

“Making art is helping many people express themselves, without having to use words.”

[Mental Health Foundation: How Arts Can Help Improve Your Mental Health](#)

“In shortest terms, observing art is a little like falling in love. You’re looking into this face while your brain releases neurotransmitters that make you happy. This positive engagement with other “people,” even painted ones, can make you feel more connected with the real people around you.”

[Understanding the Relationship Between Art and the Brain](#)

“In another study, cognitive neuroscientists found that creating art reduces cortisol levels (markers for stress), and that through art people can induce positive mental states.”

[The Conversation: Brain Research Shows the Arts Promote Mental Health](#)

“Through creativity and imagination, we find our identity and our reservoir of healing.”

[NCBI: The Connection Between Art, Healing, and Public Health: A Review of Current Literature](#)

“The described or hypothesized working mechanisms of art making are: induction of relaxation; working on emotion regulation by creating the safe condition for conscious expression and exploration of difficult emotions, memories and trauma; and working on cognitive regulation by using the art process to open up possibilities to investigate and (positively) change (unconscious) cognitions, beliefs and thoughts.”

[Plos One: The Effectiveness of Art Therapy for Anxiety in Adults: A Systematic Review of Randomised and Non-Randomised Controlled Trial](#)

Works Cited

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