

Be a Friend/Be a Hero

There's a  
Hero in You

You are  
Brave

You are  
a Role  
Model

2021 Newsletter

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## Art to Relieve Stress

In the past year, self-care and stress management have become even more important especially for young people. One technique to demonstrate self-care and relieve stress is through artistic expression. Read on to learn about the benefits of creating art. Then, check out some ideas to get you and your family started making their own artistic masterpieces!

### Benefits of Creating Art

You may have heard the saying “Art is good for the soul,” but art is also helpful for the mind and body. As [reported](#) by the *Huffington Post*, according to a study out of Drexel University, researchers found that 45 minutes of creative activity significantly lessens stress in the body. More specifically, they found that levels of the stress hormone cortisol were lower in individuals who had spent time making art. Remarkably, however, it did not matter their artistic skill, just that they were making art! You do not have to have natural artistic talent to make art. Moreover, artistic skills can be developed over time, and it is never too late to get started and give art a try.

Art has countless benefits for the artist:

- **Self-care** – taking a couple minutes to express yourself artistically can be therapeutic. You also receive a feeling of accomplishment from creating something beautiful and fully yours.
- **Get into the “flow”** – Creating art can put your mind in a similar place to that of meditation. You may feel a sense of feeling fully immersed in the experience.
- **Takes your mind off things** – Making your own masterpiece can take your mind off of life's worries even if it is only for a couple minutes.
- **Process stress through art** – If there are things that are stressing you in your life, one technique is to incorporate it into your art as a means of self-expression. Creating art can help you process your stressors.

### Ideas to Get Started

If you are new to making art, you may wonder how to get started. Try these tips to start the artistic process.

- **Choose a medium** – Whether it is painting, drawing, coloring or even mixed media, there are many different ways to create art. Check out [this guide](#) to see which media appeals most to you!
- **Use items around the home** – You don't have to go to an art supply store to make art. You can use items found around your home and even in your own backyard to create a masterpiece. For some ideas, check out [this article](#) from Artful Haven.
- **Consider nonvisual art** – Art is not just shapes and colors; it is also words and music! You or your child can create poems or stories and then create an illustration. You could also use items around the house to create music and rhythm. Check out [this list](#) of apps to create your own beats.