

# ACKNOWLEDGEMENTS

During the summer of 2019-2020, bushfires of an unprecedented scale ravaged East Gippsland. To support those directly impacted by this disastrous event, I collaborated with experts in the field of mental health, art, naturopathy and wellness to create a series of practical and uplifting workshops.

These experts include Visual Artist and Researcher **Dr Barbara Doran**, who took the workshop participants on a journey to help them reach a State of Flow and to Cultivate Stillness within. Yoga instructor and PhD candidate at Monash University **Juliana Luna Mora** generously shared her knowledge on Emotional Colours, and Sensorial Awareness. Art Therapist **Rachel Hiskins** used Mandala drawing to bring people in the now. Naturopath **Candace Borg** and plant passionate **Jenn Clark** discussed in Let's Be an Aloe Vera how to grow plants indoor and use them for tea making to benefit from their soothing properties. With the support of renowned Clinical Psychologist **Dr Rob Gordon**, and with Visual Artist **Eleonore Pironneau** from her studio in London, was presented hands on Creative Rituals to help acknowledge the trauma and highlight the way forward.

Following this series of workshops, and after consulting with the Community, it became clear that more people needed access to the content of these workshops. The idea to create a guide book that would collect all of the precious information and activities soon grew. An extension for children to also benefit from it was added under Children's Activity section that appears at the end of each chapter. And finally, **Professor Katherine Boydell**, Head of Research of the Black Dog Institute in Sydney, contributed a full chapter on *Body Mapping*.



All throughout the workshop series and the making of the book, Graphic Designer **Zoe Knight** shared her skills and profound understanding of this project in her poetic and delightful illustrations. Apart from stated otherwise, all colourful and heart-lifting visuals are hers.

Once the content of the guidebook was created, each word and title went under the specialist lens of Educational Design Consultant **Joanne Murphy** to be carefully weighted and adjusted. The chapters were then reviewed by participants of the workshops and by East Gippsland residents who insured the integrity and inclusiveness of the guidebook. Editorial Designer **Jes John** gracefully finalised this guide book and delivered a perfect layout to **Black Rainbow Printing**.

*Stillness Through Art, a Guide to Overcome Eco-anxiety* exists thanks to the support of the **East Gippsland Art Gallery**. I am grateful for all the gallery's trust and strong team spirit that carried me through the complexities of such a project.

This guidebook was created, printed and mailed to those who need it the most thanks to the generous support of **PHN Gippsland**, the **Community Enterprise Foundation** and the **East Gippsland Shire Council**. Your contribution made this guide book unique and all the more helpful.

It is with a deep, heartfelt thanks to all the people involved in this project that I wish to end these acknowledgements. Though I initiated and coordinated this project, without the work and passion of all those involved, *Stillness Through Art, a Guide to Overcome Eco-anxiety* would not exist today. Thank you for your generosity and relentless work.

***Sofie Dieu***