

KNOW BEFORE YOU GO

# Patient Experience *Guide*

Guiding questions and tips to make the most of your Arts & Culture engagement and enhance its benefit for your health and well-being.

## Art Pharmacy



*Where art is medicine.*



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# What to Expect

All Arts & Culture engagements are provided by partners of the Art Pharmacy. These include community-based organizations, teaching artists, and other institutions.

If you choose an engagement in a group setting, you will be with members of the public. There might be other Art Pharmacy participants, but you most likely will not know them.

# Guiding Questions

Use these prompts to help connect the Arts & Culture engagement to your own mental and physical health.

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*As you get ready to attend your arts engagement,* think about the following questions:

## What is my health goal(s)?

For example, “I want to feel a sense of calm” or “I want to connect with another person so that I don’t feel as lonely” or “I want to get more physical activity”

## What can I do to help myself achieve my goal(s)?

For example, “I can notice when I am overthinking and take time to quiet my thoughts” or “I can introduce myself to another participant” or “I can ask the instructor how to modify a dance move if I’m not yet able to do it”

## Guiding Questions (cont.)

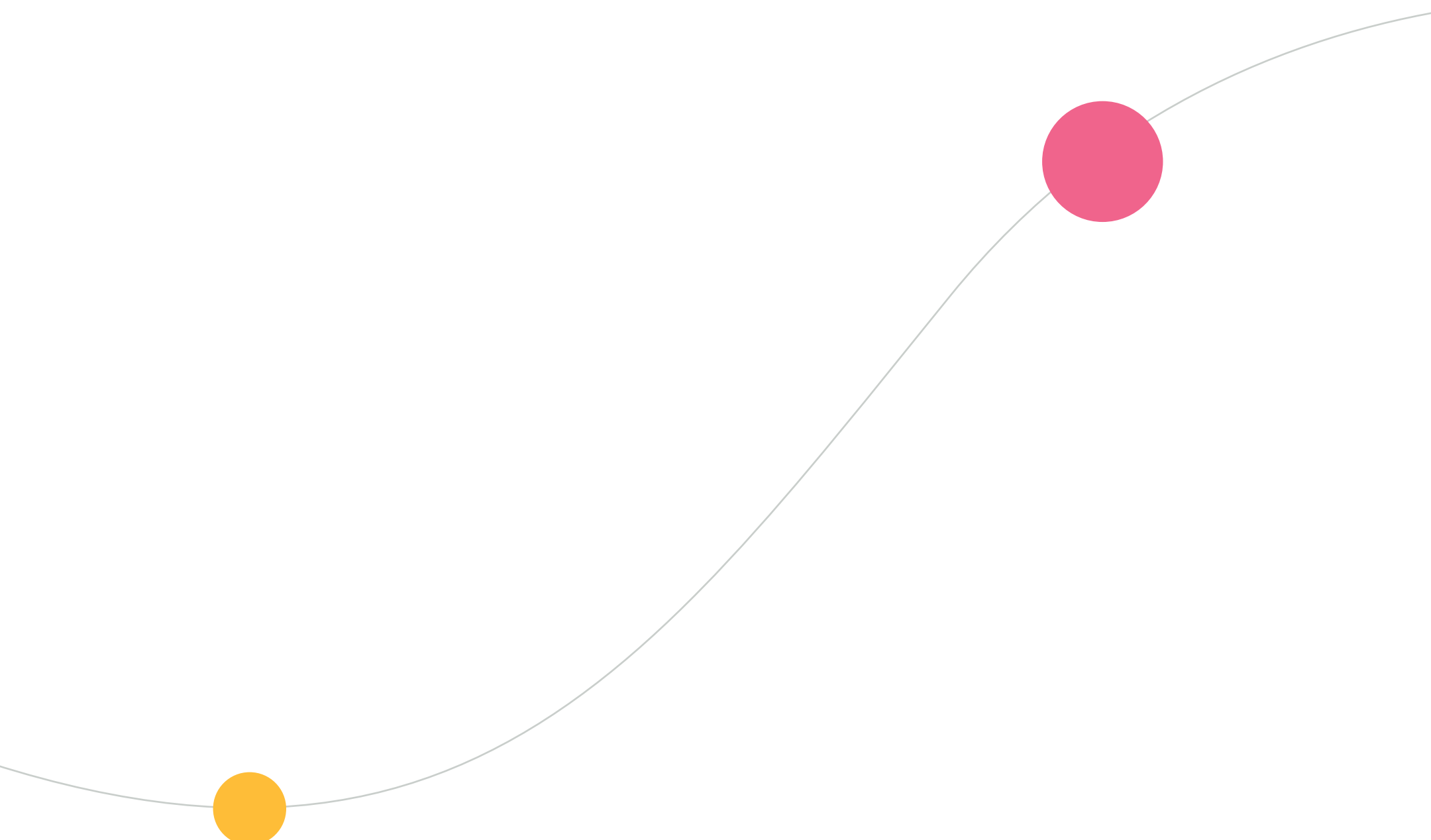
*Upon arriving at your arts engagement, think about the following questions:*

### How do I feel emotionally?

Notice any emotions. (Try not to judge what you notice. Just be mindful of it!)

### How does my body feel?

For example, are there places where I am tense? Do I feel hot or cold? Am I breathing deeply or shallowly?





## Guiding Questions (cont.)

*During your arts engagement, think about the following questions:*

### **What am I discovering about myself through this experience?**

For example, “I realize that I relate to the character I see on stage” or “ Walking through this garden reminds me of a peaceful time in life” or “I am learning that trying to paint realistically is frustrating – I either need more practice or I need to paint in a different style!”

### **If you find yourself anxious or overwhelmed, know that this is normal in new and stimulating situations.**

Strategies that may help:

- Pause what you are doing & take 3 long slow breaths
- Find a quiet spot to re-center yourself
- Ask the event facilitator or a staff member for assistance in navigating the experience or if an alternative is available

## Guiding Questions (cont.)

*After your arts engagement*, think about the following questions:

**How do I feel? Has there been any change in my mood, body, or breath since I arrived?**

**Did I make progress towards my health goal?**

If yes, what helped me progress (so that I can do more of it!)?

If no, what kept me from making progress (was it something about the arts engagement itself or something else)?



# Finding Your Way

When visiting a new place, there are a few places to help get started:

- Let Art Pharmacy know in advance if you need ADA access.
- To collect your tickets, ask a staff or volunteer for the Box Office or ticket window.
- Ask if there is a map or guide to the exhibit or event.
- Check the email from Art Pharmacy to see if there is a contact person onsite you can expect to meet or offer assistance.



# Frequently Asked Questions

- **Will there be Art Pharmacy staff at the event?**

No, all arts engagements are hosted by our Arts & Culture partners

- **What is “Will Call”?**

Will Call means you pick up your tickets at the venue’s box office on the day of your event.

- **What do I do if I can’t attend at the last minute?**

Text or email the Art Pharmacy so we can inform instructors and reschedule your experience when possible.

- **What happens after my experience?**

You will get a message with a link to answer some check-in questions. Once you complete them, we’ll be able to send you offerings for your next Arts & Culture engagement!

# Creating Wellness

*Together*

*The Art Pharmacy Team*

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