



Beads of Courage® Programs

Providing innovative
arts-in-medicine programs
for children and teens coping
with serious illness, their
families and the clinicians
who care for them.

beads
of COURAGE®

Beads of Courage® Flagship Program

is an arts-in-medicine program that aids in emotional healing for children and teens coping with serious illness.

- Worldwide standard of care in 300+ hospitals
- Strengthens resilience, a sense of well-being and quality of life
- Narrative medicine providing a visual and tangible way to RECORD, TELL, and OWN stories of courage



Photo Credit
Jan Terry



Beads of Courage®

Sibling Program

recognizes and supports the emotional journey of a sibling when their brother or sister is coping with serious illness.

- Opportunity for self-reflection
- Promotes communication
- Provides encouragement: "You are not alone!"



Beads of Courage®

Bead Mindful

FOR CLINICIANS

provides consistent opportunities to engage in mindful practice and self-care.

- Beads serve as objects of focus for each session's unique intentions, meditations, mantras, and poetry
- Reduces compassion fatigue and burnout
- Strengthens interpersonal mindfulness that leads to enhanced moments of caring for others

Bead Mindful

A program for clinicians to develop a consistent practice of mindfulness while providing a new way to care for themselves and others.

Bell Bead: Bringing Music and Joy into Our Lives – Remembering Your Strengths

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us. We ask ourselves: 'Who am I to be brilliant, gorgeous, talented and fabulous?'"

Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others."
- Marianne Williamson

...king outside myself for strength, but it comes from within. ...are all the time."
- Sigmund Freud

Yellow Focal Bead
A little bit of sunshine can change everyone's attitude, bring hope and give balance.

Meditation
Be kind. Random acts of kindness can make a difference in someone's day. Leave a fellow employee a kind note letting them know that you appreciate them.

Mantra
"I will treat others with kindness."

...how from me like a net; no facing back, the way it is with children."
- Rainer Maria Rilke

"I said," replied Merlin, beginning to puff and blow, "that's the only thing that never lands itself in your enemies' hands, no matter how clever they are about the way they steal it, and you may see the world about you won't, or know your honour trampled upon there: there is only one thing for it by the world ways and what gets it on the mind can never exhaust, never burning is the only thing for you. If things there are to learn."
- Once and Future King



Beads of Courage®
DREAM with Courage Tiger

DRAW & RELAX: EMBRACE ART AND THE MIND

provides a fun art experience for anyone needing an escape from stress and an opportunity to connect with others.

- Activities paired with a unique bead teach fun facts and provide encouragement
- Provides an opportunity for self-expression, creativity and fun



Beads of Courage® Bead Strong

encourages anyone to pause,
breathe and learn about mindfulness
as an important life skill.

- Integrates breathwork, creative and symbolic art, and mantras
- Adapts to unique needs of participants and facilitators across the health care continuum



Bead Strong

Life can be tough at times. During the most challenging times, it's easy to lose focus and let things get away from you. This activity helps you to shift your attention back to the present moment and breathe new life into your day. Let's let those thoughts aside and take this opportunity to explore your creativity, focus and joy into our mindfulness practice.

We invite you to be curious as you explore the craft of Bead Strong activity.

These tools include mantras, art, breathwork, and more.

MANTRAS are words you repeat to yourself to help you focus and remain positive in times of stress.

ART invites you to explore your creative mind as you draw and feelings on paper.

BREATHING is a powerful tool that connects our mind and body. It helps us to calm, soothe and energize our minds.

BEADS are the smallest art form known to humans and have been valuable objects for over 50,000 years. The beads you receive is a symbolic reminder of the time you spend connecting with your feelings, thoughts and experiences from this Bead Strong activity.

Joy Bead
Live each moment with happiness, love and laughter

Imagine you are a rainbow and each color of the rainbow is something about power that you love. Breathe in. Take a deep breath. Close your eyes if you'd like. Breathe in through your nose. Count slowly "1, 2, 3," as you breathe out of your mouth.

While meditating this breathwork, imagine your rainbow. Think of each color one by one and the things about yourself that you love. Can you see them? Can you feel them? Use all your senses to think about your rainbow and all the things about yourself that you love!

In the colors of the rainbow, draw or write about each thing you love about yourself!

An American author and poet **Aberjona** once said, "Dare to love yourself as if you were a rainbow with gold at both ends."

The mantra for this activity is "Live each moment with happiness, love and laughter!"

The Beads of Courage® Bead is a featured bead of this Bead Strong activity.

What colors are in your rainbow?

Every bead tells a story of courage, honor and hope.

Small text at bottom left: **beads of courage**®
www.beadsofcourage.org
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Small text at bottom right: **Hand-drawn Art by**
Lisa Greenberg

Small text at bottom center: **Hand-drawn Art by**
Lisa Greenberg

Small text at bottom right: **Hand-drawn Art by**
Lisa Greenberg

Beads of Courage® Strand for Strength

AND REMEMBRANCE WORKSHOP

honors the legacy of a loved one who has died
and the courage of those who grieve.

- Opportunity to create a tangible keepsake symbolizing love, remembrance and connection
- Participants find strength when they reflect on memories, emotions and hope for the future



Beads of Courage® We Are All Connected

Beads of Courage, Inc. is a non-profit organization that is dedicated to improving the quality of life of those impacted by serious illness. We believe in creating a context for caring transactions to transpire through unique arts-in medicine programs. Since 2005, Beads of Courage, Inc. has established over 300 collaborative partnerships in caring to make healing happen through the use of beads as a historical art form.

Please visit www.BeadsofCourage.org/ClinicalResources for more information on our programs and cost.

Contact info@BeadsofCourage.org for donor opportunities for program sponsorship.

#BeadsofCourage



Together We Make Healing Happen!

www.BeadsofCourage.org