



# Art

*Art is a way for someone to express their thoughts, feelings and emotions in a creative and constructive way.* - Unknown

Art can be used for treating depression, providing relief for people with a long-term illness, treating anxiety, unveiling repressed memories, and helping with anger issues. You can feel, see, touch, and even hear the materials and tools that you choose. Your mind and body connect to create the artwork that you are thinking about.

These are some ideas. Share one or more of these with someone who is lonely – each of you can try it out and then share photos of the results and talk about them.

- Origami – try making different birds
- Using clay or playdough to sculpt something important to you
- Painting a picture of your emotions with water colors
- Finger Painting
- Painting a rainbow with colors that express your emotions
- Making a collage of your favorite things by cutting pictures out of magazines
- Drawing a self portrait
- Nailing pins into a board and then making a picture by wrapping string around them
- Making Mandalas (check the internet for video lessons)
- Free-form scribbling
- Painting quotes on canvas
- Writing poetry
- Peddle art – searching for rocks then making the art
- Making decorations for special seasons.



## Adult Colouring

Colouring can help improve patience, bond with family, give a sense of accomplishment, and help promote hand-to-eye coordination. Give someone who is lonely a colouring book and set of coloured pencils to get them started. Ask them to share their work with you.

When the mind is focused on creating, there is less room for stress and worry. Individuals can “detach” from, and process, challenging and emotional experiences. The goal of art is not to achieve flawless works of art, but to express your emotions without criticism or judgment. Creating art can be equally important to the final product, and can result in improved happiness, health, and emotional well-being.

