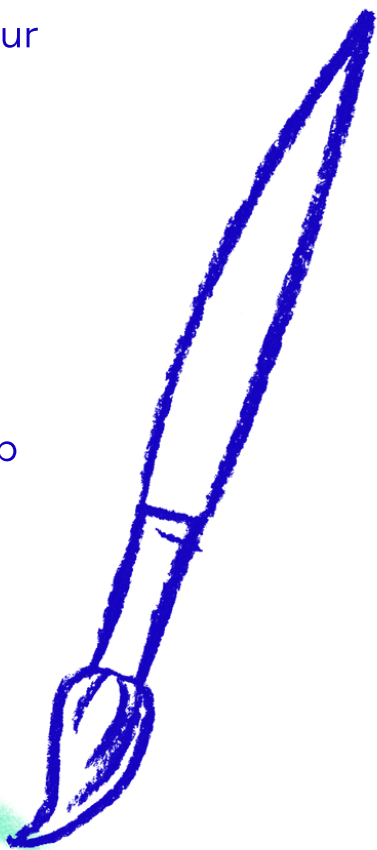


Art & Mental Health Toolkit

Art can have a powerful effect on your mental health and wellbeing. It can help to bring you into the moment, calm anxious feelings or express difficult emotions.

You don't need to be a perfect painter or a skilled sculptor, just grab some simple art supplies and get creating!



...this short guide will give you some tips for using art to benefit your mental health.

Why Art?

Art has many benefits for your wellbeing and can be used alongside other support to benefit your mental health.

Community

Getting involved in art groups can help you to build connections and support within your community. Increasing feelings of connection and decreasing loneliness.

Express painful feelings

Art is a way to address painful feelings and difficult experiences without talking about them. This can include experiences of trauma.

Self Esteem

Creating something and seeing yourself improve can boost your self-esteem.

Emotional release

Expressing complex emotions through art can help you feel a sense of release.

Stress Release

Creating art mindfully can give your mind a chance to relax and reset.

Mindful drawing or painting activities

Mindful activities allow the mind to wander freely while you're focused on a specific task. Remember this is about the process not the outcome! Enjoy the experience of creating and don't worry about what your art looks like.



Draw with your eyes closed.

Not being able to see what you are drawing or painting can make you feel freer and more focused. Choose a subject to draw, close your eyes and give it a go!

Remember it's okay to laugh at what you've created. Laughter is a powerful thing in itself.

Meditative Creativity

Get some pens or paints and paper.

Pick colours that feel right to you (don't over think it just grab some)

Start making shapes, lines and squiggles across the page. Watch the marks grow and colours merge.

Use long slow strokes to help calm your mind. Or fast swirls to release emotion into the page.

When you're done, take some time to look at what you've created and how it makes you feel.

Ask yourself if you feel more relaxed than when you started?



Paint to music.

Letting your creativity flow in response to music is a great way to let out any feelings and to help you just relax. Choose some music you like, grab a pen or a paint brush and get started.

Listen to the notes, rhythm and emotion within the music and let it inspire you. Try to focus all your attention on the music and paper in front of you.

Don't think about what you are making but simply make marks on the paper as you listen to the music.

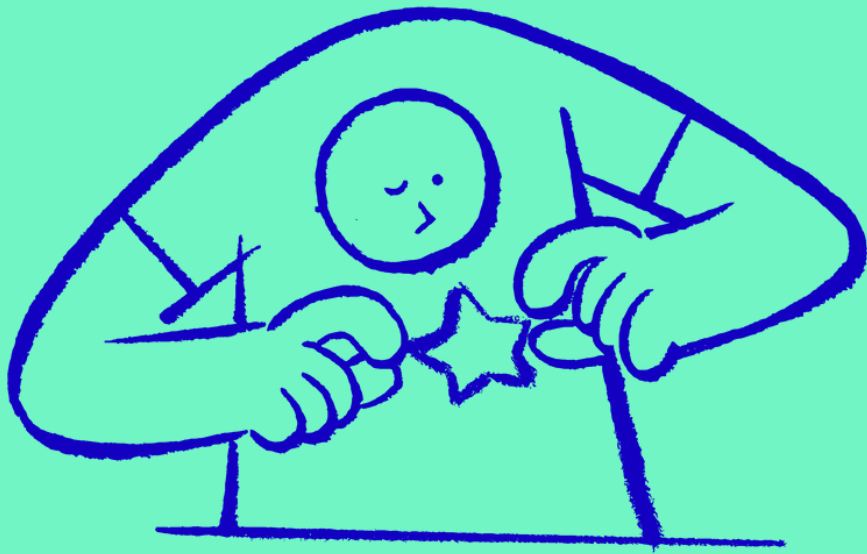
Colouring in

Colouring in can be a great way to relax and quiet your mind. Find a simple colouring book or print off a design from the internet.

Find a comfortable spot and slowly colour in the design focussing on the shapes and colours as you go.

Document your gratitude

Gratitude can be very powerful. Try to paint or create a collage of things you are grateful for. This can be a great thing to keep and look back at when you need a little boost.



Art Groups & Workshops

Peer Support

Join our Art and Craft Workshop peer group, a safe time and place to enjoy arts, crafts, and the company of others.

Text 'Peer Support to 074 5127 6010 and we will call or text you back.

Wellbeing Centres

Our wellbeing centres run art groups for people signed up to the service.

Visit: www.solentmind.org.uk/support-for-you/our-services/ to find your local wellbeing center.



Solent Mind Support Line

If you need someone to talk to or you're feeling overwhelmed you can call our support line.

023 8017 9049

