CREATIVITY MEETS WELLNESS

Creativity

I've been thinking a lot about balance as it relates to wellness lately.

Part of a wellness practice is taking the time to define what makes you feel "well." You're familiar with the phrases "well-balanced," well-balanced diets, and well-balanced daily routines.

The more I study art and creativity as a wellness practice in my life, the more passionate I am about sharing why it's so key to our overall health..

More and more people are suffering from mental health issues, have chronic illnesses, and suffer from other physical ailments and diseases. I believe many of them could be positively augmented by creativity and art-making. It's certainly not a cure, but I believe that by integrating these kinds of practices into our lives at any age promotes happier, healthier humans.

Did you know?
1. One study from Mayo Clinic links art-making to fewer cognitive problems as we age.

2. Community-based art-making can enhance mental well-being.

3. Study after study shows that drawing, doodling, coloring, and simply creating something for 20 plus minutes reduces cortisol.

4. Art provides a safe outlet for feelings such as fear, guilt, pain, rage, and anger.

5. Exposure to visual art and

participation in creative activities promote positive brain changes.

6. Creating art can help people process trauma by using symbols and metaphors.

7. Making art increases blood flow to the part of the brain associated with pleasure.

8. Using your creativity fosters new ways of thinking.

9. Art-making increases self-esteem by mastering new skills.

You can create wellness and improve the quality of your life through activities such as: Knitting, crocheting, sewing, decoupage, carpentry, etc. See what works for you, but I recommend dipping your toes into anything and everything to see what feels right for you. You don't have to have any artistic training. Start with something small, like doodling or take a painting class in your neighborhood.

Easy ways you can integrate creative wellness in your life:
1. Visit a museum

2. Buy a piece of art from a local artist (hint hint)*

3. Try making something creative

4. Listen to music

5. Go to a play

6. Read a book

7. Journal

8. Paint or make a collage

9. Cook a new dish

10. Go for a nature walk and take photos

11. Ride a bike and notice all the colors along the way

from *Learn something new Unplug from technology*
By Lisa Kindle

Throughout history, people have used paintings, storytelling, dances, yoga, and chants as healing rituals. Unlike exercise, which works your body, or meditation to clear your mind, art-making creates new pathways to both the mind and body to promote healing.

The National Library of Medicine reports, "Engagement with creative activities has the potential to contribute toward reducing stress and depression and can serve as a vehicle for alleviating the burden of chronic disease."

It's time to normalize art and creativity as part of our daily health and wellness plans.

According to the World Health Organization (WHO), 970 million people, or 1 in 8 people, were living with a mental disorder in 2019. Our health (care) and sense of well-being is declining.

More on that next month.

There are many talented artists in Tucson! Do you know any? Ask to see their work sometime and consider acquiring a piece as a way to support them – and as an added bonus, it will boost your own wellness by being able to enjoy it every day!

#LisaKindle2024

Lisa's passion is to help people discover their soul-purpose through therapeutic art practices. Kindle is fascinated at how color serves to assist in revealing a person's life path through creative wellness mentoring. She is the queen of creativity!

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