



BUSHFIRES AFTERMATHS: OVERCOMING ECO- ANXIETY

Artist **Sofie Dieu** supported by **FRRR** and **East Gippsland Shire Council** presents *Stillness Through Art*, an art and wellness online workshop series. This programme combines creative activities and theory to deliver practical wellbeing tools for artists and educators affected by drought and bushfires.

Joined with art, mental health and wellbeing experts, artist Sofie Dieu offers every 3 weeks a free online workshop on Zoom. Each workshop addresses eco-anxiety from a different angle for participants to experiment with different techniques to improve their mental health. The workshops have started on the 13th of June and will continue until the 17th of October. The next workshop "Sensorial Awareness" will be held on the **25th of July from 10-11.30am. Registration are now open** on www.learn-paint-grow.com

Natural disasters trigger if not increase people's anxiety, depression and isolation. *Stillness Through Art* acknowledges East Gippsland and the Alps residents' hardship and offers a creative platform where they can address their struggle safely. Participants, like Tracey Johnson from the Great Alpine Gallery in Swifts Creek, have found that

"Sofie has put together a thoughtfully crafted series of workshops that gently introduce creative ways to heal trauma, in this case, the aftermath of bushfires and drought. I have thoroughly enjoyed the episodes so far, they have connected me back into my creative flow in a way that is calming and enjoyable, when I had found that my creativity had been put on the back burner due to the ongoing sense of crisis."

Any creative can join the workshops. Artists engaged in their community and educators are especially encouraged to join the conversation as they can in turn share their findings at work. So the positive impact of each session ripple throughout their community.

Illustrated booklets with meditative drawing activities are downloadable online at www.learn-paint-grow.com/workshops

For those who cannot attend the workshops, there is the opportunity to take part in the forum's discussion where workshop participants and the experts share their ideas and support material <https://www.learn-paint-grow.com/forum/stillness-through-art>

For more information, contact the artist through Learn Paint Grow website contact page (<https://www.learn-paint-grow.com/contact>).

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