



Daily Living Although - Power of art work and peer support

Nordic Congress on Breast Cancer 2022

Sari Nyman

Time for New Pictures



HEAd, shoulders, knees and toes

- Suddenly I have a new body with cancer – what did I do wrong or didn't notice?
- What to tell relatives and friends about MBC?
- Now I talk about life before and after cancer
- I miss my daily routines...
- What kind of resilience skills I have?
- I felt a new kind of loneliness - until I met you

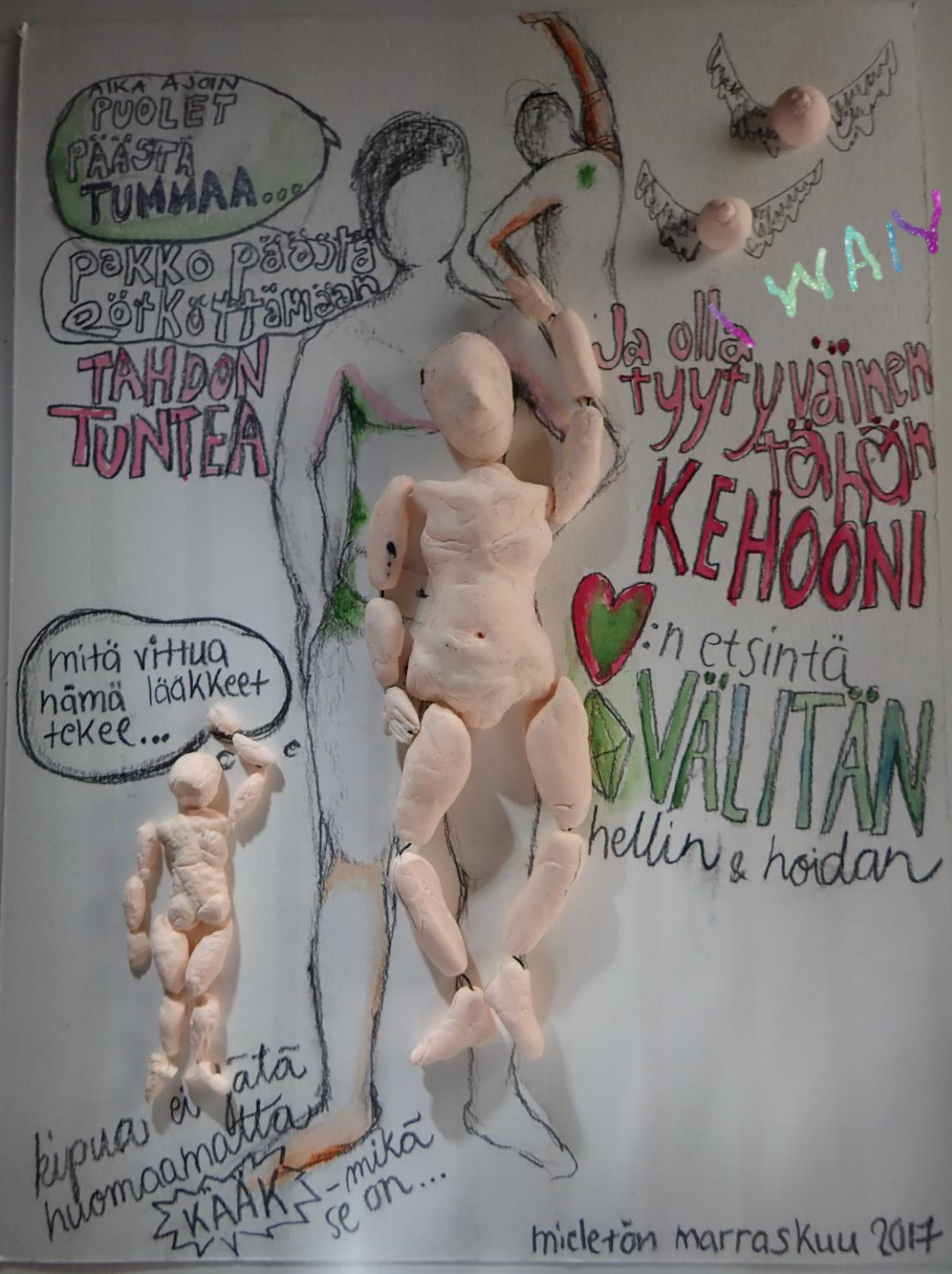
broken in the landscape

Photos:

Keljo
Taskinen

- Cancer as part of our daily living
- Sometimes a picture is worth 1000 words





TO FEEL
BODY AGAIN



time
to CARE

A Role of artistic
Expression

WHAT
A BODY IMAGED!











Daily living although

Arjen Paikka vaikka (2019)

<https://www.youtube.com/watch?v=N4Dpx9OSqJw>

PICt
no. 945



What happened

...



Green care



DOING, BEING

- my story, your story, our story
- personal discoveries and needs
- emotions put in words, pictures, sounds
- the creation and enjoyment of the arts
- artistic expression, art therapy



Arts well- being health

"The arts are uniquely suited to help us understand and communicate concepts and emotions by drawing on all our senses and capacity for empathy. In recent decades, we have come to understand the intrinsic health benefits to artistic and leisure activities.

Art can help us to emotionally navigate the journey of battling an illness or injury, to process difficult emotions in times of emergency and challenging events. The creation and enjoyment of the arts helps promote holistic wellness and can be a motivating factor in recovery.

Including the arts in health care delivery has been shown to support positive clinical outcomes for patients while also supporting other stakeholders, including health care providers, the patient's loved ones and the wider community."

By World Health Organization (WHO): Arts and Health 2022





Peer support in action

- dancing heal body image
- shared music memories
- poems written together
- Homo Ludens – play and laugh needed!





You'll never walk
alone



All the
treatments
and support
we need



Power of doing



Walk on with
hope
in your
hearts

