

# Creative Intervention Centers:

How Campus Makerspaces Can Be Tweaked  
to Combat the Pandemic-induced  
Mental Health Crisis



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*emotional* strain or tension

adverse or demanding circumstances

'He's obviously under a lot of stress'

the stresses and

## Stress

is defined as the way people feel when they are placed under pressure, which can lead to stress. Stress can affect the mental health of employees, for example, and also have a significant impact on their physical health.





# Identifying students at highest risk



Difference

Change

## Who to Target

- First-generation college students
- First-year college students
- Minorities
- Ambiguous loss
- Loss of family members
- Students with disabilities



# \*Allowing\* for “meaning-making”

Confidentiality

Detachment

Reflection

## How to Make Space

- Discuss artwork
- Let students explain creations
- Listen



# Choosing activities

Culturally Sensitive

Rewarding

Fulfilling

Easy

## Ideas To Try

- Candle making
- Remembrance items
- NFTs
- Doodles
- Gifts for others





# Setting the mood

Instrumental

Relaxing

Upbeat

## Ask Yourself

- What's popular?
- What's inspires dance?
- What inspires singing?
- What do you want students to feel in the space?



# In conclusion wellness informed makerspaces... ...just might save a life.



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