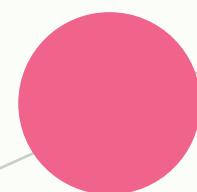


KNOW BEFORE YOU GO



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.



Table of Contents

What to Expect	3
Guiding Questions	4
Finding Your Way	8
Frequently Asked Questions	9



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.

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.)

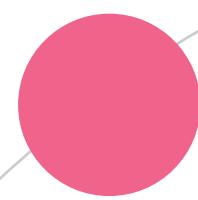
Upon arriving at your arts engagement,
think about the following questions:

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

Art 
PHARMACY

ARTPHARMACY.CO