



# GUIDE TO HEALTH

Project with multiple beneficiaries under the ERASMUS+ Programme

## **Guide to health**

Integrative tools to manage children's anxiety (in school): guiding light to better mental health

Project code:

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# The Healing Power of Art: Reducing Anxiety Through Artistic Expression

Artistic expression can be a powerful tool for reducing anxiety. This presentation explores various art forms and their therapeutic benefits. We will delve into visual arts, performing arts, and more. Discover how to incorporate art into your daily life for mental wellbeing.

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# Understanding Anxiety

## Definition and prevalence

Anxiety is a common mental health condition. It affects millions worldwide, impacting daily life.

## Common symptoms and impact

Symptoms include excessive worry, restlessness, and fatigue. Anxiety can disrupt work, relationships, and overall health.

# Art as a Therapeutic Tool

## 1 Brief history of art therapy

Art therapy emerged in the mid-20th century. It uses creative processes to improve mental health.

## 2 Scientific basis for art's impact

Art engages brain regions associated with emotion, memory, and reward. This helps in processing feelings and reducing stress.



# Visual Arts and Anxiety Reduction

## Painting and drawing as stress relief

Painting and drawing offer creative outlets. They allow for emotional expression and relaxation.

## Case study: Cortisol level reduction

Studies show reduced cortisol levels after art sessions. This indicates lower stress and anxiety.

# The Power of Colour



Red can evoke energy and passion.



Blue promotes calmness and serenity.



Green symbolizes balance and growth.



# Sculpture and 3D Art



1

## Tactile engagement for grounding

Working with clay or other materials provides tactile stimulation. This can ground individuals in the present moment.

2

## Clay modelling as anxiety reduction

Clay modelling allows for physical expression and release. It helps to channel anxious energy.

# Digital Art and Modern Approaches

1

## Accessibility of digital platforms

Digital art is accessible through apps and software. It offers creative tools for everyone.

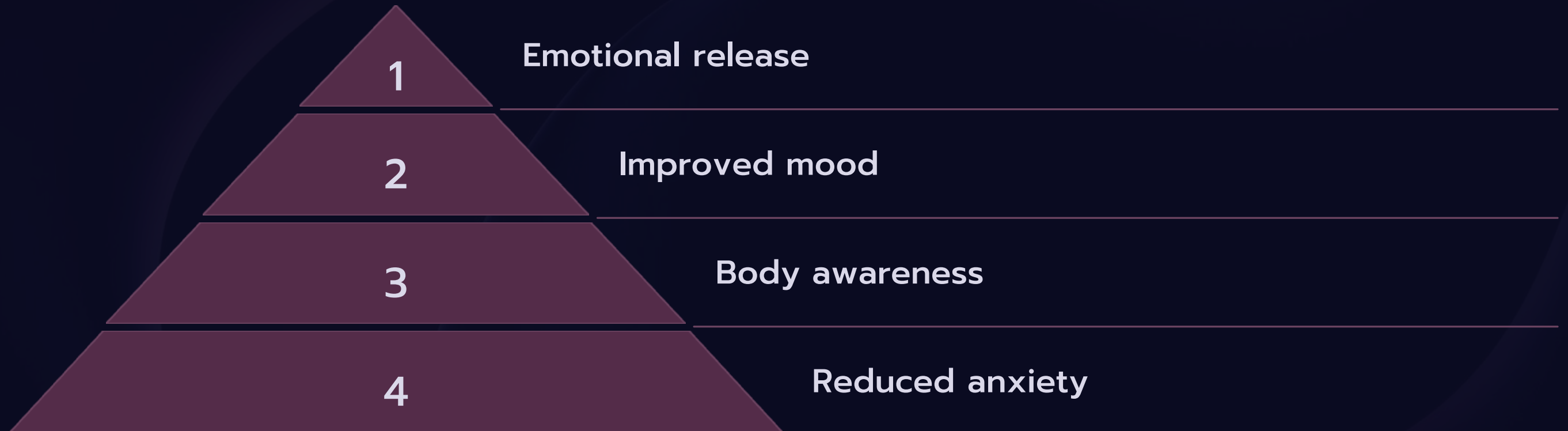
2

## Benefits for tech-savvy individuals

Digital art provides a familiar and engaging medium. It fosters creativity and reduces stress.



# Dance and Movement Therapy



# Music as Medicine

1

Active engagement

2

Passive listening

3

Nervous system impact

Music can regulate the nervous system, promoting relaxation. Active music-making or passive listening both offer therapeutic benefits.

# Writing and Literature



Expressive writing can lower anxiety, stress, and depression. Bibliotherapy can provide emotional support.

# Drama and Role-playing



## Emotional Exploration

Explore feelings through theatre.



## Confidence Boosting

Improve with improv exercises.



# Photography as a Mindfulness Practice

## Stay Present

Use photography to remain mindful.

## Reduce Worry

Focus on the present moment.

Using photography as a mindfulness practice encourages staying present and reduces worry. Photo journaling also provides emotional expression.

# Group Art Activities for Social Anxiety

## 1 Communal art projects

Offers opportunities for connection.

## 2 Successful programmes

Learn from effective group art therapy.



# Art in Healthcare Settings

## Visual Art Impact

Art in hospitals and clinics improves wellbeing.

## Improved Outcomes

It leads to reduced anxiety and better outcomes.

# DIY Art Therapy Techniques

1

## At-home exercises

Practice simple exercises for relief.

2

## Anxiety toolkit

Create an art supply toolkit for support.





# Combining Art with Other Therapies

1

## Art & CBT

Integrate with cognitive therapy.

2

## Mindfulness & Art

Apply mindfulness-based approaches.

# Conclusion: Embracing Art for Mental Wellbeing



## Key Takeaways

Art reduces anxiety and improves wellbeing.

## Resources

Further exploration available.

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