

# COMPLEMENTARY APPROACHES

**Complementary or “holistic” medicine refers to** a wide range of non-medical model healing methods. Some examples include:

**YOGA** is a great way to unite your mind and body through different poses and controlled breathing. Practicing yoga for just five or 10 minutes a day can help you relax and feel more at peace with yourself. Make sure to start slow and be in control of your body to avoid injury. Yoga is not about being perfect, but respecting what your body tells you.

**Local YMCAs** often offer affordable yoga

**Free yoga videos:** [doyogawithme.com](http://doyogawithme.com)



**MEDITATION** is a mindfulness practice that allows you to “let go” and be present in the moment. In the fast-paced world that we live in, we often do not take the time to clear our heads and be truly present in our surroundings. This can be especially true if you live with mental illness, because we often experience high levels of anxiety or constantly racing thoughts.

**Meditation tips:** [howtomeditate.org](http://howtomeditate.org)

**Guided meditations:** [calm.com](http://calm.com)

**MUSIC THERAPY** is a making, singing, moving or listening to music to accomplish therapeutic goals while working with a credentialed music therapist. To learn more and find a music therapist near you, visit [musictherapywisconsin.org](http://musictherapywisconsin.org)



**ART THERAPY** is the process of personal creation or experiencing the talents of others. Art therapy can be very cathartic. For many people, creating or experiencing art is also a way to foster self-awareness and personal growth.



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*“Art making is seen as an opportunity to express oneself imaginatively, authentically, and spontaneously, an experience that, over time, can lead to personal fulfillment, emotional reparation, and transformation.”*

—International Art Therapy Organization, [internationalarttherapy.org](http://internationalarttherapy.org)

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## **NAMI WISCONSIN HEALING ART SHOW**

Each year, NAMI Wisconsin hosts a Healing Art Show that features the work of statewide artists who have experienced mental illness. Contact NAMI Wisconsin to learn about upcoming shows! (photos of featured artwork below)



*“Photography opened doors for me, the chance to experience nature, to be active while in pursuit of a singular shot that expresses what I feel in a way I can’t seem to verbalize. In that moment, when I press the shutter button, all else is blocked out. There are no disruptive thoughts, no distractions.”*



—Featured Artist