

Zentangle: Creativity & Confidence Builder and Mental Health Booster

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While searching for creative outlets for myself and my team during COVID, I stumbled upon Zentangle. My curiosity led me to become a Certified Zentangle Teacher (CZT) in May 2021. Zentangle became part of my team's mental health practice for our "Wellness Wednesday" mental health program. Since its inception to Club 36 Adult Day Program of the Alzheimer Society of Calgary in June of 2021, Zentangle has become an integral part of Club 36 Adult Day Program (ADP) in promoting the mental health of my team. Over time, Zentangle helped my team tap into their latent creative side, allowing them to regain or rediscover their creative potential. Working with dementia clients, infusing creativity, and having a positive mindset to client engagement and care approach can improve clients' care and quality of life. As a Zentangle Health Care professional practitioner, I believe that many healthcare practitioners can benefit from the practice of Zentangle.



Club 36 ADP Team members in Zentangle session.

In the fast-paced world of healthcare, where the pressure of providing high-quality care to patients is constantly mounting, healthcare professionals must prioritize their own mental health and well-being. Unfortunately, the constant demands and stressors can take a toll on one's mental and emotional health, leading to burnout, compassion fatigue, and even depression. One way to combat these challenges is through Zentangle, an art form that can help to boost confidence and mental health.

Zentangle is a form of meditative drawing that uses a pen to create structured patterns on paper. The technique was developed by Maria Thomas and Rick Roberts in 2003, and since then, it has been used as a stress-relieving activity by people worldwide. It is based on the idea that anyone can draw and create beautiful art, regardless of their artistic ability. Zentangle is a form of art therapy that involves the creation of intricate patterns and designs using simple repetitive strokes. The practice is meditative and calming, which can help individuals to focus on the present moment and reduce stress and anxiety. It is a process-focused activity that encourages relaxation, mindfulness, and creative expression.

For healthcare professionals, Zentangle can be an effective tool for building confidence and promoting mental well-being. Creating intricate patterns and designs can be incredibly calming, allowing healthcare

professionals to decompress and unwind after a long day at work. Creating something beautiful and unique can also empower, boosting self-esteem and confidence.

Zentangle can also help healthcare professionals develop mindfulness and self-awareness, which are essential to good mental health. The focus required to create intricate patterns can help quiet the mind and promote a sense of inner calm. Additionally, doodling can be a form of self-expression, allowing healthcare professionals to explore their emotions and thoughts in a safe and supportive environment.

Incorporating Zentangle into a healthcare professional's daily routine can be a simple yet effective way to promote mental well-being. It can be done anywhere, anytime, and requires minimal equipment. It is cost-effective and accessible activity. Furthermore, Zentangle can be done individually or in a group setting, allowing healthcare professionals to connect with colleagues and build supportive relationships.

In conclusion, Zentangle is a powerful, fun, and effective tool for promoting confidence and mental well-being among healthcare professionals. It provides a creative outlet for self-expression, promotes mindfulness and relaxation, and can be done in any setting. By incorporating Zentangle into their daily routine, healthcare professionals can prioritize their mental health and well-being, allowing them to serve their patients better and provide the highest quality of care.