe they were seeing something positive in my work, that I could not see at the time.

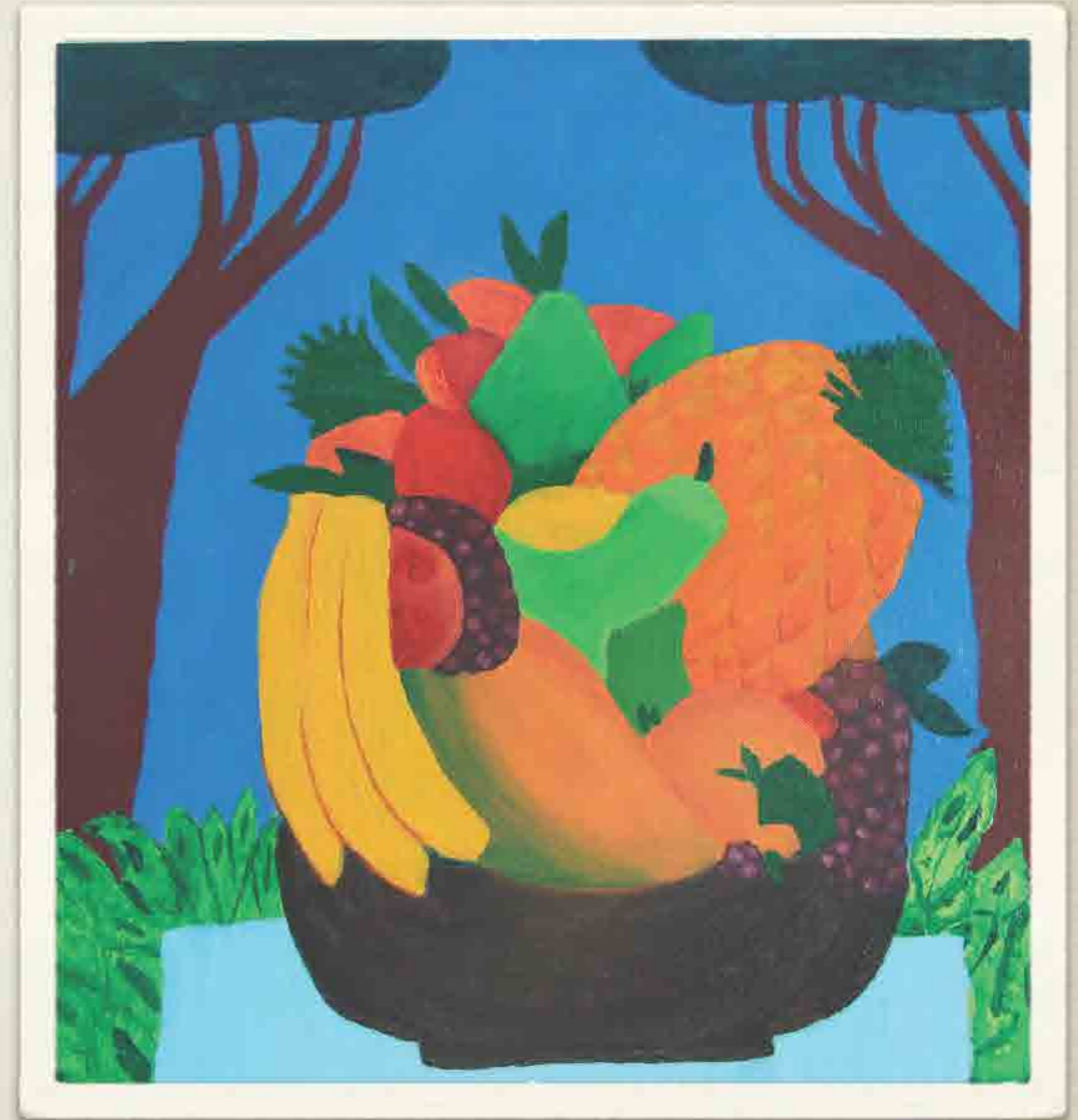


Going to an art group

- * I like having other people around doing the same thing, and having a teacher to help as needed.
- * The teacher helps by pointing out alterations to make the overall balance of the work better.
- * This process is usually very positive, as thinking about her suggestions and incorporating these changes has allowed me to develop my artwork to the point it is now.
- * Being open to feedback from others is important, both in the art group and in life in general.

What I get from the group

- * I have friends who support me, especially when I have medical tests and I have uncertainty around that.
- * We get to chat about other things, not just the artwork that brought us together.
- * Its good to talk to someone when you need to.



Looking at the artwork

- * I like to see the skill of other peoples' artwork.
- * You can see the brushstrokes, and how the artist used the paint to create their own individual masterpiece.
- * I admire all artists and their work.
- * I think most people enjoy art, even if they don't like doing it themselves.
- * People relate to their sport teams by their colours like blue, or maroon.

My life

- * If I was to describe my life in one word, it would be "hell".
- * Six years ago, my life became even more challenging, and that's when I started painting.
- * I was struggling with my life, and I was able to express it through my art.



My life, continued.

- * Sometimes when I am not feeling so good, I just sit down and paint whatever comes out.
- * I don't plan, I just do it.
- * I sometimes prepare a canvas by painting it one colour, and thinking about what I might paint.
- * When I am in a "good space", I think about what I am going to do.
- * Other times, I just get a brush and paint.
- * It can be surprising what you end up with when you finish.

