

Creativity as Medicine

Introduces jewelry-making as her therapy practice — what it gives her, not yet the how-to.

What this lesson covers

- Medicine necklaces: crystals and pearls as a creative outlet
- Gathering shells and materials herself before making a piece
- Never having slowed down enough in life to make art — until now
- Handmade cards with glitter and butterflies as a way out of overthinking

HOME EXERCISE *A creative activity I used to love but haven't made time for:*

What making something with my hands does for my mind, when I let it:

One small creative thing I'll make this week, just for the process:

BEFORE NEXT MODULE: Make that one small thing — not to be good at it, just to do it.