

CAN ART REDUCE ANXIETY?

Art washes from the soul the dust of everyday life. — Pablo Picasso

Absolutely. According to Johns Hopkins (hopkinsmedicine.org) About 1 in 4 adults will be diagnosed with a mental illness in any given year - any many of those suffer from more than one at a time. According to studies (of note, one article on scrippsmag.com) Art can have a positive impact on mental health. It can contribute to your happiness, and overall mental health in amazing ways. There are so many ways you can incorporate art into your life, even if you've never identified as 'creative'.



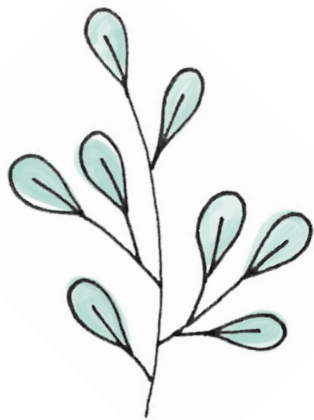
Art can help you...

- Calm your body and mind
- Create beauty from wounds
- Interrupt worry & enjoy the present
- Renew purpose & increase self esteem
- Discover yourself on a deeper level

Art and Journaling have forever changed the way I experience the world around me. My journey started in university when I received a life-changing diagnosis. After learning I had bipolar disorder and general anxiety disorder, I struggled to navigate the day to day while prioritizing my own mental health. Paired with doctor prescribed treatment and therapy, intentional creation through art and journaling have enabled me to reduce my anxiety, and feel more in control of my mental health. After experiencing my own transformation, I set out to share this with as many people as possible. These techniques won't magically make problems or diagnosis disappear, but they are powerful tools you can use to manage your mental health every day.

who i am

CALM YOUR *body* AND *mind*

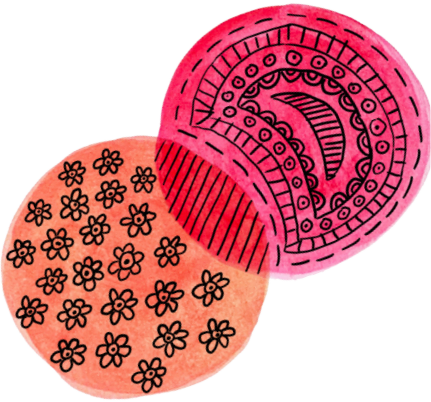


At the deepest level, the creative process and the healing process arise from a single source. — Rachel Naomi

Tracing can help soothe anxiety. It allows youth to get out of your head, and quiet your thoughts by focusing on breathing and rhythmic hand movements. The repetitive motion of drawing helps synchronize hand and eye, body and mind. Trace the leaves below while you focus on clearing your mind and grounding your own thoughts.

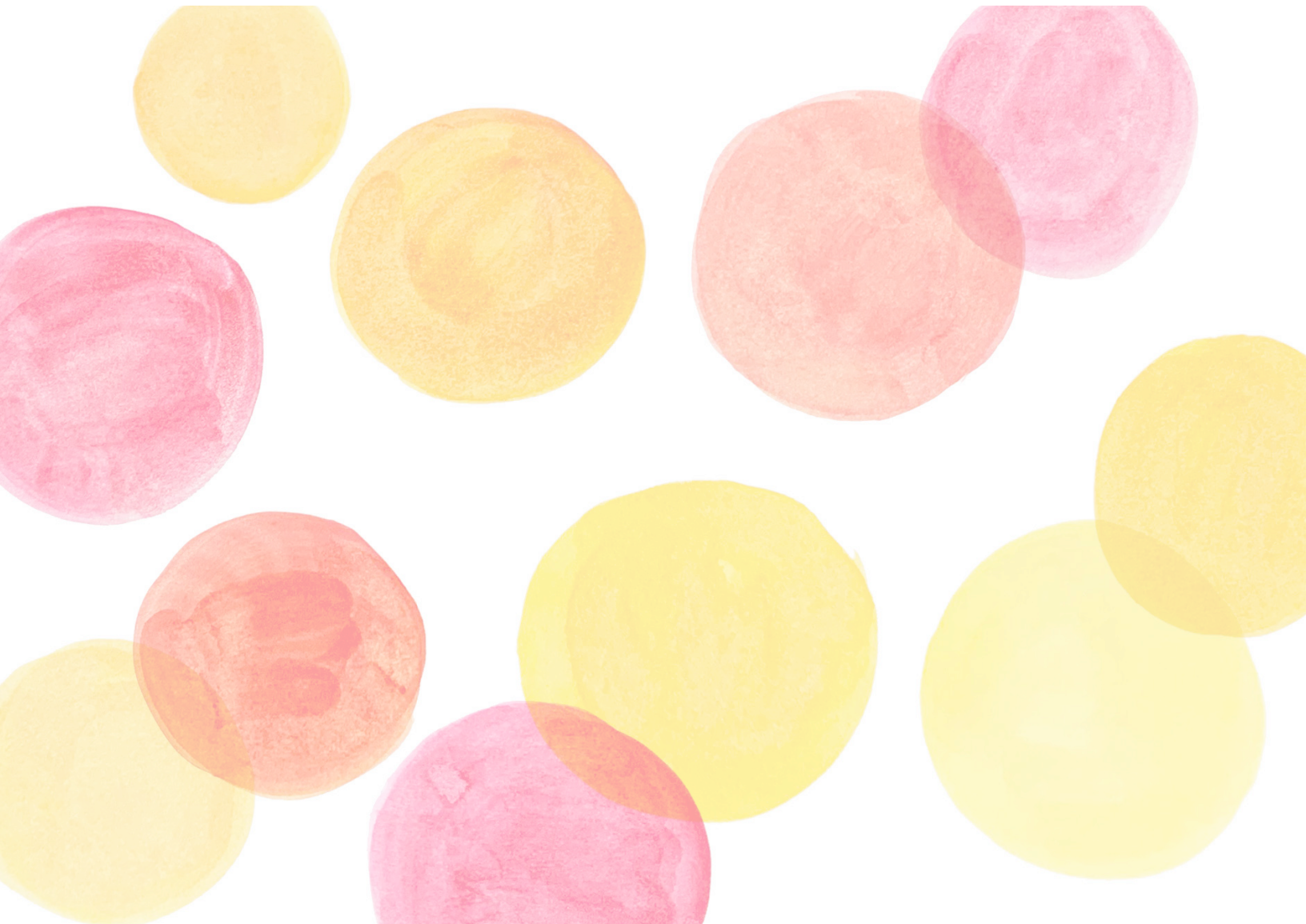


CREATE *Beauty* FROM WOUNDS



Art is a wound turned into light. — Georges Braque

Repetitive and rhythmic motions such as doodling, are meditative. It activates a relaxation response, as a way to counter balance 'fight-or-flight' intuition your body experiences with anxiety. It reduces noise and calms your body and mind. Fill the circles in with your own doodles while you focus on clearing your mind and relaxing your body.



INTERRUPT WORRY, AND *enjoy* THE PRESENT



Art enables us to find ourselves and lose ourselves at the same time.
— Thomas Merton

Coloring is more than just a beautiful picture. It has an amazing ability - the ability to relax the amygdala - which is the fear and stress center of your brain. Studies have shown that coloring can induce the same state as meditating. It achieves this through quieting your thoughts and putting your restless mind at ease. Give coloring a try after a stressful day, and see how much it can relax you.

