

ART AND MINDFULNESS

Need a self-esteem boost? Make something!



Start off simple with something that isn't too hard but does require some concentration. When you've finished enjoy the sense of accomplishment that comes with a job well done!

Lower your stress

Research has found that creating art can reduce cortisol levels. This is true regardless of the type of art you do or the skill level of the artist (or if you even identify as an artist!).



Don't limit your creativity



Art is way more than just being good at drawing. It is vast and you can make art with any material you have laying around. Chances are you can find a creative pursuit you're interested in and get better at it over time.

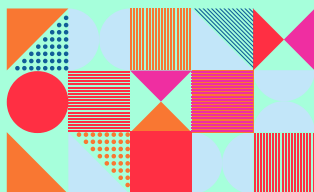
Need some ideas? Try making a meal or baking a cake, rearranging a room, creating a floral arrangement, mending a sweatshirt - the possibilities are endless.

Process your emotions

Sometimes words can't quite convey what we feel. By using the language of art (color, line, shape, composition, etc.) we can convey a wide range of emotions, situations, and memories even if the art we're making doesn't look realistic.



Improve your brain function



Not feeling particularly creative today? You're in luck! Even just experiencing art helps increase serotonin levels, and impacts brain wave patterns, emotions, and the nervous system.

Be a better communicator

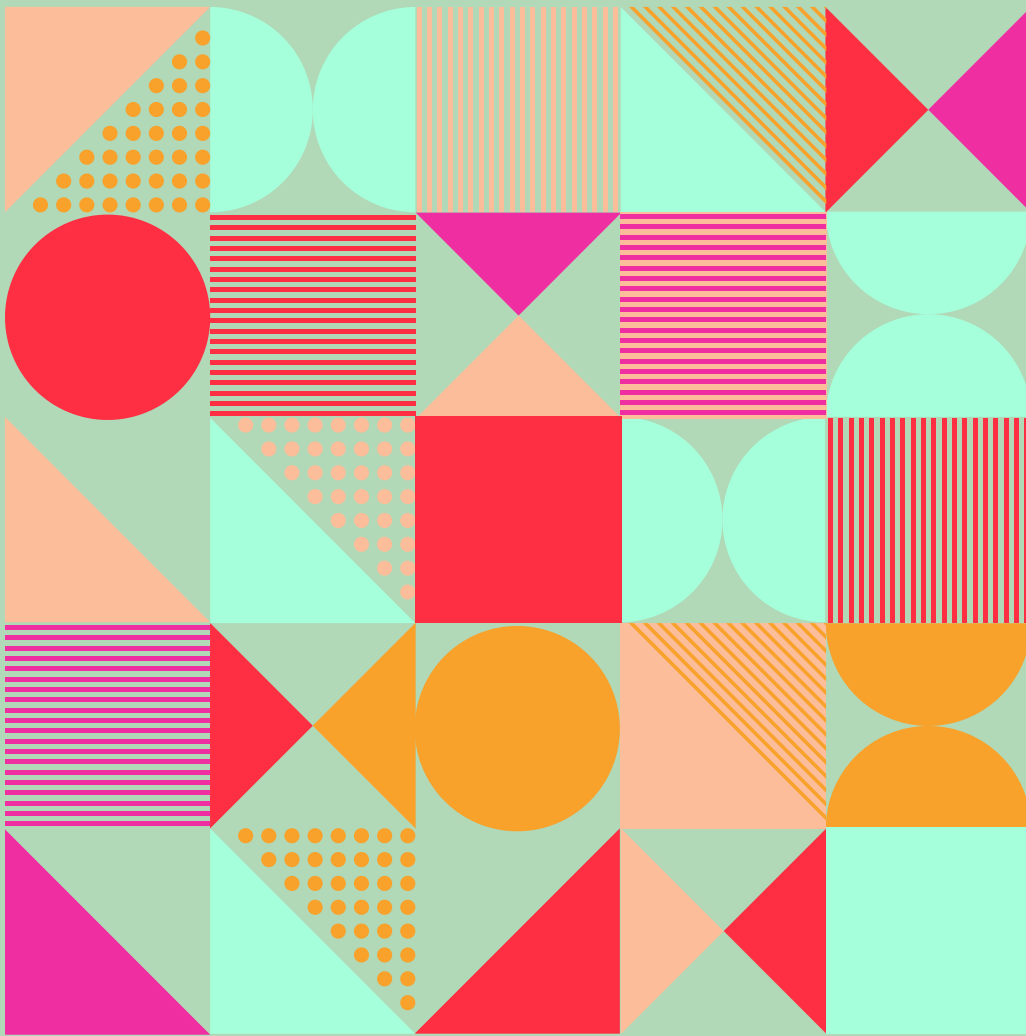
Creative expression helps you find new ways to communicate and engage with the world. It fosters self-awareness, promotes insight, enhances social skills, and reduces conflict.



Imagine a better future

Our brains use our past experiences to help us plan and adapt to future situations. Creating art allows you deconstruct and interpret these experiences helping you adapt to future events.





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