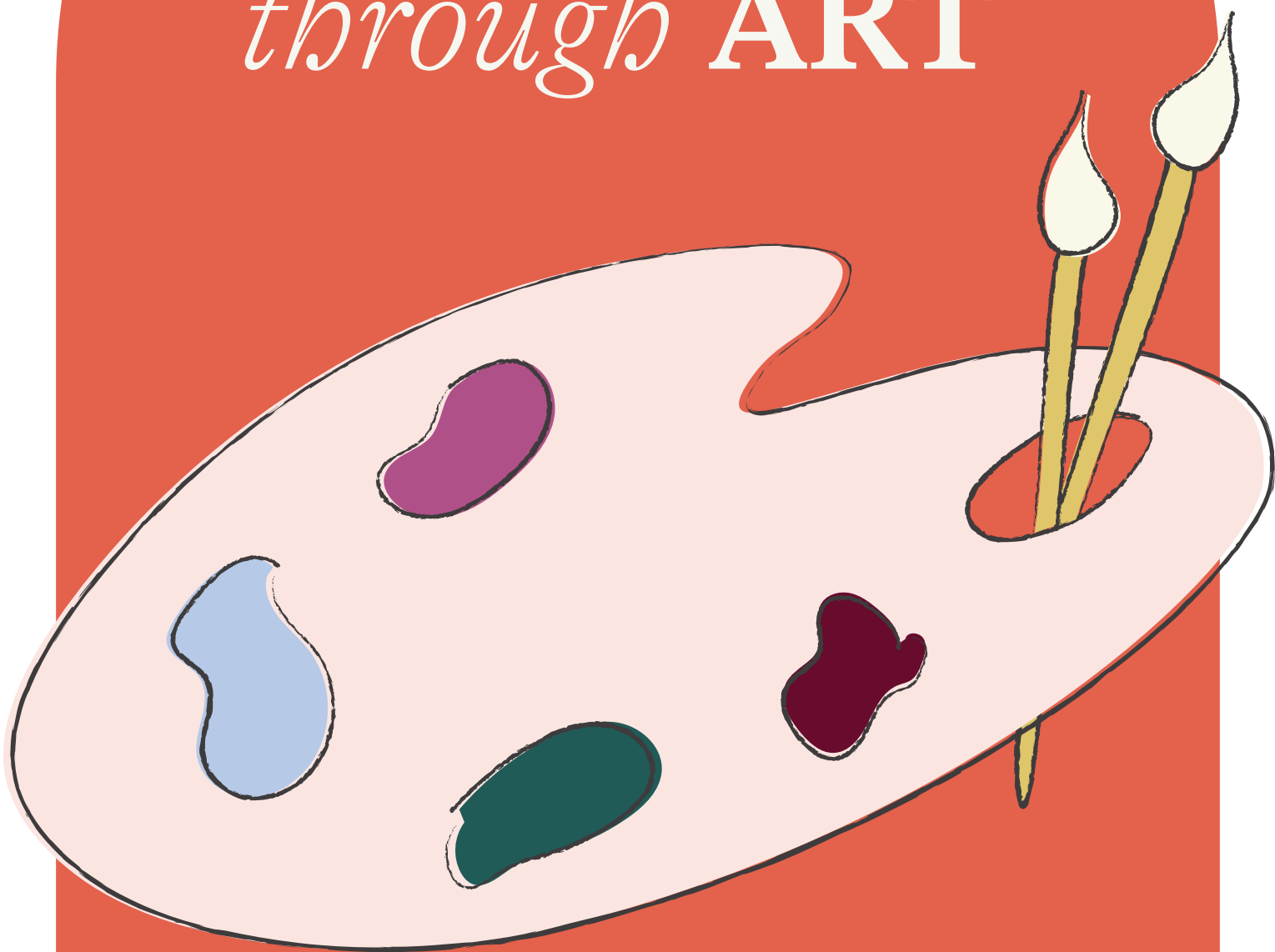


EMOTIONS

through ART



 **MOMENTOUS
INSTITUTE**

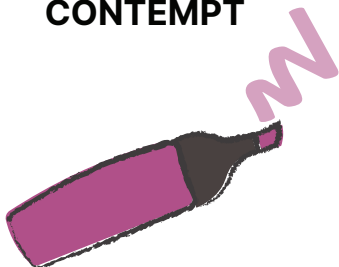
Est. by Salesmanship Club of Dallas

Let's face it, we've all been through a range of emotions over the past several years. The pandemic brought uncertainty and created challenges for many people. And while many parts of those challenging years are in the rear-view mirror, most of us are still dealing with the lingering effects. In this activity, we'll use art to make sense of the various emotions we've experienced over the past several years.

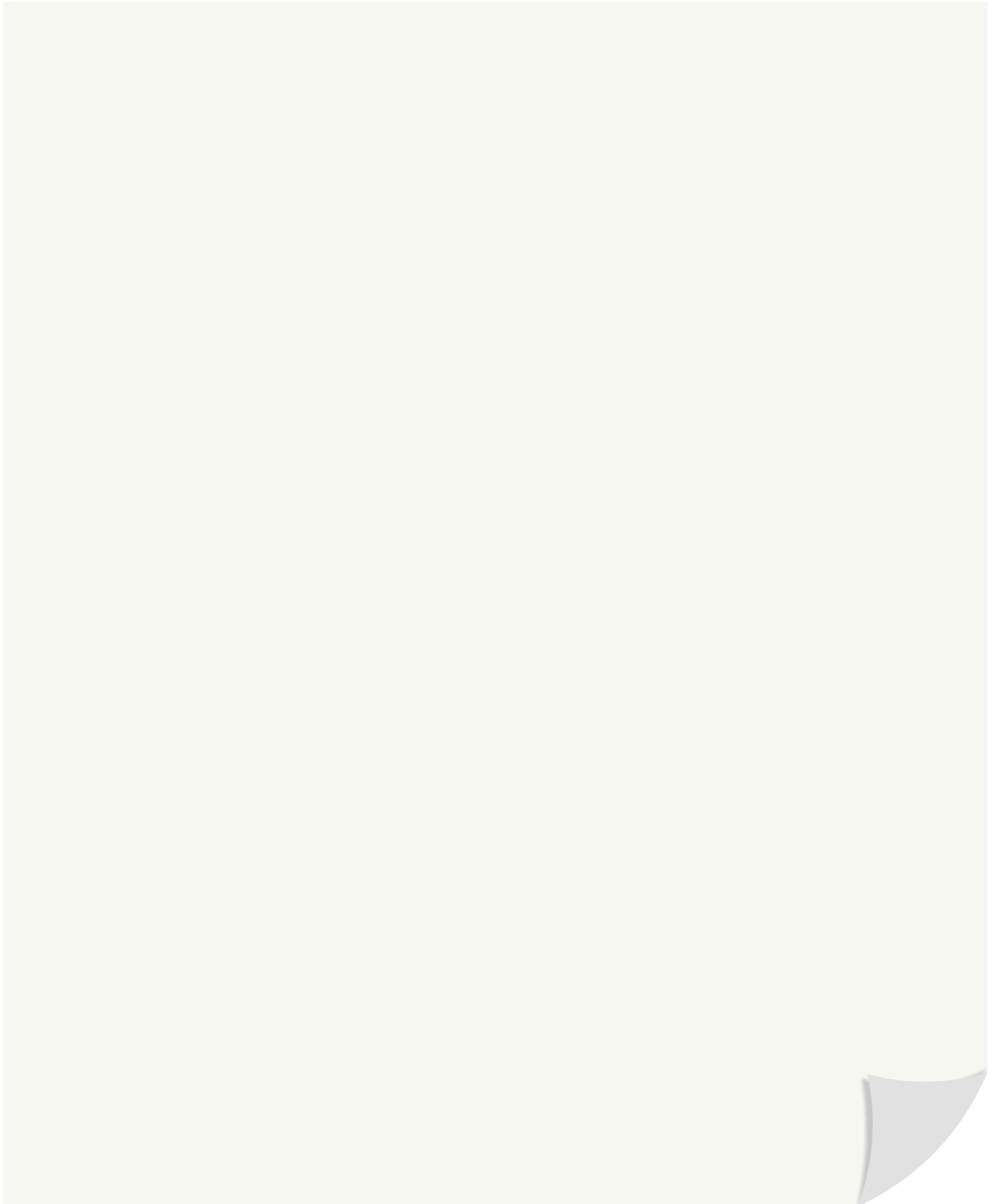
Emotions are complex physiological and mental reactions to environments, circumstances, and interactions. Emotions are heavily tied to our senses and processing them can require multiple parts of the brain to work together. Because the arts engage our senses and stimulate multiple parts of the brain, engaging in the arts can help us process our emotions.

Think about the last few years. Circle or highlight the emotions that you associate with the pandemic. Write in any emotions that aren't listed.

- | | | | |
|---------------------|-----------------------|---------------------|---------------------|
| ACCEPTANCE | CONTENT | FRUSTRATION | PENSIVE |
| AGITATION | COURAGE | FURY | REGRET |
| AGONY | CURIOSITY | GLEE | RELIEF |
| ALARM | CYNICISM | GRATITUDE | RESENTMENT |
| AMAZEMENT | DEJECTION | GRIEF | RESIGNATION |
| AMBIVALENCE | DELIGHT | GUILT | RESTLESSNESS |
| AMUSEMENT | DEMORALIZED | HAPPINESS | SADNESS |
| ANGER | DISAPPOINTMENT | HELPLESS | SATISFACTION |
| ANGUISH | DESPAIR | HOPE | SELF-PITY |
| ANNOYANCE | DISBELIEF | HOPELESS | SENTIMENTAL |
| ANTICIPATION | DISCOMFORT | HUMILITY | SHAME |
| APATHY | DISGUST | IMPATIENCE | SORROW |
| APPREHENSION | DISMAY | INDIFFERENCE | STRONG |
| BITTER | DISTRESS | INSECURE | TENDERNESS |
| BLISS | DOUBT | IRRITATED | TENSION |
| BORED | DREAD | JOY | TIRED |
| CALM | EAGERNESS | LONELY | TOLERANCE |
| CAREFREE | EMPATHY | LONGING | TRUST |
| CARELESS | ENJOYMENT | LOVE | UNCERTAIN |
| CHEERFUL | ENNUI | MISERY | UNEASY |
| COMFORTABLE | ENTHUSIASM | NERVOUS | UPSET |
| CONFUSION | ENVY | NOSTALGIC | VULNERABLE |
| CONTEMPT | EXASPERATED | NUMB | _____ |
| | EXCITEMENT | OPTIMISTIC | _____ |
| | FASCINATION | OVERWHELM | _____ |
| | FEAR | PARANOID | |



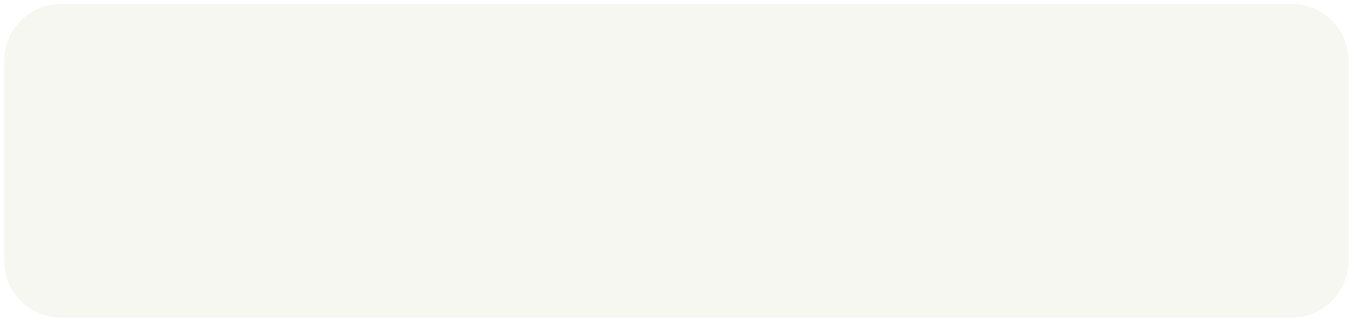
Create a piece of art that represents the feelings you identified. Your artwork can be anything. You can use this page to make a drawing or a collage. You could write a short story or a poem. You can also create something using other materials like clay, paint, or found objects. Don't worry if you're not 'an artist'. The goal here isn't to make something worthy of a museum, it's to dig into the emotions you identified and channel them into art.



Now that you've finished your artwork. Take a few minutes to think about the process and what you learned during this experience.

How did you feel while working on this art piece? What emotions bubbled up during the process?

Look back at the emotions you identified. Write down any that you are still experiencing.



Are those emotions still lingering from your experiences during the pandemic? If so, why do you think they are still hanging around? What steps can you take to address those emotions?
