

Obras de la colección SURA

MENTAL HEALTH

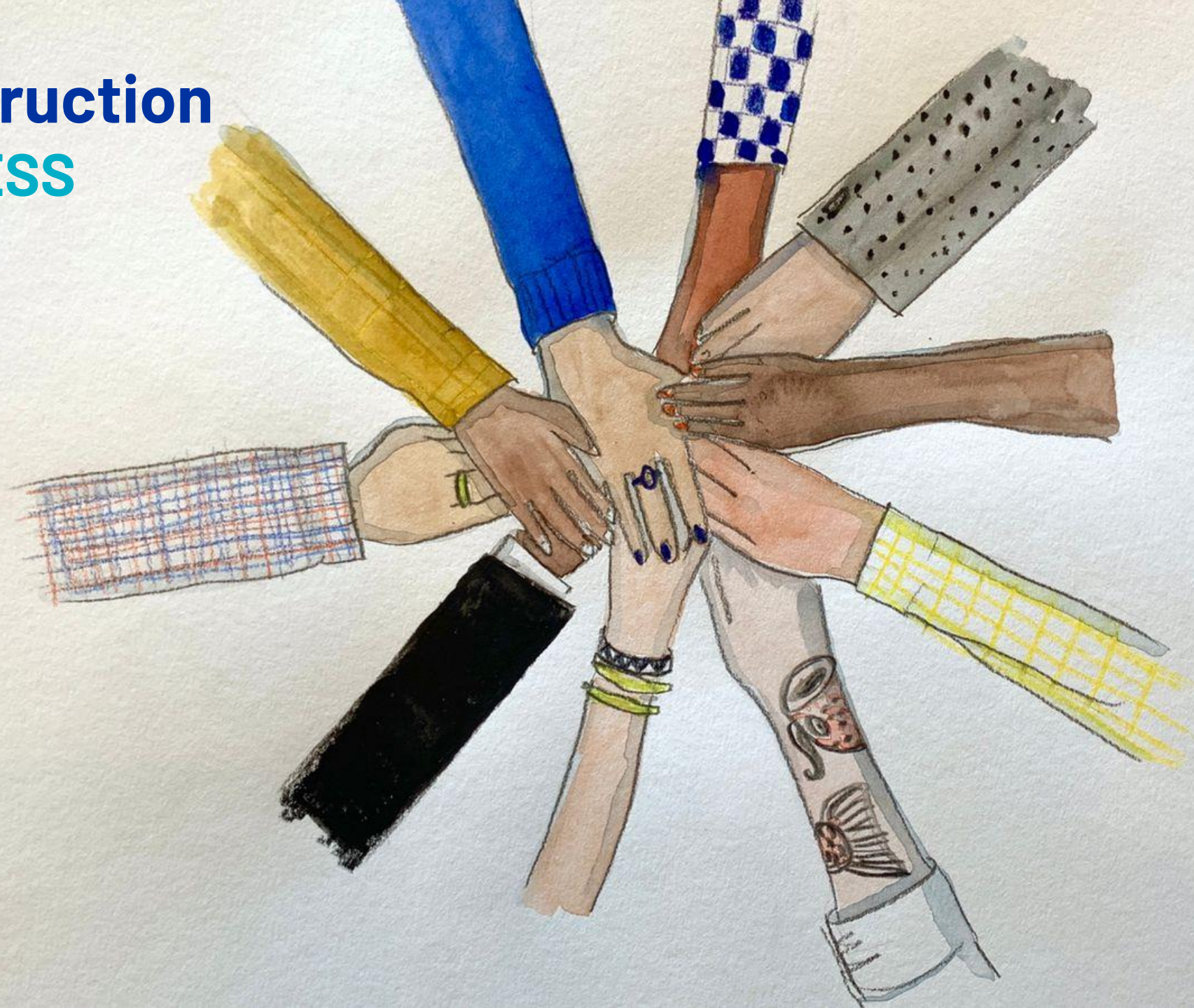
Grupo SURA -
Suramericana

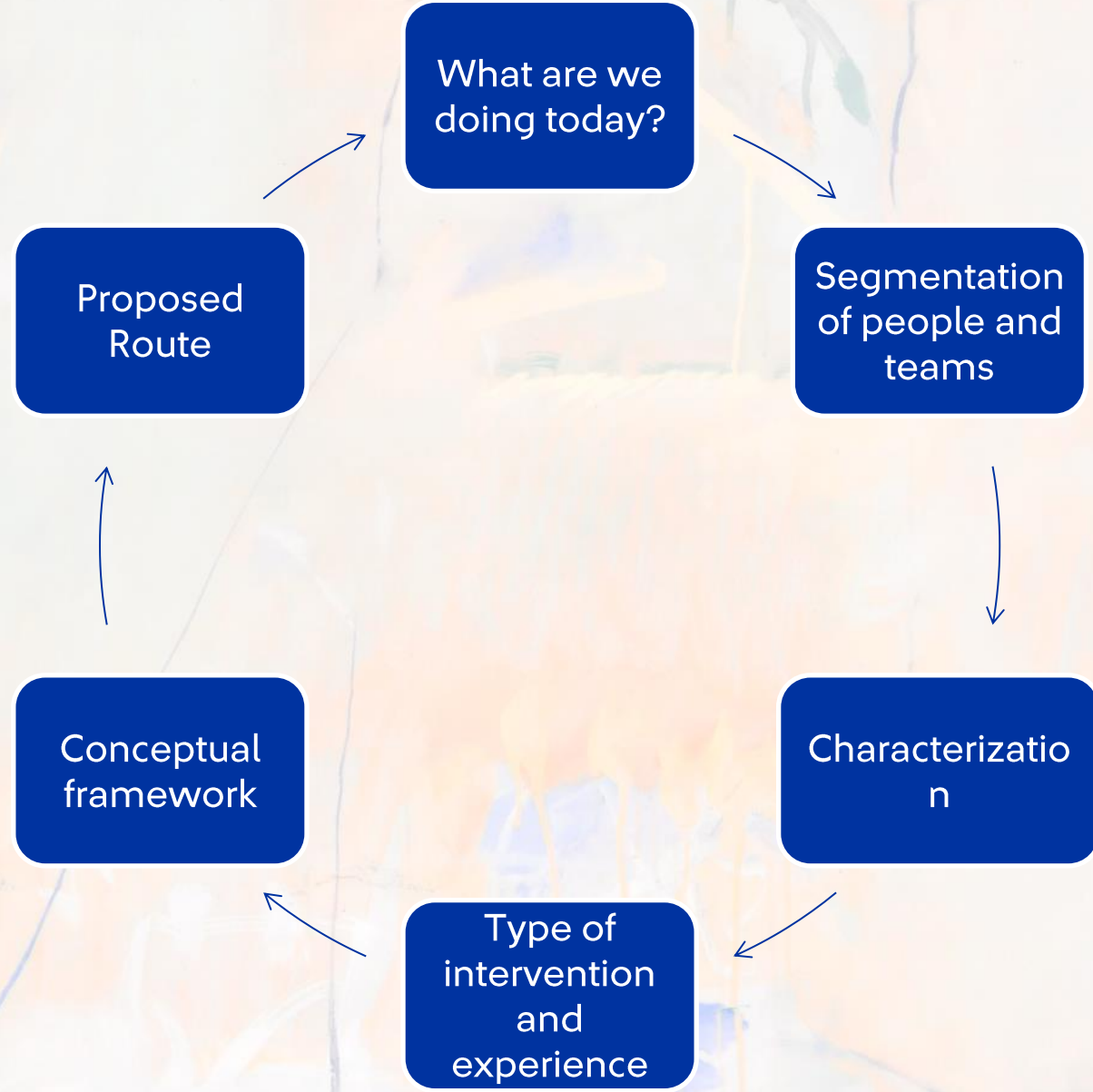
What are we doing today?

- Psychological advice and support line
- Individual and team accompaniment
- Conversation spaces
- Formations
- Health days
- Care protocols
- Connection with ARL and EPS for priority appointments

- Steering committees
- Management teams with high exposure
- Management teams that request it

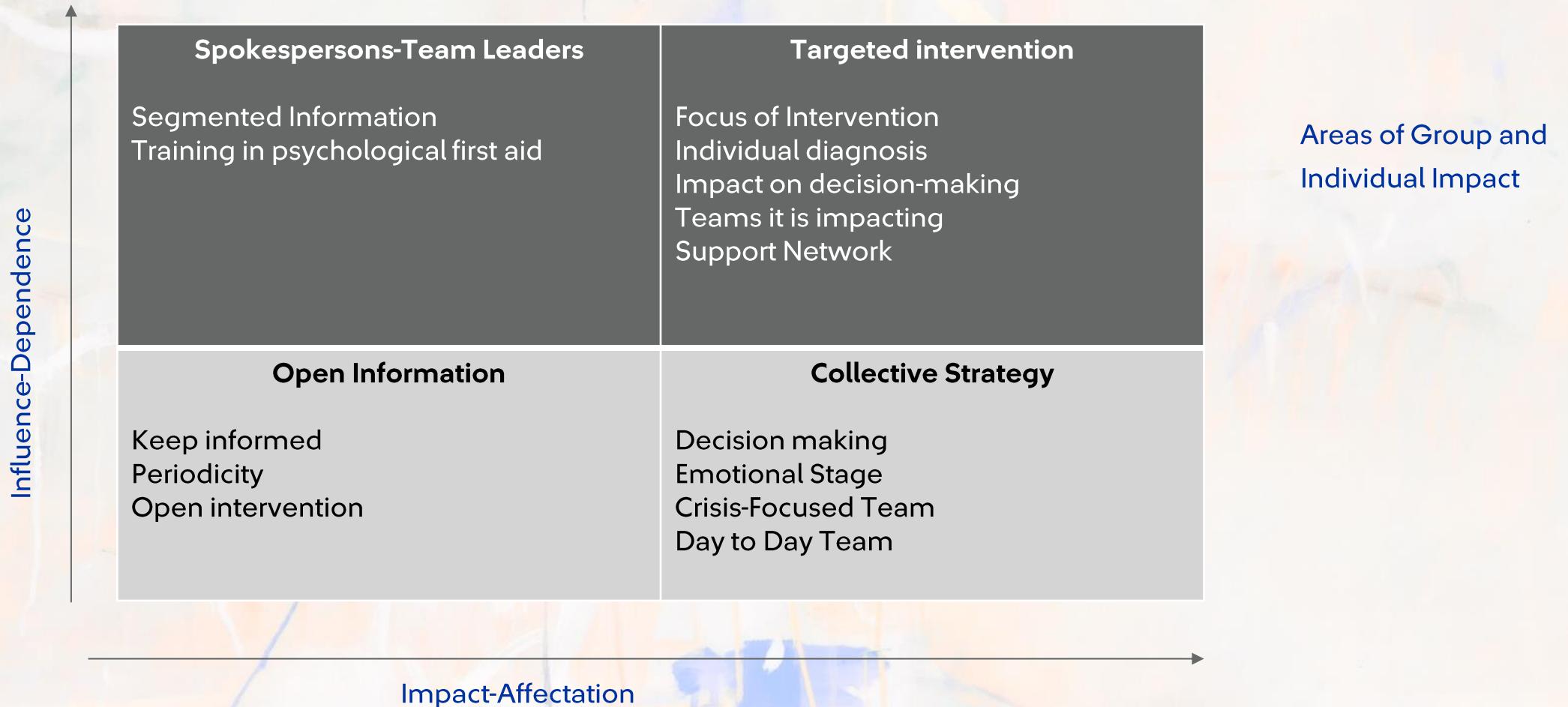
Construction PROCESS





Segmentation

Prevention in teams



Characterization

Prioritized audience – Committees Managers

- High levels of exposure
- Pressure on decision-making
- Working in uncertainty
- Interaction networks limited by confidentiality
- High emotional burden due to the responsibility and impact of their decisions
- Exposed to media
- Self-demand
- Tendency to self-regulate the expression of one's emotions
- Very busy agendas

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ART AND MENTAL HEALTH

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What experience do we want to generate?

“It's important to learn to live creatively, not necessarily through works of art, but as a spontaneous attitude that colors our actions and makes us feel authentic.”

Winnicott

- Creative experiences
- Connecting and empowering your health management
- That they feel that it is tailored to their needs
- That it is a safe place, not feeling exposed
- That they can be human and not superhuman
- Work disconnection
- That leaves a mark

Art and mental health

- Historically, the relationship between art and mental health has manifested itself in diverse ways across eras and cultures. Currently, art-based interventions and therapies are used in clinical, social, and community settings to treat issues such as depression, anxiety, trauma, and others. Art is a high-impact tool for expressing and releasing emotional burdens.
- The connection between art and mental health is fundamental to art's ability to be a medium that enables and mobilizes self-expression, emotional release, social interaction, and self-discovery.
- Various recent studies and research have shown that participation in artistic activities can be therapeutic and contribute positively and significantly to improving people's mental and emotional well-being.

Key aspects of the relationship between art and culture:

- Emotional expression; art provides avenues for expressing thoughts, emotions, and inner experiences. Painting, drawing, writing, dancing, and music allow us to communicate what can sometimes be difficult to express verbally.
- Decreased anxiety; participating in artistic activities provides a positive distraction that allows people to disconnect from the worries and stresses of everyday life, increasing a sense of calm and reducing discomfort.
- Social connection; interaction and participation in art spaces and groups and creative activities create new opportunities to establish meaningful connections and relationships.

General Objective:

- To generate an experience of emotional and psychological well-being using different forms of expression through art, recognizing its capacity to foster processes of self-expression, reflection, communication, introspection, and interpersonal connection.

Specific objectives:

- Facilitate the identification, exploration and expression of emotions in a safe way.
- Reduce stress and anxiety levels by providing strategies to address emotional tension.
- Develop coping skills to creatively address challenges
- Connecting with others from a place of vulnerability through artistic appreciation and social interaction.
- Increase attention and ability to focus on the present moment.
- Provide complementary pathways for improving mental and emotional well-being.

inspirarte

Un viaje al buen vivir

- **Theater** | We are more than a role, our vulnerability
- **Music** | The melody that we are, our rhythms and our breathing
- **Writing** | Recognizing ourselves, exploring emotions, conflict, and error
- **Visual Arts** | Shaping Our Thinking
- **Healthy Eating** | Knowing Myself, Taking Care of Myself

Moments | route

