

LOVE YOUR TREE

Cultivating Compassion Through Art



HOSTING YOUR OWN EXHIBIT

Love Your Tree is an arts-based program for people of all ages focused on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection. A crucial part of the program is the creation of artwork by individuals and groups. But an even more important part is the sharing of that artwork in the virtual art gallery at LoveYourTree.org and in your local communities.

Art is powerful! Art sparks conversations, inspires new thinking and even shifts cultural perspectives. When people see, hear or read your *Love Your Tree* messages, you are planting seeds. Conversations about mental health, body positivity and self-love will start growing where they might not have before!

What's the best way to plant more seeds and reach more people?

HOST YOUR OWN LOVE YOUR TREE ART EXHIBIT! Here's how...

1. Identify a desired exhibit space and seek permission to use it.

This could be anything from a bulletin board to a campus courtyard, hotel lobby, common area at a shopping mall, local cafe or even a local art gallery. (Tip: Store owners and restaurant managers will often agree to display posters for free if they are connected to an event that brings in business for them.)

2. Identify a date and time for your exhibit opening (and closing).

This might be a one-day special event or it might mean your group's artwork is displayed in a common space for up to a month or more.

3. Establish a plan for how you will display the posters and how many you can include.

This might involve heavy-duty tape or wall-safe tape, staples for bulletin boards, easels, fancy art hangers or display panels. It's up to you to determine what works best for your space, your budget and your community. Be sure to include labels with the artist name and poster title, which can easily be printed from a home printer.

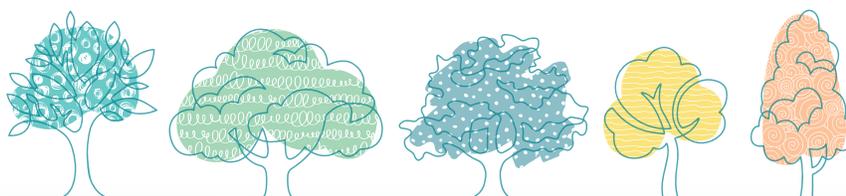
4. Recruit friends and volunteers to help you set up and clean up your exhibit.

5. Spread the word by creating a flyer or online event listing on social media or public calendars.

Start promoting your event in person (flyers, posters, invitations) and online (social media posts, calendar listings) and ask friends, family and colleagues to help spread the word.

6. One or two days before your exhibit opening, curate your *Love Your Tree* exhibit!

This generally requires help from your friends/volunteers. Larger and more complicated exhibits might require more time and effort to set up. This is also a great time to email potential guests a reminder about the event.



STAY CONNECTED: We want to hear from you and see how you're getting involved!

To learn more, visit LoveYourTree.org
Email us at LoveYourTree@ERPathlight.com

Follow us on social media:
[@EatingRecovery](https://twitter.com/EatingRecovery) [@PathlightBH](https://twitter.com/PathlightBH) [#LoveYourTree](https://twitter.com/LoveYourTree)

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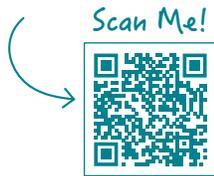
7. Host your event and have fun!

If you have a budget – or time to solicit donations – you can consider providing refreshments to your guests, playing background music or inviting a keynote speaker on mental health, body image or mindfulness to make the night extra special. Reach out to us at LoveYourTree@ERCPATHLIGHT.COM and we may be able to support you in your search.

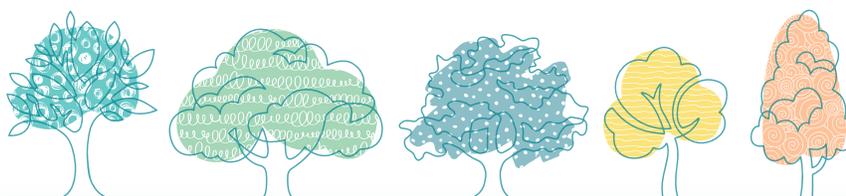
8. Take photos of your event and featured artists.

Send them to us at LoveYourTree@ERCPATHLIGHT.COM and/or post them on your social media page with **#LoveYourTree**. You can also include them in thank-you emails or cards to participants, attendees and volunteers.

9. Ask attendees to submit their artwork to our online gallery.



10. Share the thank-you letter on the following page with all attendees.



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To learn more, visit LoveYourTree.org
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Follow us on social media:
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LETTER TO PARTICIPANTS

Thank you for participating in the *Love Your Tree* workshop today!

The creative arts-based workshop you participated in is something you can do again on your own or recreate for your audience.

> **Who Can Participate?**

- Anyone and everyone.
- You can choose to participate as an individual OR host an event for your class or organization.

> **What Tools Do I Need?**

- An open, creative mind and your favorite art supplies of any kind.

> **What Do I Do Next?**

- Download the *Love Your Tree* activity worksheet.
- Host a *Love Your Tree* workshop.
- Have fun creating an original piece.
- Share the love.

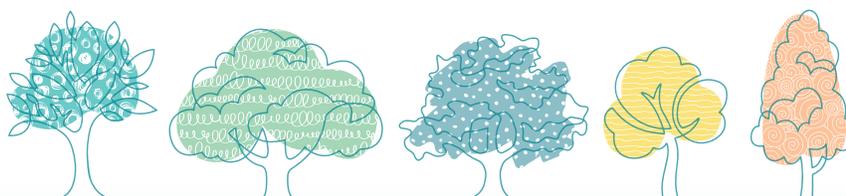
Through participation in *Love Your Tree*, my hope is that you are now encouraged to explore the tree metaphor further and share creative expressions of acceptance, gratitude for the unique form of our bodies and our lives, and the many ways in which we get stronger and heal through connection with others.

Like trees in a forest, we are strong, resilient, unique, interconnected and bring joy. How will you express this metaphor through your art?

Thanks again,

Love Your Tree Workshop Facilitator

Submit images
of your final works
of art online.



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