

# Art Based Integration



***Oriana Ides***

**Day 2 – January 23, 2026**

**11:30 a.m.– 11:50 a.m. PT / 2:30 p.m.– 2:50 p.m. ET**

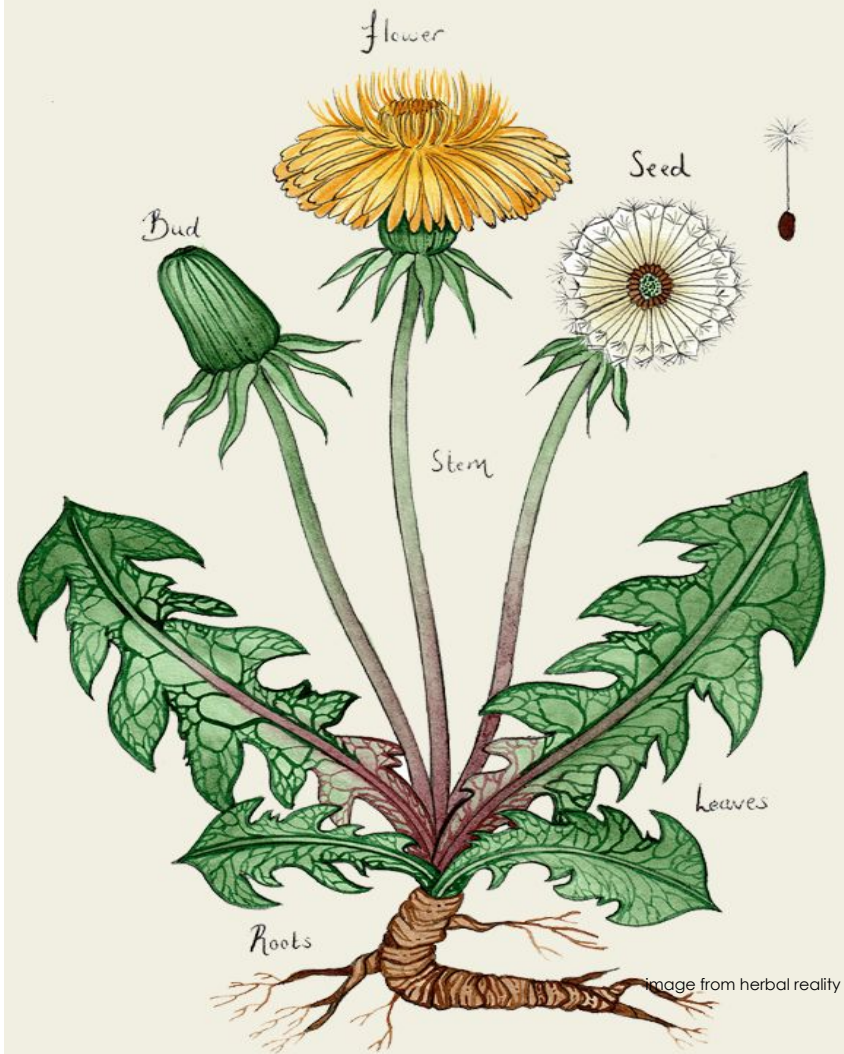
*Life After Loss: A Special, No-Cost Two-Day Virtual Summit  
Exploring Grief Aftermath for Educators, Mental Health Providers,  
School Leaders, and Child Advocates*



“The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched large by them. How much sorrow can I hold? That’s how much gratitude I can give. If I carry only grief, I’ll bend toward cynicism and despair. If I have only gratitude, I’ll become saccharine and won’t develop much compassion for other people’s suffering.

**Grief keeps the heart fluid and soft, which helps make compassion possible.”**

— Francis Weller (from [The Wild Edge of Sorrow](#))





**Let's begin here.**

# ***Charting the storms.***

On your paper, begin to chart and trace **where and how grief is showing up in your life right now:**

What feels heavy, turbulent, or stormy?

Where do you feel tension, exhaustion, or emptiness?

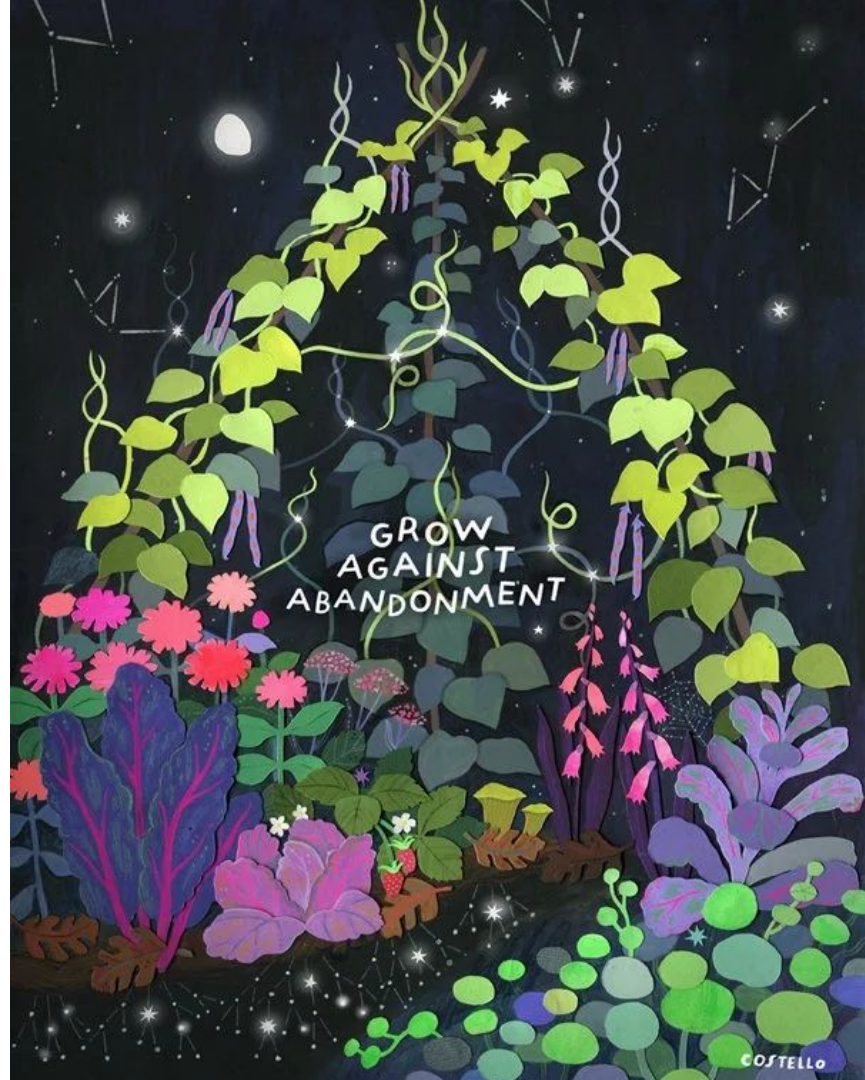


# Attuning to light, pathways and anchors

Stay with the same piece of paper, shifting your attention to openings, support, or steadiness.

**As you draw, notice and feel into:** Use dots, lines, symbols, shapes, colors, words, or names.

- What has felt like light, an anchor, or a pathway through grief?
- When, where, or how do these moments show up for you?
- What has supported or held you through difficult times?
- Where do moments of tenderness, hope, or presence appear?



# ***Taking a step back from the storm***

Take a few quiet minutes to look at your map. What does it show you about how you carry grief?

- How does your experience with grief shape how you see and meet the world?
- How do they influence your intuition, empathy, or understanding of others?
- How do they affect how you receive care, love, or acknowledgment?
- How have your lived experiences shaped you to offer others?

