

The Healing Power of Art & How it Can Help



- 1** Fosters mindfulness & increases emotional intelligence
- 2** Promotes self-expression, emotional healing & personal growth
- 3** Helps you explore and express your emotions & experiences
- 4** Relieves Stress
- 5** Helps you work through complex emotions that you can't verbally express
- 6** Releases trapped emotions & trauma
- 7** Invites exploration & playfulness into your life
- 8** Stimulates imagination & creativity
- 9** Encourages you to envision new possibilities & problem solve
- 10** Promotes holistic healing & self-discovery

