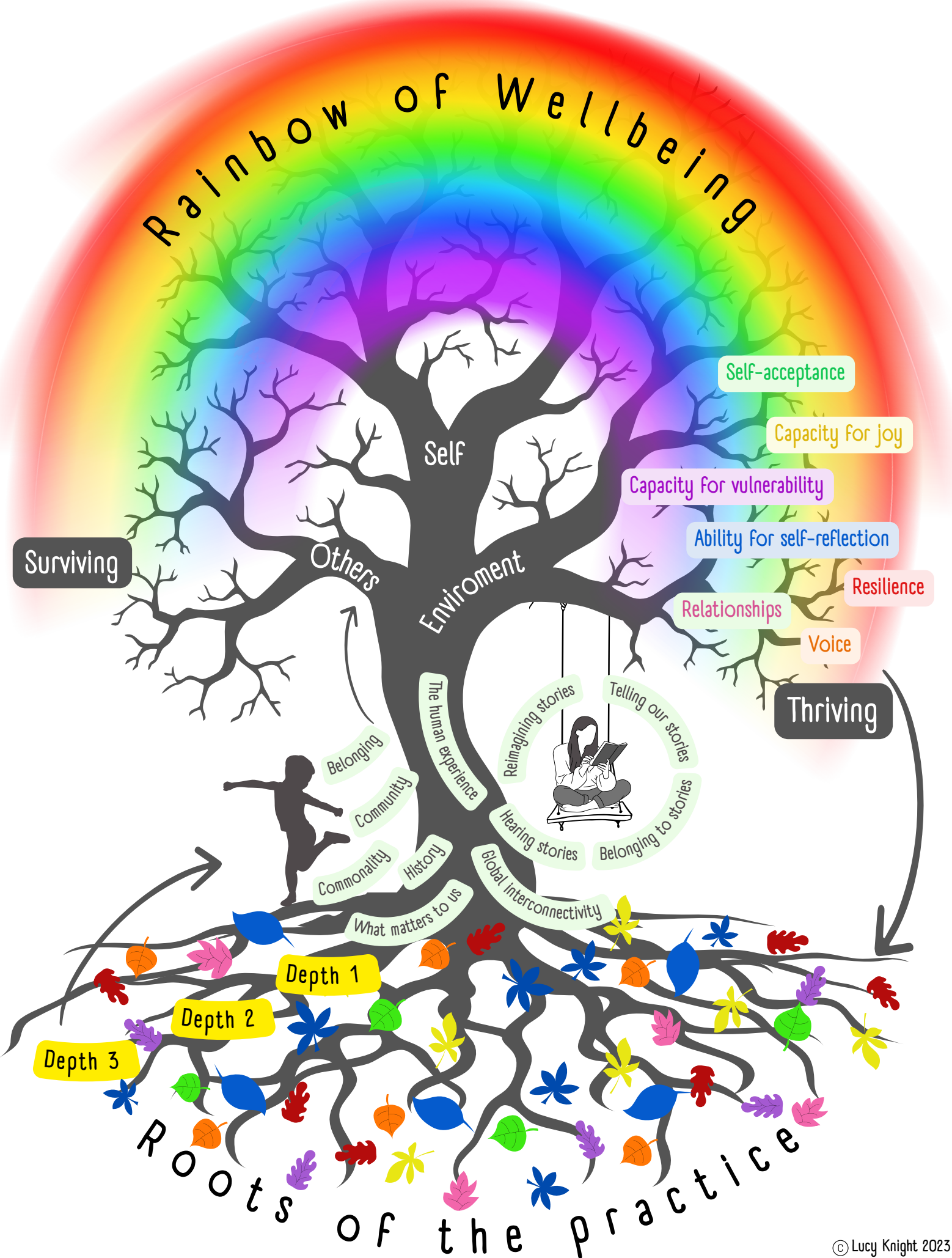


# Roots to Rainbow

A model for therapeutically informed creative practice



# How to use this model

## STEP 1)

Select which colour of the wellbeing rainbow the aims and outcomes of the work are focused on (see definitions of each element). Some projects may be more generally focused on overall wellbeing, incorporating the whole of the wellbeing rainbow. Others might be more specifically focused on one colour / outcome.

## STEP 2)

Select the depth of the practice (see depth descriptions below). This will depend on who you are working with and the intended outcomes for the project. To go to depth 3 you need to also work with depths 1 & 2.

### Depth 1

Practitioner/ performer mindset and intent. How do you need to feed yourself to facilitate, the wellbeing rainbow? How do you show up today?

### Depth 2

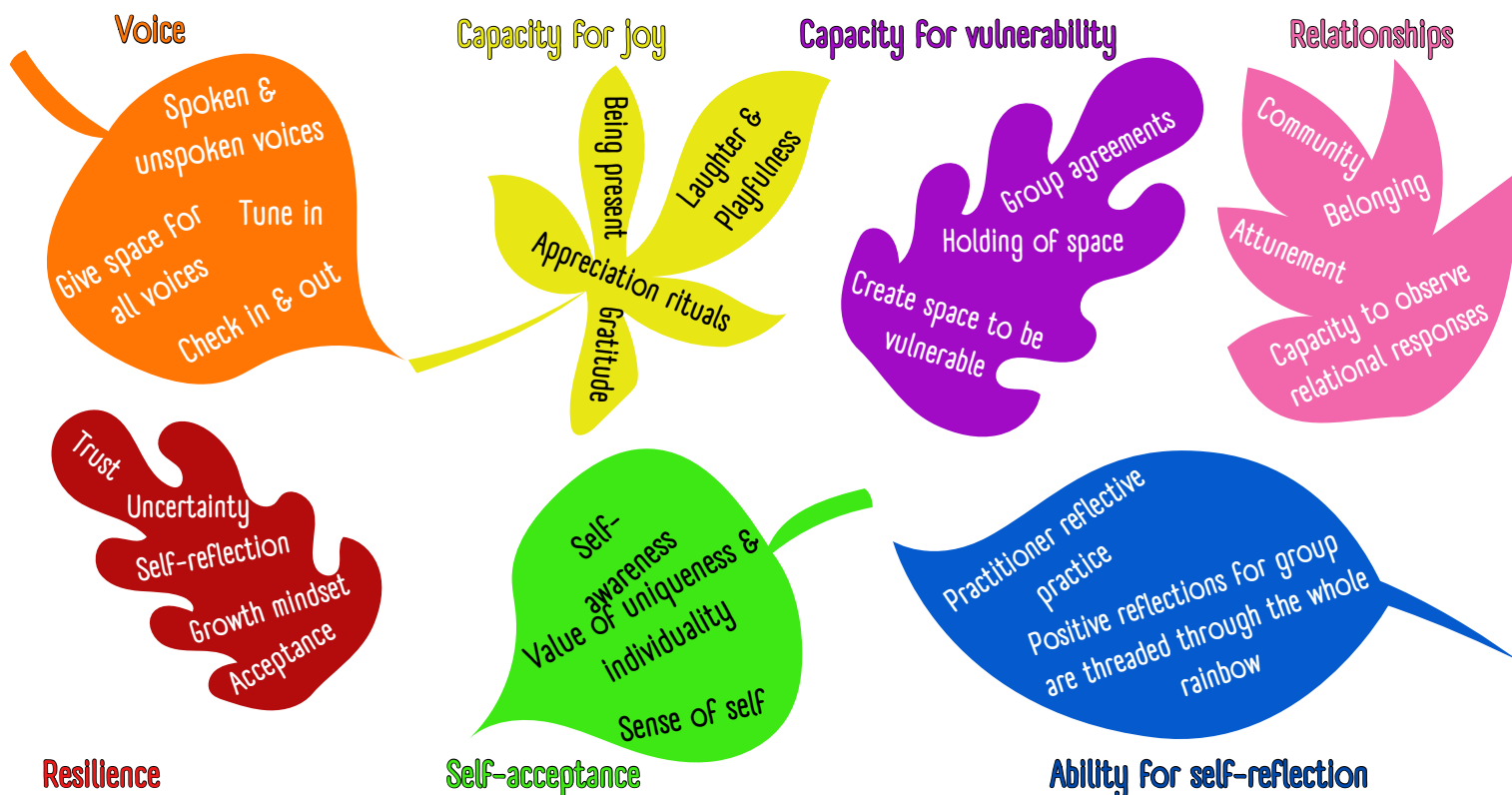
Modelling to the group. Deliberate skills that practitioners and performers consciously bring to facilitate mirroring and authenticity in others.

### Depth 3

To have an explicit intention or programme for the group or individual. This has been planned with an intended wellbeing outcome.

## STEP 3)

Choose your leaves to feed the practice. Each colour relates to the colours of the wellbeing rainbow and your chosen focus in step 1. The words are a prompt to think about practitioner intent, the practice itself and intended outcomes.



## STEP 4)

Bring your creative practice as the human experience through which we connect to self, others and environment. By sharing of experience, stories, and histories, we will all have our unique experience to reflect upon.

# Rainbow of Wellbeing definitions

Each element of the rainbow operates separately on a surviving to thriving scale.

## Resilience

Resilience is about much more than the ability to bounce back and overcome adversity. Even as an attitude, it can mean different things to different people in different situations. It may be akin to an 'I Can' or 'Growth' Mindset: the belief that our capabilities are not fixed. Elsewhere, resilience might mean accepting what you can't change.

Ultimately, Resilience is about using the available resources for the best available outcome. That could be time: pushing through discomfort or waiting or working towards a longer-term goal. It may be the capacity to use one's connections and network to support the journey, rather than insisting we do it all ourselves.

Resilience gives us the courage to be vulnerable, the competencies to handle uncertainty or respond effectively to change, and the capacity to solve problems; both as they arise, or to anticipate and plan for obstacles before they do.

Even if we can't find trust in the world or others, resilience helps us to trust in ourselves, not just to survive the slings and arrows of life, but to thrive in spite of them.

## Voice

Having a voice is not just the ability to speak up, we first have to place value on our needs being met, and then learn to recognise our needs as they emerge. Voice enables us to listen internally to our self-talk, gives us the ability to silence the inner critic and to articulate externally matters that are important to us.

Our voice enables us to strive to place ourselves in environments and relationships where we can trust our needs will be met and where we will feel heard and validated. Having a voice means having influence and control over our lives.

## Capacity for joy

Having capacity for Joy means we are able to be present in the moment including brief or transitory moments where joy is often most present, with an openness to receive. We are able to engage with humour, laughter and playfulness, be curious and connect with others, have the ability to be mindful in the moment and find gratitude in the everyday, both of our environment and relationships.

Joy has a special ability to broaden our mind's perspective, in other words, joy may have an exponentially positive effect on one's future thoughts and behaviours, meaning joy creates more joy. However as we know life is not always joyous so we also need the resilience to move in and out of a joyful state.

## Self-acceptance

Self-acceptance starts with a process of self-discovery and self-awareness. We welcome every part of ourselves with feelings of being good enough and so we are able to stop living by self-other comparisons. Ultimately self-acceptance is contentment with the self, giving ourselves permission to be authentic. Knowing oneself and our strengths and weaknesses creates more space to live comfortably within.

## Ability for self-reflection

Self-reflection is the ability to slow down and observe and evaluate our thoughts, actions and behaviour. The more practiced we become at reflecting, the better able we are to transform actions and improve relationships. Reflective capacity can be improved and enhanced if it is not something that comes naturally, think of it as a form of self-assessment and a key to understanding ourselves better.

Self-reflection gives us an opportunity to look beyond the conscious mind and change some of the past programming we no longer benefit from. It is akin to putting a mirror up and analyzing what we see and feel objectively. This skill can give us better perspective on situations and help us to respond more effectively as well as learn from experience.

## Capacity for vulnerability

Capacity for vulnerability means challenging ourselves in a managed way, to be in situations which may be out of our comfort zone. These might include moments of uncertainty, elements of risk or emotional exposure such as times when we're showing our feelings and we're not sure what people will think, or when we really care about something and people will know that we're sad or disappointed when it doesn't work out. Placing ourselves in these uncomfortable situations gives opportunity to be courageous which allows for self-growth and through being honest with ourselves and others, enables others to identify with us and form connections.

## Relationships

Strong healthy relationships allow us to feel a sense of belonging and to feel safe both physically and emotionally. Through these relationships we form important connections with others based on trust and respect. To be good at maintaining relationships we should work on becoming adept at recognising and valuing the needs of others as well as ourselves and have the ability to be empathic towards others. Secure relationships also require the capacity to share personal space with others and to be able to manage any minor disagreements or frustrations as they arise, as well as look after our own needs.