

# Sanctuary Space

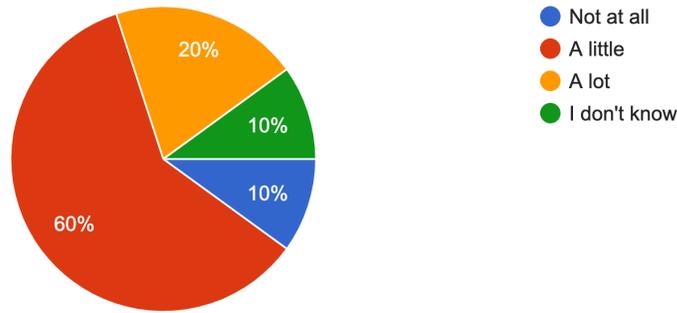
## Post-Workshop Evaluations

What Does Joy Mean to You?  
March 19, 2021

Approximate maximum attendance: 21  
Number of evaluations: 16

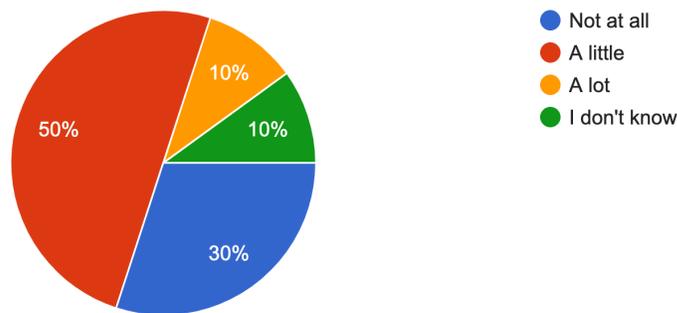
In your opinion, did this event increase your awareness of mental health issues?

10 responses



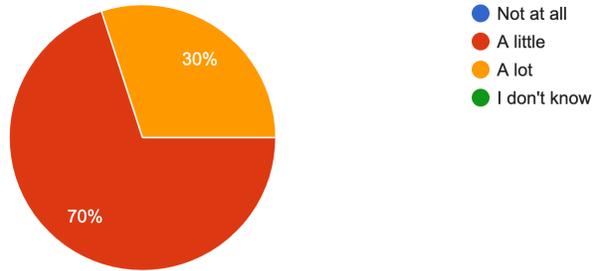
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



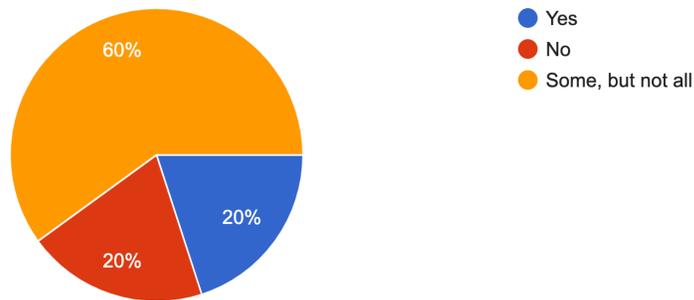
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

10 responses



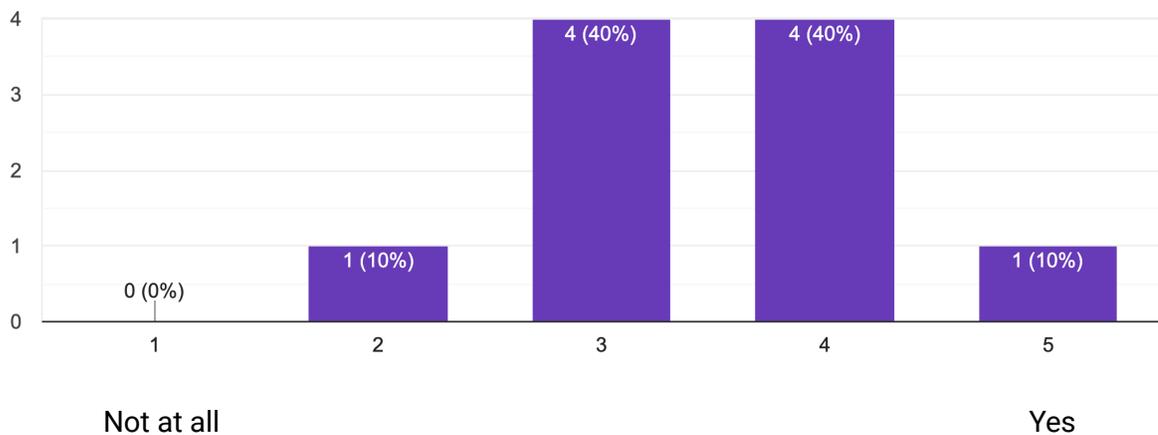
Did you know about the resources that were shared in the Shared Notes prior to the workshop?

10 responses



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

10 responses



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

I really enjoyed the time to take time away from business as usual to draw & create. The event was lovely. I've been looking forward to it and it did not disappoint. It was honestly super great, but I think I would've like more time to create. 15-20 minutes is not enough!! I enjoyed the space to sit down and create. I often don't carve out the time for myself to just create so having a scheduled time to sit down and create with others was immensely helpful. I forgot how much I enjoy/need creating. I do wish there was a reminder in the Eventbrite reminder emails to have art materials on hand.

Today was my first time joining this circle and I am happy to have joined. I loved the name - Sanctuary place - it immediately made me think of a comfortable, save, inviting place. I loved being a part of the shared creative process. Bringing together creative/artistic people is healing and inspiring in & of itself! I look forward to more of these workshops.

It was awesome! It lived up to what I expected and was a great experience. It was inspiring and reminded me that I'd like to spend more time being creative. And that I enjoy breathing exercises.

## What was your key takeaway?

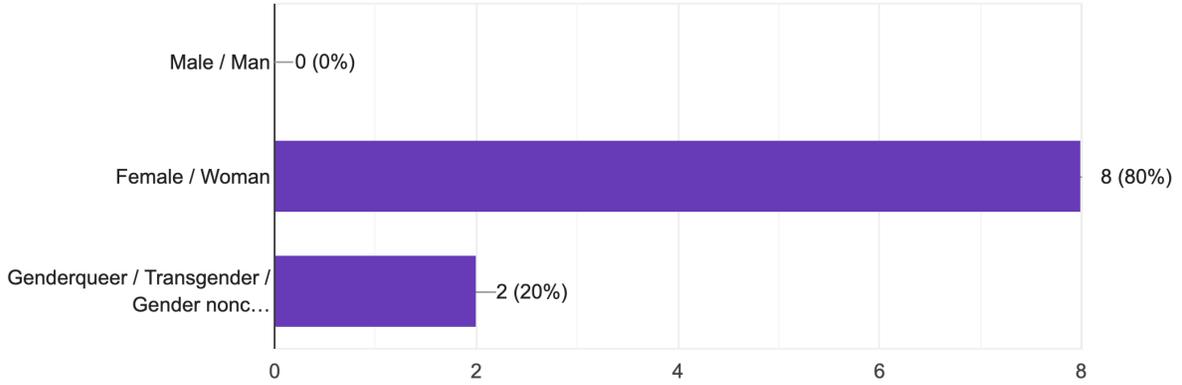
to take time for myself  
It doesn't take a huge amount of time to spend time in reflection & creativity.  
This provided me with a great example of how we can do virtual creative sessions.  
That I should attend more workshop like this one, it was just that relaxing and allowed me to get into the flow of creating art for myself  
Prioritize time for myself to create. Use emotion prompts when I don't know what to make.  
Using joy as a motivator to be creative can be super fulfilling, rather than waiting around to be creative when I am feeling down. I feel that my worldview was widened by Paolo's video in the beginning. I appreciate that the video was shared.  
validating feelings and art can help dealing with my mental state of mind and  
I can be a part of an artistic community, creating in real time, despite location. I am inspired by connecting with other artists and those seeking healing and peace through artistic expression.  
Joy is everywhere and it is important to stop and see it.  
The importance of making time to be creative.

## How might you use what you learned today?

Just to keep drawing and writing even for 15 minutes  
I plan to take more opportunities to meditate & create & engage in self-care & renewal.  
I am going to talk to my supervisor about implementing a similar "space" for the college community.  
allow myself to take a bit of time here and there to just make art for myself, art that makes me happy/relaxed  
Now that I have a started painting, I have something I can remind myself to keep returning to as I build up a habit of creating. It was also a good reminder to stop and breathe throughout the day.  
I would love to invite my cousin to the next circle we could both do, she is from Pickering and I am in nyc.  
take a moment to write a poem  
I can start creating without pressuring myself to have everything 'just right'. I can start to carve out even just brief periods of time to engage in creative expression.  
Remembering to stay grounded in these pandemic times.

### Gender Identity

10 responses



### Ethnicity

10 responses

