



# Daily Living Although - Power of art work and peer support

Nordic Congress on Breast Cancer 2022

Sari Nyman

# Time for New Pictures

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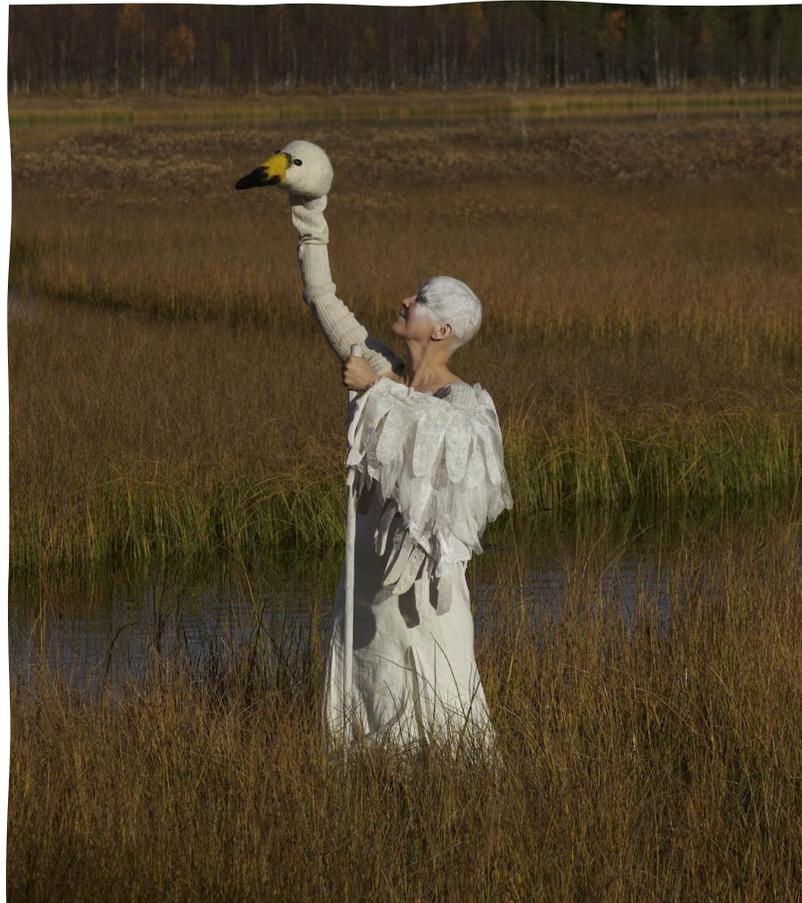
# HEAd, shoulders, knees and toes

- 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

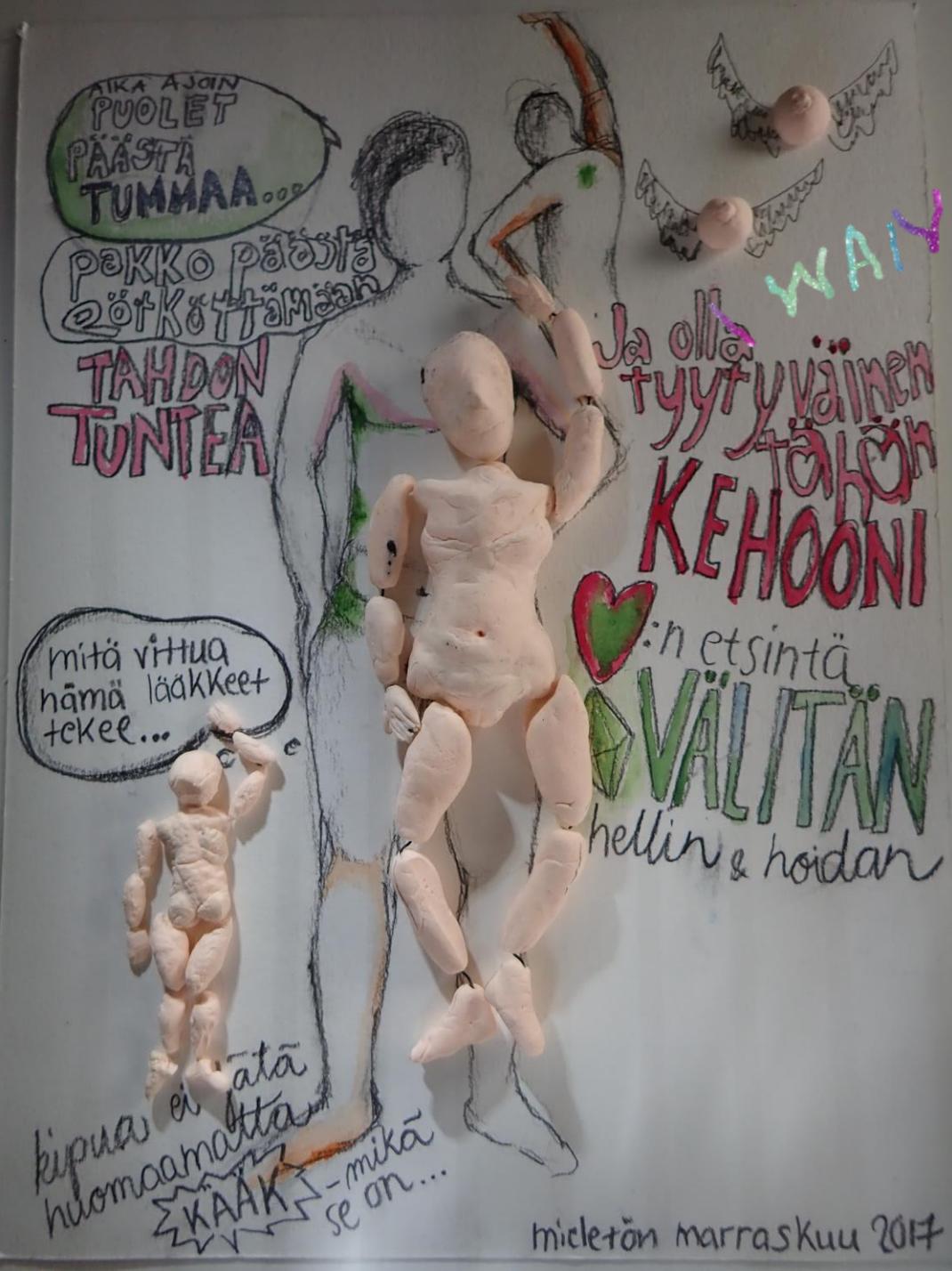
# broken in the landscape

Photos:

Keijo  
Taskinen



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



WANT TO FEEL  
BODY AGAIN

time  
to CARE



A Role of artistic  
Expression

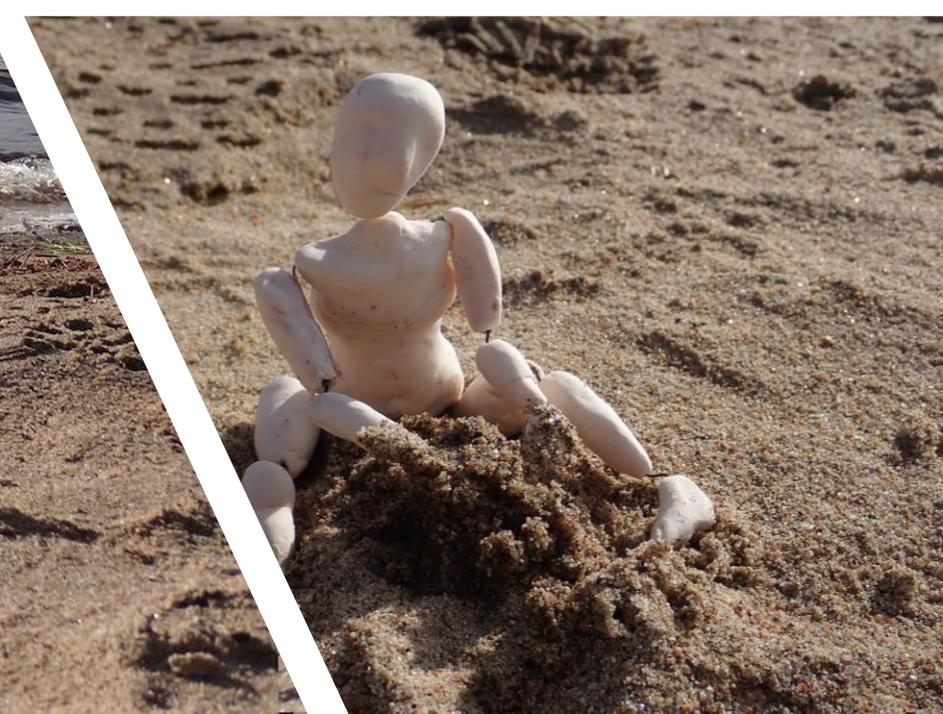
WHAT  
A BODY IMAGED!











# Daily living although

Arjen Paikka vaikka (2019)

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

**PICT**  
**no. 945**

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What  
happened

...



# Green care

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# DOING, BEING

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- 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

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”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.”

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





# Peer support in action

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- 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

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# Power of doing

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Walk on with  
hope  
in your  
hearts

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