This workbook was created for you with love and care by artist Rayos Magos as part of King Artist Residency Sponsored by the City of Palo Alto Public Art Program

“I hope this workbook can serve as a conversation starter with oneself and others about the importance of mental health wellbeing, self-care, and resilience. Perhaps it may be a bridge taking us to a safer place of reflection and healing, and helping us to reconnect with ourselves, our communities, and the world around us. I invite you to use this workbook by coloring, drawing, or writing to express your thoughts about your rituals of resilience. You can keep your work private or share your creative self-reflections with the Rituals of Resilience community with the tag #ritualsofresilience.” Rayos Magos

For the first artist residency focused on equity and belonging in Palo Alto, artist Rayos Magos has launched Rituals of Resilience. The project utilizes storytelling, imagery, reflections, and rituals, engaging the larger Palo Alto community in a series of conversations and art making workshops that will offer participants space to reflect and share their stories about belonging, human connection, and the impact of social distancing on their mental health during the pandemic. His documentation of personal stories and learned experiences will result in a final temporary artwork displayed on King Plaza for a period of six months to one year.

Any community members with a connection to Palo Alto are invited to participate in the Rituals of Resilience project. For more information, connect with Rayos Magos directly by leaving a voice message at (650) 308-4533, or visit the Palo Alto Public Art Program page: cityofpaloalto.org/publicart.
Rituals of Resilience

Write/draw in your rituals, coping skills, and strengths in the center.
Follow/Tag us:
@ritualsofresilience
#ritualsofresilience

Artwork
@rayos_magos
Rituals Of Resilience

What rituals fill/fuel your heart up?

Draw/write responses in the heart space.

Follows us/Tag us:
@rituals_ofresilience

Artwork: @rayos_magos
Rituals Of Resilience

What do you want/need your community to hold for you?

Write/draw in the center.
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Rituals of Resilience

Just Breathe

Take a moment
To breathe in
Slowly for 1 minute.

Write/draw the things that remind you to breathe around the lungs.
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