

LET'S *Art*  
ABOUT IT



# MANDALA



A Resilience and Hope Workshop for  
NANN

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# INTRODUCTION TO MANDALA

“Mandala” is a compound word in the ancient Indian language Sanskrit that combines the words “Manda” (meaning center) and “La” (meaning accomplishment), and refers to teaching individuals about their center and essence, being authentic with themselves, and achieving a peaceful essence (Quinn, 2014).

# HOW IT HELPS

- Circles pass directly to the brain's visual cortex without intermediate processing (Horowitz, 1983), which gives them an advantage over other forms competing for our full attention (Wertheimer, 1959).
- Drawing inside circles represents what people are thinking in the present moment. It helps take them inward by making them concentrate on the act of drawing itself, and in that process find peace of mind from the uncertainty and change they are experiencing (Fincher & Johnson, 1991).
- Mandalas can thus help integrate the different parts of ourselves, understand the essence of life, and lead a life that is more centered on our purpose (Jung, 1973).
- Knowing our purpose can help us have a greater understanding of the strengths we can bring to our teams

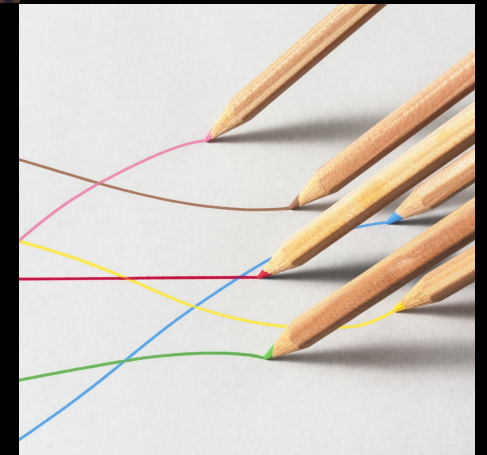
# RESEARCH ON MANDALA MAKING

- Increases the subjective well-being of the general population (Pisarik & Larson, 2011)
- Enhances self-awareness and elevates the negative mood of healthy adults (Babouchkina & Robbins, 2015)
- Improves self-competence and self-awareness among professionals, reducing burnout (Potash et al., 2014).
- Alleviates stress (Elkis-Abuhoff, Gaydos, Goldblatt, Chen, & Rose, 2009)
- Improves the coping skills and resilience (Sandmire, Gorham, Rankin, & Grimm, 2012)
- Lessen symptoms of post-traumatic stress disorder (PTSD), depression, and anxiety (Henderson, Rosen, & Mascaro, 2007; Sandmire et al., 2012).
- Helps gain a better understanding of non-verbal communication (Cox & Cohen, 2000).

# PREPARATION

## Supplies you'll need:

- One blank paper, any size
- Pen or pencil
- Round object to trace
- Optional: Anything else you have access to, like a set of colored pens, markers, pencils, or crayons



# RELAX & REVEAL



Engage in guided imagery drawing to discover passions and inner fire



Have a dialogue with the images to learn about your purpose.

# MOVING FORWARD



Set an intention that brings more of your strengths, passions, purpose discovered through your mandala into your work.



Identify support needed from your team to facilitate this intention. Optionally, collage colleague mandalas together to discover your team's core essence.

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