

From:
SVCPP



The Mental Health Benefits of Art



Art, in whatever form, is often said to invoke certain feelings or emotion. It is arguably the basis of all art: the need to convey a message or to create a sense of sentiment. Whether you're creating it, or buying and enjoying it, the benefits gained by art in all of its forms are many. Where the health benefits of music has begun to be more fully understood, visual art delivers its own set of benefits to collectors and artists alike. The next time you pass up the opportunity to browse your local art gallery, remember that you may just be robbing yourself of the following brain and mental health advantages:

INCREASED PROTECTION OF BRAIN FUNCTIONS

Art therapy has been proven to increase memory function and cognitive skills in the elderly and with patients that have Alzheimer's and dementia.

BOOST IN CREATIVITY

You don't have to actually be an accomplished artist to enjoy increased creativity through art. Simply buying and enjoying the art process stimulates the areas of the brain that helps imagination to flourish.

REDUCTION IN STRESS LEVELS

Creating a space filled with art, photography or sculptures that speak to you and your emotions can help reduce stress. Engaging in the creative process of art serves as an even better stress-reduction technique.

IMPROVEMENT IN PROBLEM-SOLVING SKILLS

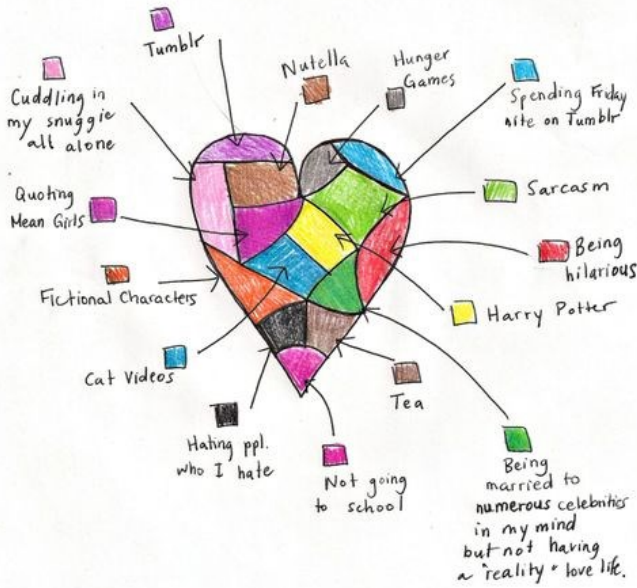
Because there are no wrong answers in the creation of art, problem-solving and critical thinking skills are enhanced when exercising the imagination.

INCREASE IN AWARENESS

By indulging in the nuances of a painting, a sculpture or a well-drafted poem, art helps to bolster your ability to be more observant by taking in more details and being able to pay more attention to your surroundings.

An example

Things that I love



Through the Arts I...

1. Nurture my creativity
2. Build my confidence
3. Learn to see problems as opportunities
4. Persevere through many challenges
5. Learn that I must focus to achieve my goals
6. See that communication is more than just words
7. Improve by accepting constructive feedback
8. Collaborate with others to create amazing things
9. Understand my choices affect others
10. Experience the benefits of my dedication



...learn what I need to succeed!

www.theartisticedge.ca | © 2013 The Artistic Edge. All Rights Reserved.



Boosts Brain Power

Higher IQs:

The relationship is still being studied, but there seems to be a link between intelligence and creativity.

Creativity and Craftsmanship:

Kids learn originality and innovation, as they practice being creative earlier in life.

Problem-solving Skills:

Making decisions while creating art carries over into other parts of life.

Imagination:

Even older children can benefit from escaping into their imaginations through art.

Visual Learning:

Looking at art can help a child interpret, criticize, and process what they see.

Improves Concentration:

Crafting may help less attentive kids improve their focus.

