



# Art for Wellbeing Workshops 2024



PRIFYSGOL  
BANGOR  
UNIVERSITY

Gweinyddu a  
Gwasanaethau Myfyrwyr  
Student Services  
and Administration

Wednesdays, 9:30-11:30am  
Neuadd Rathbone, College Road, Bangor.

6.11.24



## Glimmers Collage

Glimmers are micro-moments of joy that help calm the nervous system. They can bring back memories and emotions associated with strong feelings of joy and safety. In this workshop we will explore how glimmers can support your mental wellbeing and create a collage to depict some of them.

13.11.24



## Puree Tube Art

Research shows that identifying and applying your strengths can increase confidence, happiness, positive relationships and reduces stress and anxiety. Create a puree tube talisman decoration using shapes and symbols as a visual representation of your personal strengths.

20.11.24



## Visual Journaling

Create a journal to record your feelings, thoughts, and ideas. Visual journals can help us to release negative emotions, understand a problem, and find possible solutions. Allowing our minds to focus on drawing and creating allows us to slow down our thoughts and acknowledge our emotions.

27.11.24



## Safe Place Container

Imagining a safe place can be relaxing and calming for people who can sometimes feel anxious and stressed. Create a pocket-sized, art-based representation of your personal safe place to carry with you and to support you at times of need.

4.12.24



## Weaving for Wellbeing

Create a small, weaved wall hanging to promote relaxation and anxiety relief through repetitive motion and focus. Weaving has been used for centuries as a form of creative expression and it can also be used as a form of self-care and mindfulness practice.

11.12.24

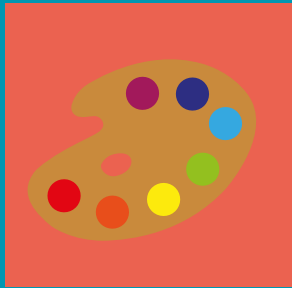
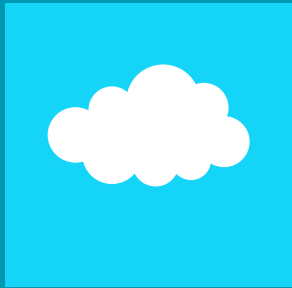
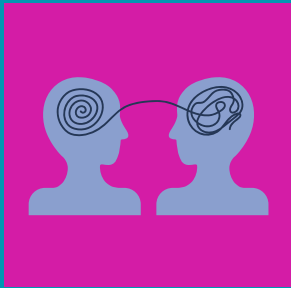


## Nature Clay Plaques

Make decorative clay plaques by imprinting natural objects such as leaves, shells, and stones onto clay. Spend time in the Wellbeing Garden gathering natural materials and enjoy time in nature. Return indoors to work with air-drying clay, pressing items into the clay to create patterns and designs.

Bookings: [wellbeingservices@bangor.ac.uk](mailto:wellbeingservices@bangor.ac.uk) or scan QR code above





# Gweithdai Celf er Lles 2024



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Dyddiau Mercher, 9:30-11:30yb  
Neuadd Rathbone, Ffordd y Coleg, Bangor.

6.11.24



## Gludwaith Llygedyn Bach

Mae 'llygaid bach' (glimmers) yn ficro-eiliadau o lawenydd sy'n helpu i dawelu'r system nerfol. Gallant ddod ag atgofion ac emosiynau sy'n gysylltiedig â theimladau cryf o lawenydd a diogelwch yn ôl. Yn y gweithdy hwn byddwn yn archwilio sut y gall 'llygaid bach' gefnogi eich lles meddyliol a chreu gludwaith i ddarlunio rhai ohonynt.

20.11.24



## Dyddlyfr Gweledol

Creu dyddlyfr i gofnodi eich teimladau, eich meddyliau a'ch syniadau. Gall cadw dyddlyfrau gweledol ein helpu i ryddhau emosiynau negyddol, deall problem, a dod o hyd i atebion posibl. Mae caniatáu ein meddwl i ganolbwyntio ar luniadu a chreu yn ein galluogi i arafu ein meddyliau a chydabod ein hemosiynau.

4.12.24



## Gwehyddu er Lles

Crewch croglun bach wedi'i wehyddu i hyrwyddo ymlacio a lleddfu pryder trwy symud a ffocws ailadroddus. Mae gwehyddu wedi cael ei ddefnyddio ers canrifoedd fel ffurf o fynegiant creadigol a gellir ei ddefnyddio hefyd fel modd o ymarfer hunanofal ac ymwybyddiaeth ofalgar.

13.11.24



## Celf Tiwb Piwri

Mae ymchwil yn dangos y gall adnabod a chymhwysu eich cryfderau gynyddu hyder, hapusrwydd, perthnasoedd cadarnhaol a lleihau straen a phryder. Dewch i greu addurn talisman gan ddefnyddio tiwb piwri i lunio siapiau a symbolau fel cynrychioliad gweledol o'ch cryfderau personol.

27.11.24



## Blwch Man Diogel

Gall dychmygu lle diogel ymlacio a thawelu pobl sydd weithiau'n gallu teimlo'n bryderus a dan straen. Crëwch gynrychioliad celf maint poced o'ch lle diogel personol i'w gario gyda chi ac i'ch cefnogi ar adegau o angen.

11.12.24



## Placiau Clai a Byd Natur

Gwnewch blaciau clai addurniadol trwy argraffu gwrthrychau naturiol fel dail, cregyn a cherrig ar glai. Treuliwch amser yn yr Ardd Les yn casglu gwrthrychau naturiol a mwynhewch amser ym myd natur. Dychwelwch tu fewn i weithio gyda chlai sy'n sychu yn yr aer, gan wasgu eitemau i'r clai i greu patrymau a dyluniadau.