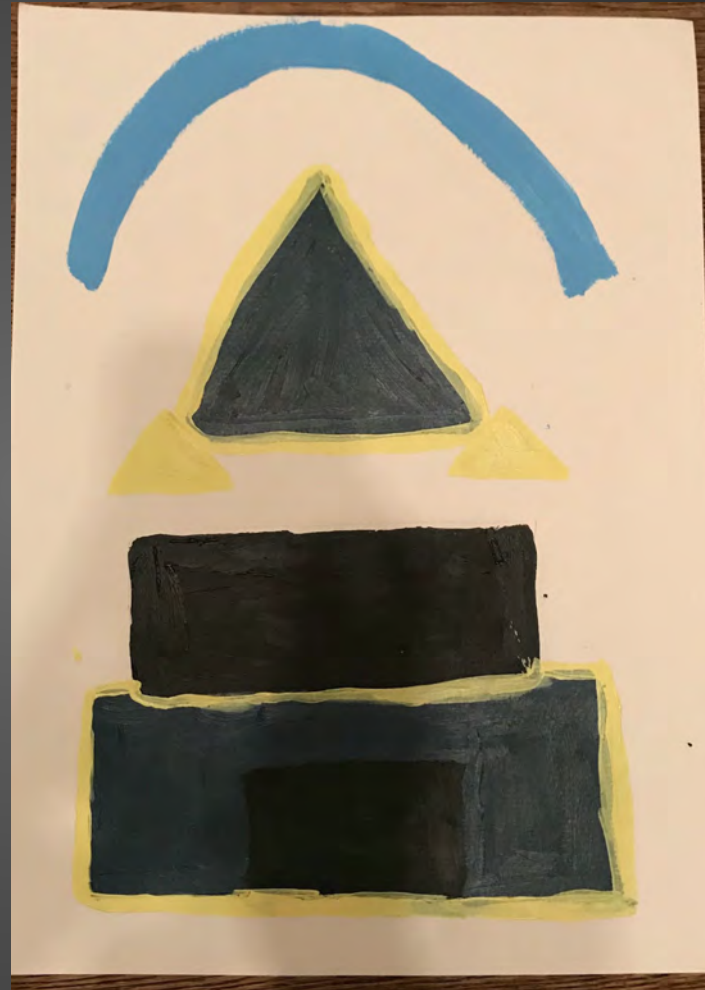


# ART in the Anthropocene

Addressing 'Human Beingness' through a mindful activity

Paintings done through  
*my own* individual contemplation





Paintings done through  
group contemplation.





Painting by  
Kali Coubrough



Painting by  
Max Warchol



Painting by  
Robi Lin





Painting by  
Anya Christensen





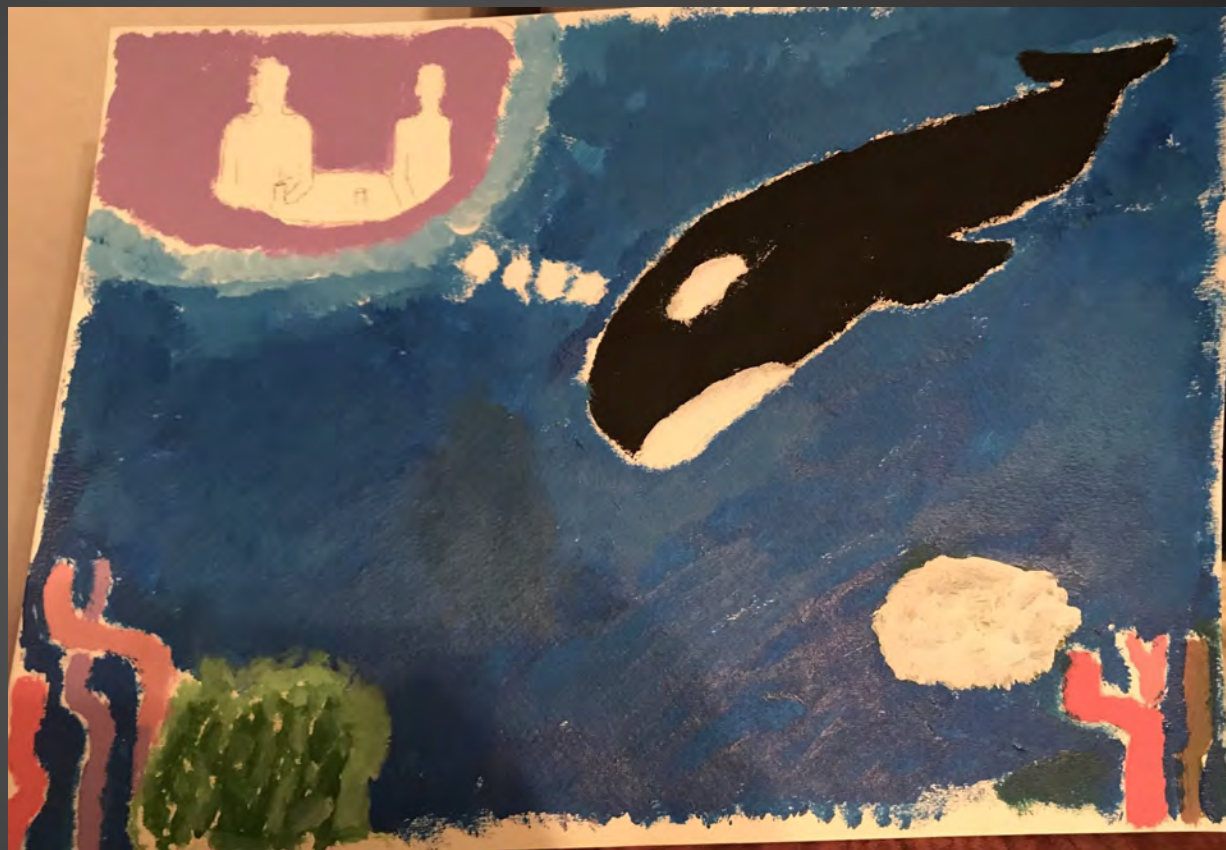
Painting by  
Will Bowers



Painting by  
Bryn Hogenson



Painting by  
Graeme Vissers



Painting by  
Simone Schwartz-Lombard

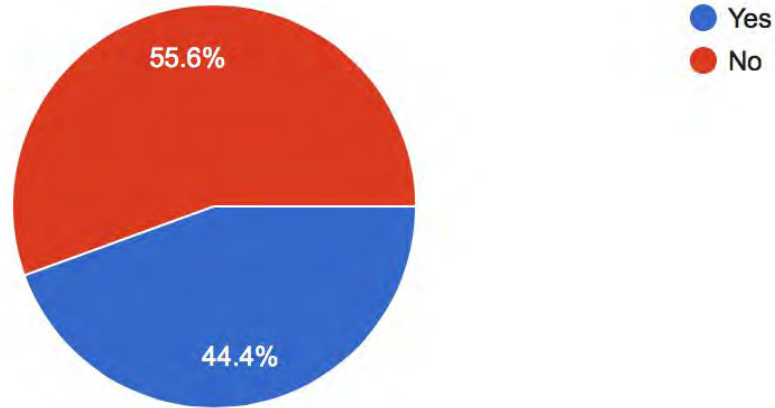




# The group's response

This is my first contemplative/mindful exercise

9 responses



Informal results gathered through an google forms survey

The group setting enhanced my experience

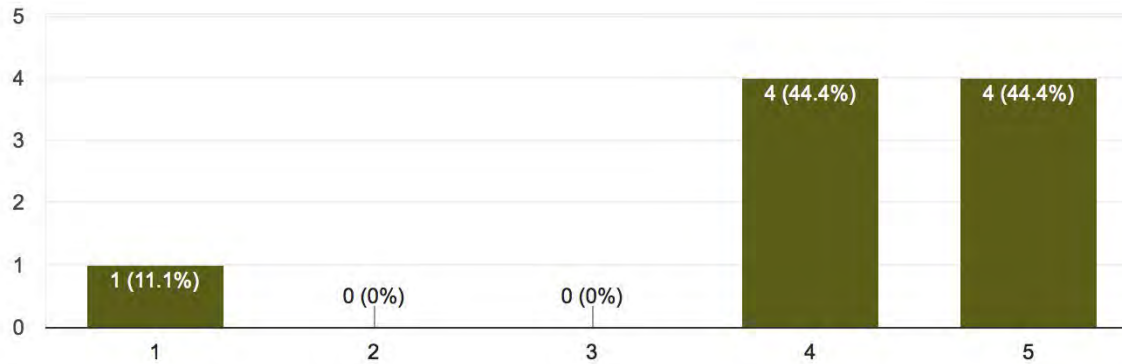
9 responses



● Yes  
● No

This event gave me a sense of focus

9 responses



# Key takeaways from the event

- “Painting stimulates the creative parts of the brain, which is helpful for unwinding”
- “I need to take more time for myself, mentally. This activity was a great way to gauge myself spiritually, mentally and physically, and I hope to do similar practices in the future”
- “I felt focused and mindful, especially watching others think and create something at the same time.”





- “People have different approaches to the same task : Their vision is always different”
- “Doing art, and taking time away from my duties (especially right before finals week) helped my decompress and recharge my emotional and mental energy. Plus, shifting gears, mentally, from studying and focusing on my own problems to taking time to think about broader issues that affect more than just me helped to put stuff into perspective.”

