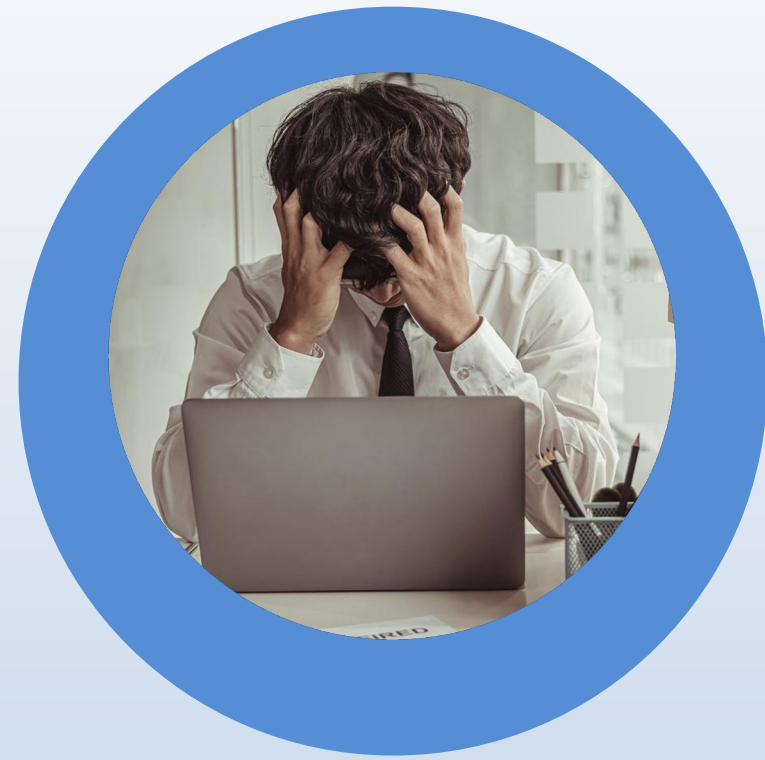




CANVAS OF CALM



Work

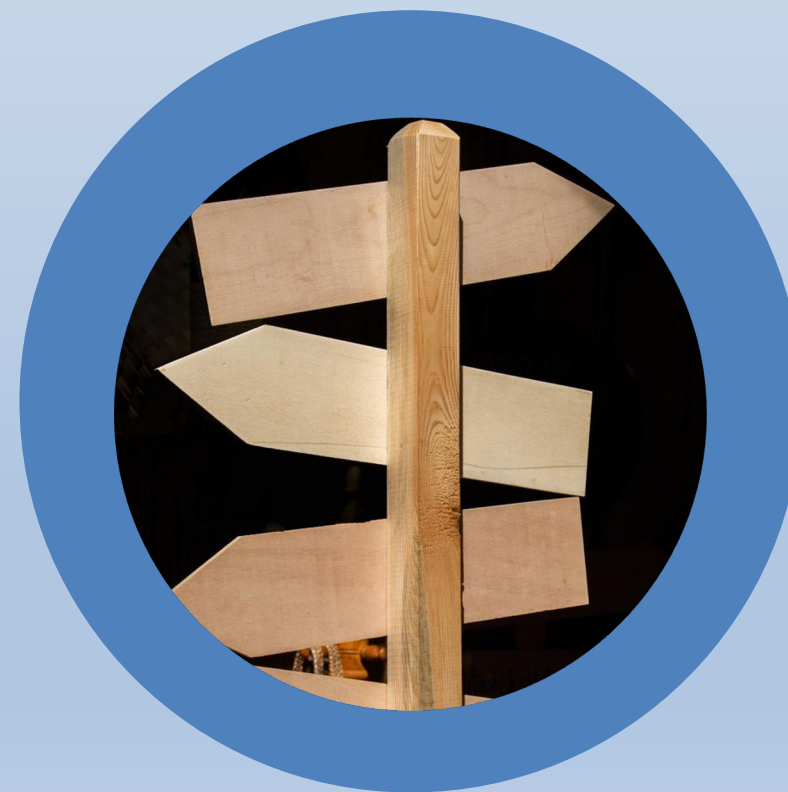


Relationships

ROLE OF STRESS



Uncertainties

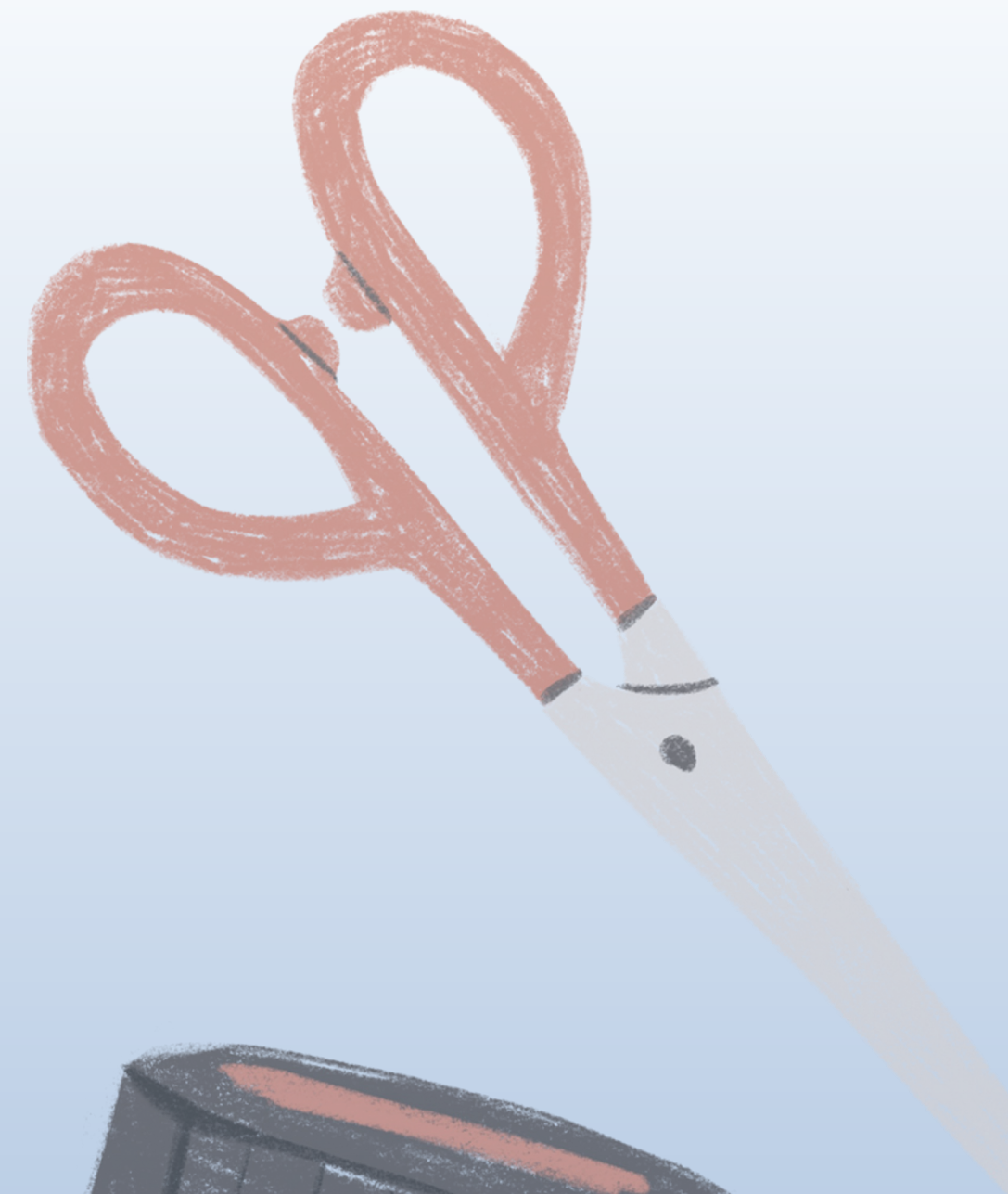
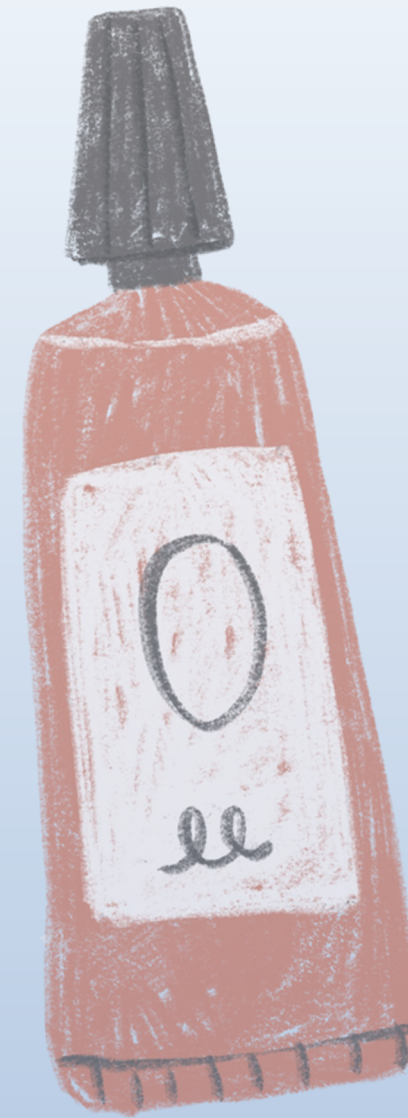


Other

Stress is a natural part of our life. We encounter a variety of challenges, which are not always easy to deal with.

STRESS MANAGEMENT

- Stress can impact mental and physical health
- Effective management is the key
- Tools can help us!



THERAPEUTIC POWER OF ART



Relaxation



Self-expression

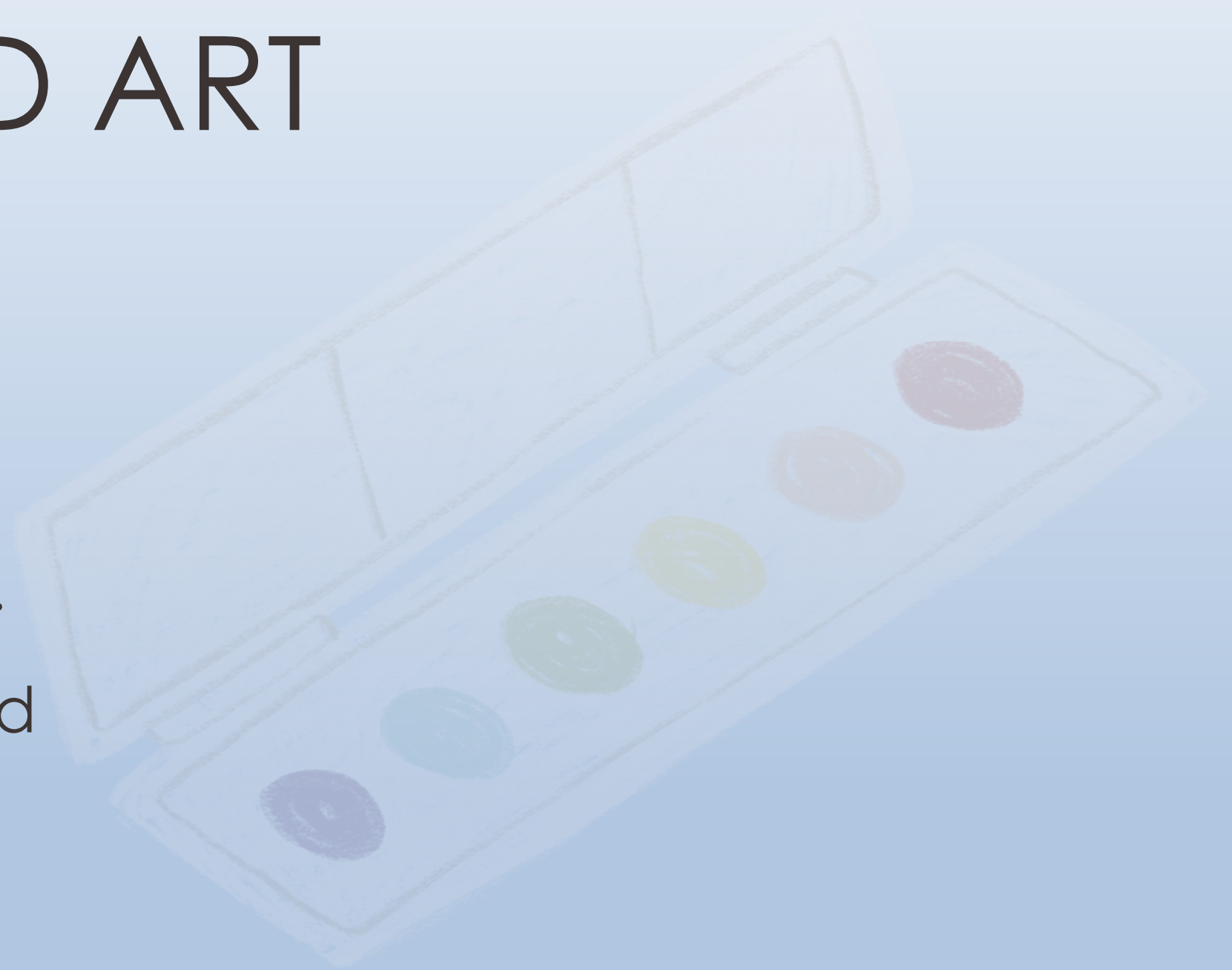


Improved mood

- Skill is optional
- Process over results
- Intuition
- Do what feels right

THE SCIENCE BEHIND ART AND STRESS

- Reducing the stress hormone - Cortisol.
- Stimulating the release of the feel-good neurotransmitter - Dopamine



The background features a light blue gradient. On the left, there is a brown easel with a white canvas. On the right, there is a brown book with a white cover and a black bookmark. The text is centered in the upper half of the image.

EXPLORATION OF ART TECHNIQUES

Different mediums help for different people. Explore what suits you the best.



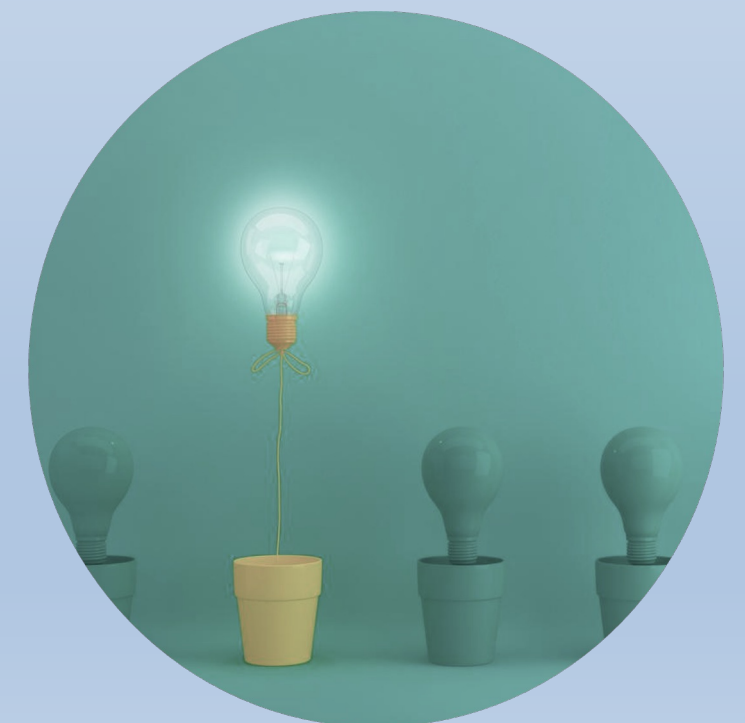
INTUITIVE ART FOR STRESS RELIEF

Be Intuitive

Express Yourself

Focus on feeling

Adapt to your needs



SUPPORTIVE SPACE

Acceptance
Support
Care
Empathy



REFLECTION AND FEEDBACK

- Reflect on how you feel.
- Ask and give feedback
- Share your thoughts and suggestions
- Help with improving the experience



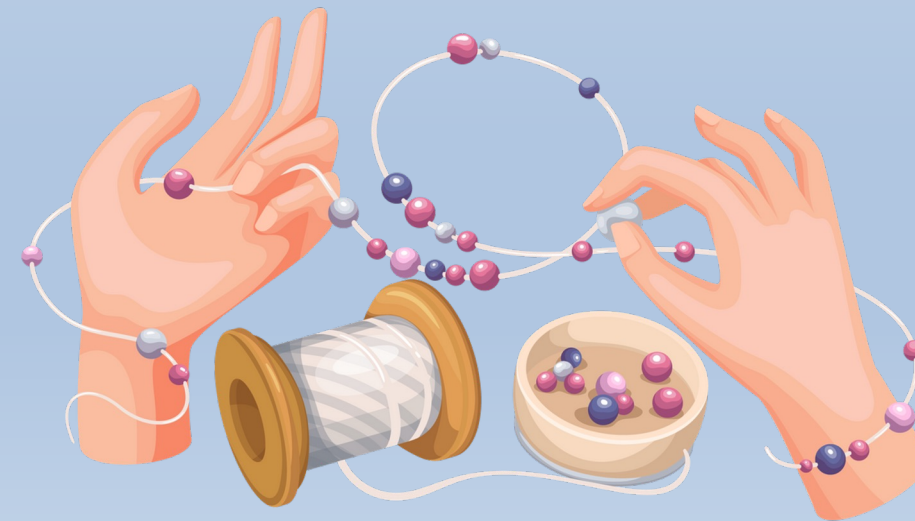
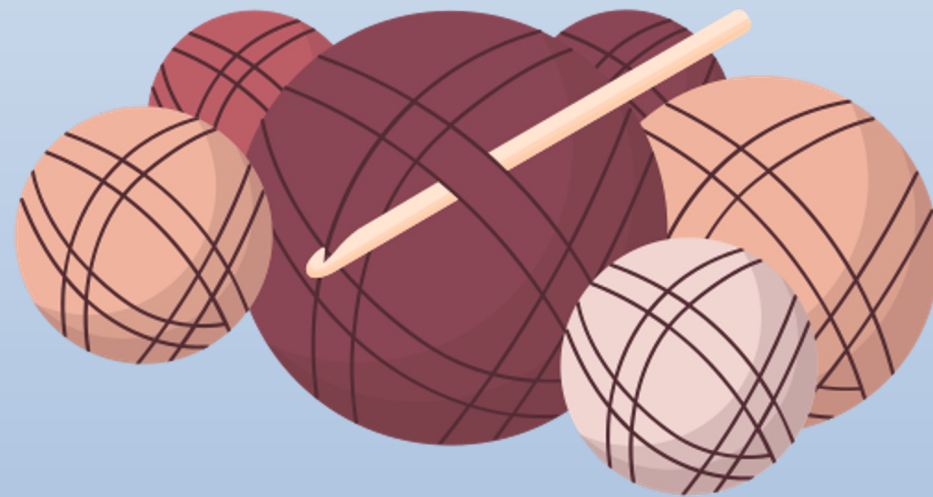
DAILY ART

There's something out there for everyone. Consider Incorporating an art practice in your everyday live for emotional and mental wellbeing.



EXPLORATION CONTINUES!

Find what suits you the best



CONNECTING THROUGH ART

- Art is even more fun together
- Find Class, group or other community
- Share and find inspiration online



Holistic Approach

Exercise



Sufficient sleep



Mindfulness



Healthy Habits



THANK YOU!

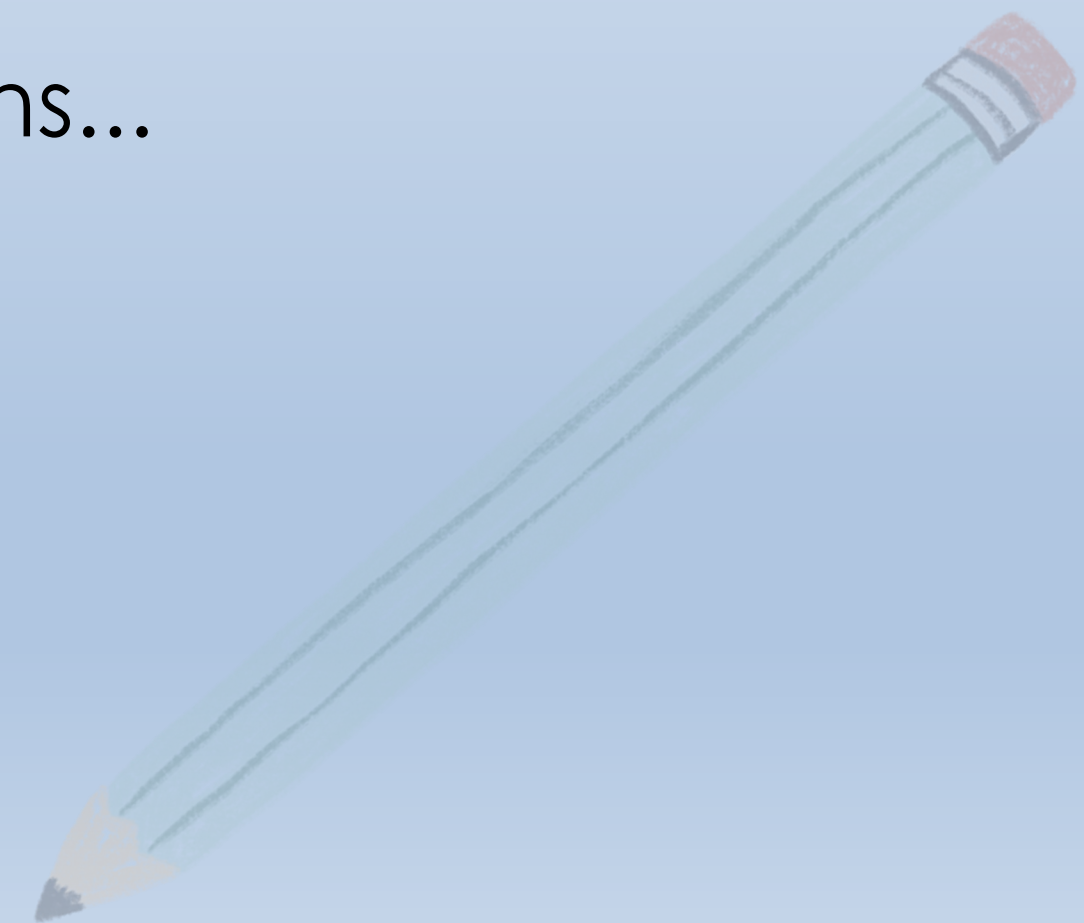
Continue to explore! It's a life-long journey.





THOUGHTS / QUESTIONS?

Suggestions, wishes, expectations...



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