

# Wellness, Wellbeing, Self-care & creativity

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[Course: ME33WB: Wellness, well-being, self-care and creativity](#)

Dr Wendy Lowe, Lead for Student Support

[wendy.lowe@abdn.ac.uk](mailto:wendy.lowe@abdn.ac.uk)



# Course Aims

- To explore what we mean by wellness, well-being, self-care and creativity and how these meanings have changed over time.
- We will also be exploring how these ideas influence our learning about and enactment of wellness, wellbeing and self-care.
- Create reflective spaces around core insights
- Understand and reframing tensions around wellbeing, resilience and professional identity.



# Course Learning Outcomes:

- Understand and begin to map how concepts and models such as wellness, well-being, self-care and creativity have evolved over time and the drivers and key stakeholders associated with this evolution.
- Understanding the difference between risk based and asset based healthcare through the concept of Health Literacy through Centre for Disease Control and National Institutes of Health.
- Discuss key elements and critiques of positive psychology and how these have been addressed in successive waves
- Describe existential well-being and how this relates to logical inconsistency and the embodiment of the self-care system (SCS) through the medium of a reflective creative map.
- Understanding and applying Trauma Informed Self-care and the science underpinning them to their reflective creative map.
- Start to synthesize tone and quality of different approaches to wellness, well-being and self-care through continued development of own cartography whilst integrating the impact of social media.

# Assessment – two components

1. Coursework Essay – 2000 words – opportunity for written feedback

An opportunity will be provided for a formative submission to get feedback before the final submission through the tutorial work in week 16.

2. Cartography – Presentation and exhibition of reflective creative output that demonstrates your understanding of different approaches and how you relate to them.

The reflective creative output includes but is not limited to drawing, painting, collage, video, sewing, knitting, textiles, YouTube, TikTok, music, claywork and so on. This will be worked on throughout the tutorials and is a key thread throughout the course. As such all learning outcomes relate to their reflective creative output but specifically ILO 1, 4, 5&6.

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# Professional identity



# Creative cartography



# Main argument of this course

- Looking forwards to graduation but then realise it is not simple
  - Typical wellbeing approaches flatten complexity and orient wellbeing as solely an individual undertaking.
  - This struggle and how we deal with it is the core of wellbeing:
  - Reframing the tension: acknowledging complexity without diluting the depth.
  - Core insight: Wellbeing is not a binary between strength and struggle – it's a negotiation between self-awareness and professional expectation. Starting from complexity rather than reducing it to aspiration.
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# Any questions?

Sample exercise

Try this without thinking about it too much

[America - Horse With No Name \(1972\) \(Official Music Video\)](#)

What three things will you take?

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