

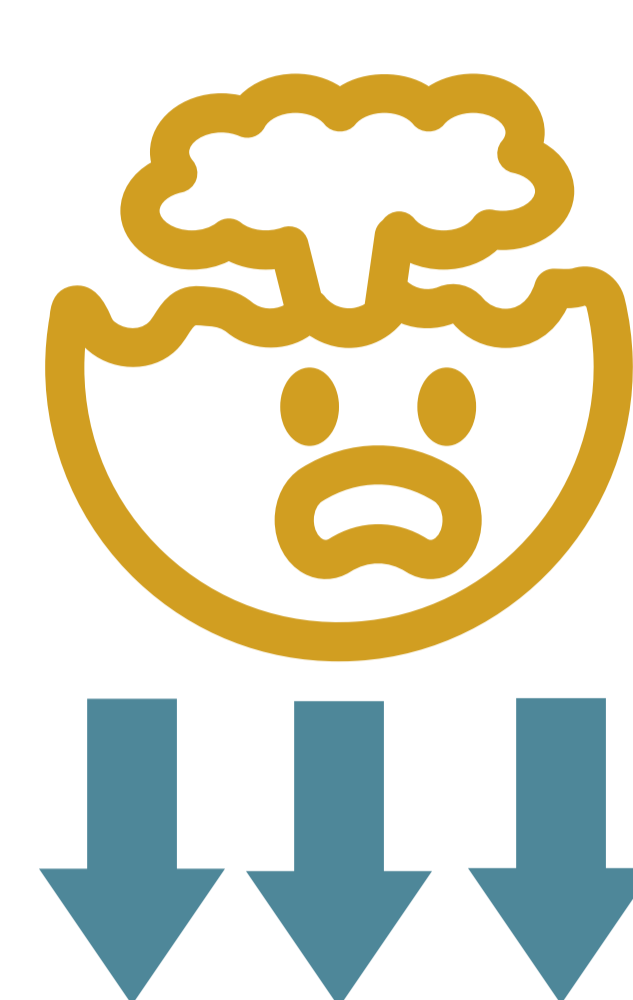
# How the brain is effected by art



Here's the benefits your brain gets from making art.

## 1 Reduces Stress

Creating art can reduce cortisol levels in the body, whether you identify as an artist or someone who just likes to make things. No matter your skill level, making art reduces your cortisol levels.



## Improves Focus 2



Through creating art, you can enter a “flow state” where you lose sense of yourself and time. Making art can help you be more present, as it activates a variety of networks, including relaxed reflective state, focused attention, and pleasure.

## 3 Process Emotions

Art can help people lower anxiety and develop coping skills. Art allows you to express feelings and memories in ways other than words. Making art can be a cathartic experience that provides a sense of relief.



## Imagine a More Hopeful Future 4



The brain is a predictive machine that uses information about the past to make decisions. While creating art, your brain makes choices and interprets images. It uses art to help you understand the world, imagine potential futures, and ideate better, more hopeful ones.

## 5 Improves Communication Skills

Using colors, shapes, textures, textiles, and imagery, individuals can externalize their thoughts and feelings. They can give a voice to inner conflicts, traumas, or stresses that may be difficult to articulate verbally.



## Summary

There is growing evidence in the fields of rehabilitation medicine and neuroscience that art has a positive impact on brain function by influencing brain wave patterns, emotions, and the nervous system. Art elevates serotonin levels, a neurotransmitter associated with feelings of well-being and happiness. Even better, these benefits are not just limited to creating art. They also extend to experiencing art. Simply observing art can trigger the formation of new neural pathways and promote innovative ways of thinking.

### References

Acrm. (n.d.) *How the brain is affected by art - Rehabilitation medicine*. ACRM. <https://acrm.org/rehabilitation-medicine/how-the-brain-is-affected-by-art/>  
Saliency Health. (n.d.). *The healing power of art and creativity*. Retrieved June 27, 2024, from <https://saliencyhealth.com/news/the-healing-power-of-art-and-creativity/>