

# Pivot Practices

## Mental Health Meets Movement: The Art of the Pivot

What if your anxiety had something to teach you?

What if the panic spiral was actually a doorway to your next move?



**Pivot Practices is a creative mental health workshop that uses improv, artistic exploration, and reflection to help students transform stress into self-awareness.**

Created by artist and educator **Molly Fisher**, this program helps students:

- Explore tools for real-time emotion regulation
- Use improv to practice flexibility + connection
- Make space for creativity as a coping skill
- Reflect on how play can lead to peace

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# Eliza Fisher

Eliza Fisher is a Chicago-based producer, creative strategist, and mental health advocate. She's the founder of Pivot or Panic—a brand and movement born from crisis, built for healing. Eliza blends storytelling, strategy, and advocacy to promote honest, human-centered work. From curating branded experiences to managing artists and hosting mental health events, she leads with connection, transparency, and unfiltered truth that resonates.



# Molly Fisher

Molly Fisher (MFA, MA) is a teaching artist, educator, and improviser with over 13 years in Chicago's creative community. Holding advanced degrees in Acting and Special Education, she brings a rare blend of artistic depth and educational insight to her work. At The Second City—where she's taught for over a decade—Molly developed Improv for Anxiety and specializes in building inclusive, imaginative spaces for personal growth. Through improvisation, play, and dialogue, she helps people of all ages explore their inner world and create lasting behavioral change.



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