

Sanctuary Space

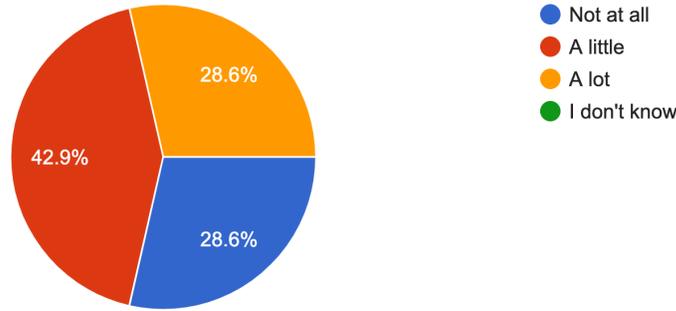
Post-Workshop Evaluations

Minimalist Music for Self-Care
June 11, 2021

Approximate maximum attendance: 18
Number of evaluations: 7

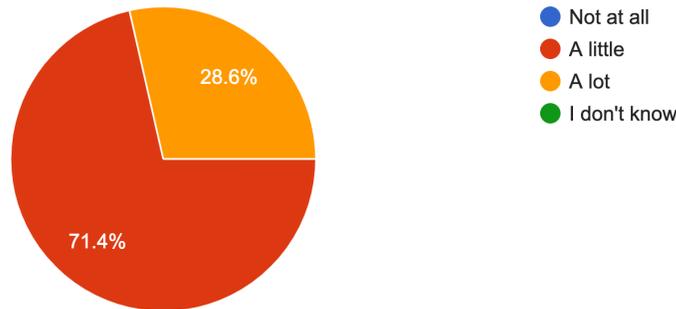
In your opinion, did this event increase your awareness of mental health issues?

7 responses



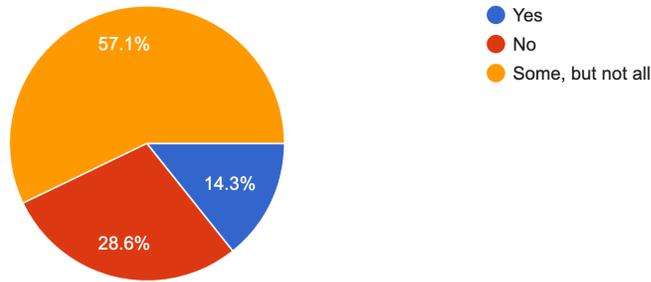
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

7 responses



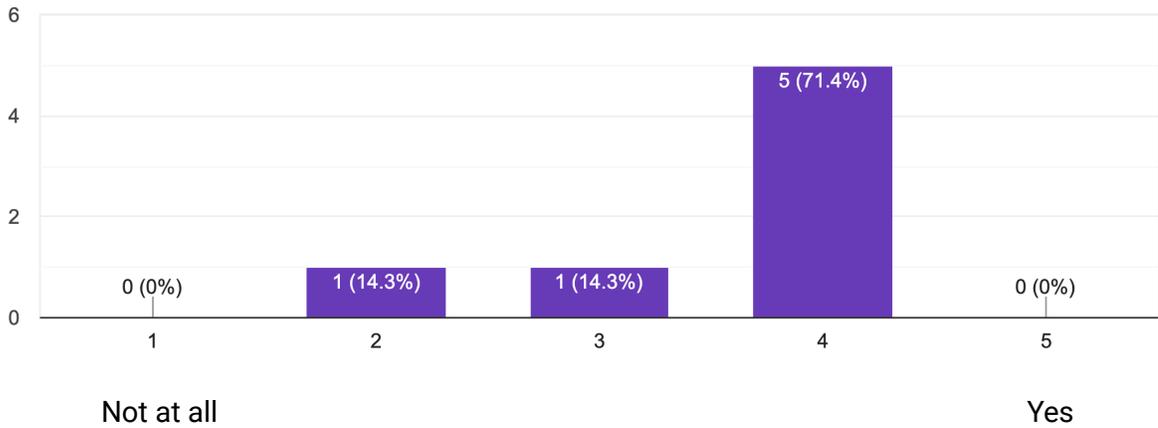
Did you know about the resources listed in the Shared Notes prior to the workshop?

7 responses



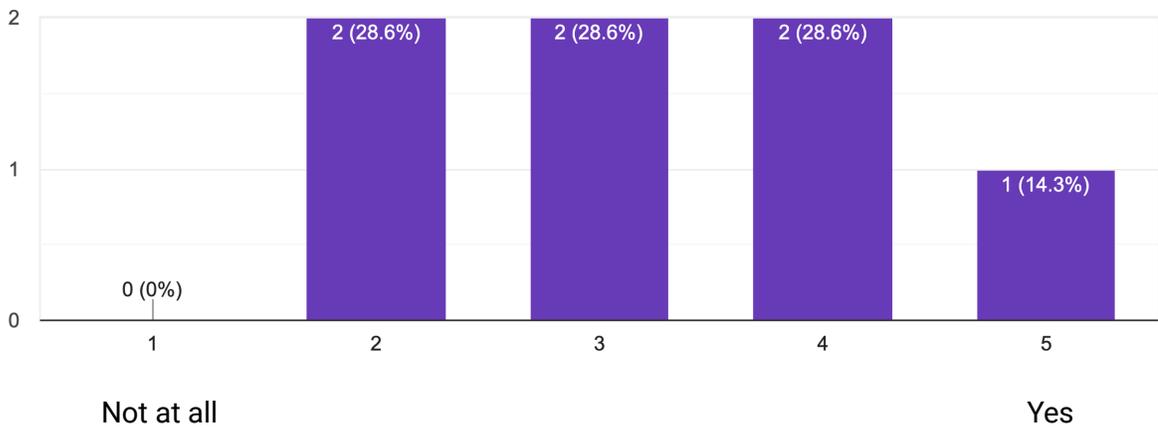
After this workshop, do you have new tools to support your own wellness?

7 responses



Was the topic of today's event something you think about often, or was it new for you?

7 responses



What are your initial thoughts about your experience at today's event?

Definitely appreciated the reminder of using music more intentionally for my mental health.
This was one of my favorites!! I love how you guys involved music!
interesting, thank you!
It was interesting, but as someone who doesn't create/compose music, I was a little lost with some of it.
Enlightening
It was a great event to come and relax with other awesome people.
It is helpful to me.

What was your key takeaway?

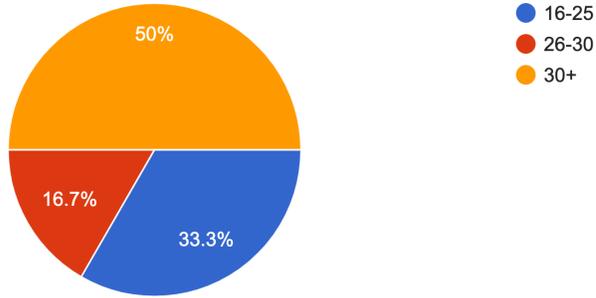
Spend more still time listening to simple music, like Shapiro's.
Integrated music with art-making.
A reminder to slow down and breathe and enjoy music that makes me well.
I love how relatable and interactive this workshop was!
The two activities are ones that I can repeat later - yeah!
To take it easy sometimes.
Use music to help with my depression.

How might you use what you learned today?

I am going to think of music in a different perspective now, and continue to thank music for what it does!
Grounding activity, contemplate the idea of song as end of a process as it relates to my mixed media art
journaling, integrate improv song activity into my visual arts, listen to Bach's 24 and research it, like idea of
music (art in general) as tracking and releasing
Will also be bringing my takeaways to my colleagues and students.
Incorporate it into my expressive arts gatherings design.
Hopefully using calming playlists to remind myself to take care of myself
By trying to stay in control and make the little things count when life gets overwhelming.
I'll listen to my favorite music more often.

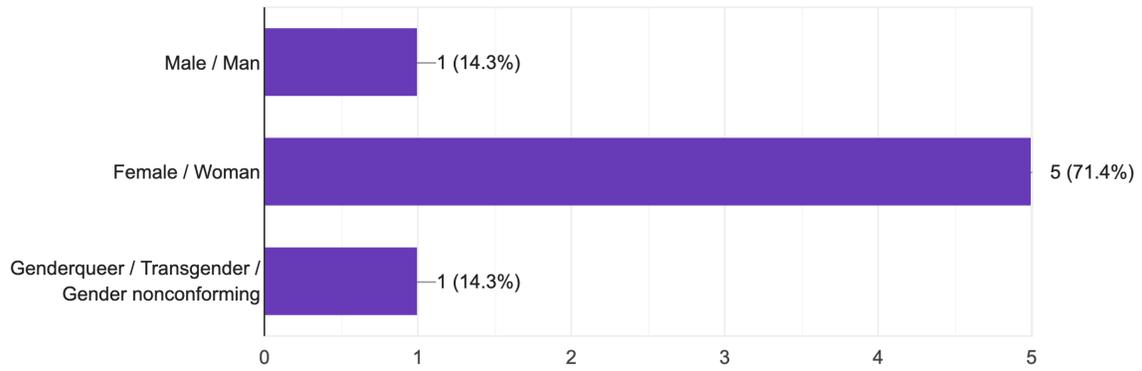
Age

6 responses



Gender Identity

7 responses



Ethnicity

7 responses

