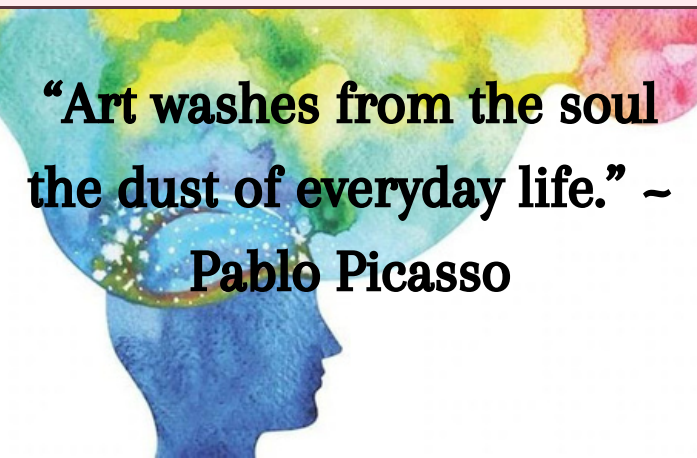


CREATIVE ART THERAPY FOR STRESS REDUCTION



**“Art washes from the soul
the dust of everyday life.” ~
Pablo Picasso**

Leaning into the creative side of things isn't just fun, it's therapeutic. The therapeutic benefits of creativity are documented and supported in evidence based practice, which means sometimes feeling better when you're facing what feels like an overwhelming task could be as close as listening to music, dancing, singing a song, or picking up a makeup brush or a camera. However, you're not limited to just those activities. Creative Art Therapy or CATs; include activities like art therapy, dance/movement therapy, drama therapy, music therapy, psychodrama, and poetry/bibliotherapy.

Try This...

During the activity, you are going to respond to a stimulus (E.G. music, photo, nature) from one of the examples below express what the stimulus makes you feel



How does this photo make you feel; now express that through one of the mediums

Different ways to participate

- Painting
- Drawing
- Dance
- Photography
- Knitting
- Craft
- Sculpture
- Any other forms of expression that resonate with you.

MINDFULNESS

- Encourages self acceptance even during periods of overwhelming thoughts or conflicting situations
- Allows one to examine the self free of judgment
- Mindfulness is associated with lower levels of stress and a faster recovery from the physiological response to stress

“

*“Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what is going on around us”
(Mindful Staff, 2020)*

**CREATIVE EXPRESSION
PROMOTES MINDFULNESS**

WHAT TO LOOK FOR

IN YOURSELF

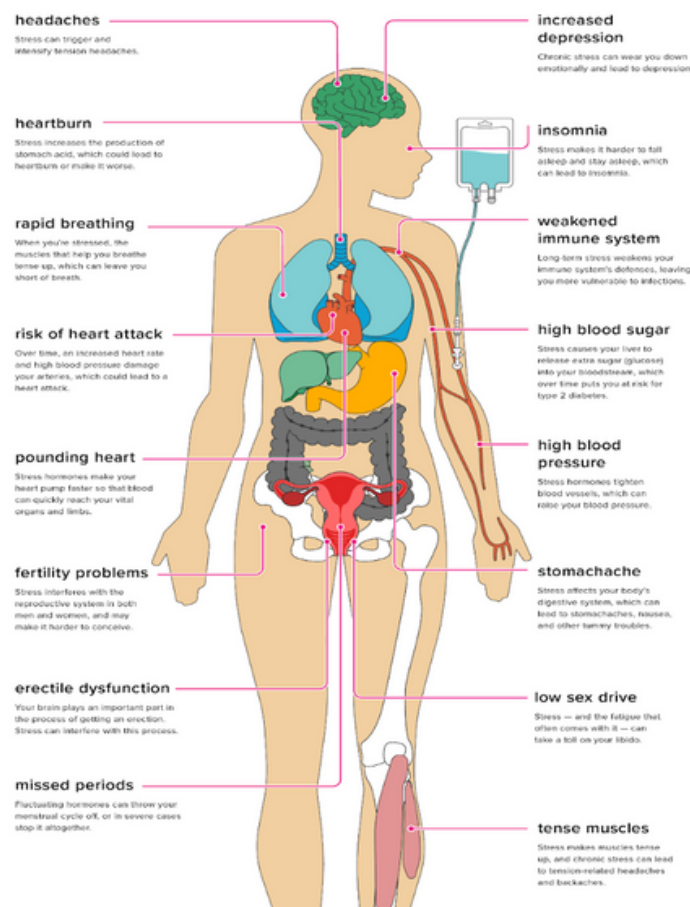
- Anxiety
- Lack of motivation
- Irritability
- Lack of motivation
- Decline in health

IN FRIENDS & FAMILY

- Social withdrawal
- Alcohol/drug abuse
- Arriving late to scheduled engagements
- Mood swings
- Reduced engagement,

IN COLEUGES

- Increased absences
- Decreased performance
- Arguments
- High turn-over rates
- Burn out



MUSCULOSKELETAL

- Muscle fatigue
- Aches & pains
- Stiffness & rigidity

RESPIRATORY

- Shortness of breath
- Exacerbation of existing breathing problems

CARDIOVASCULAR

- Constricted blood vessels
- Increased blood pressure
- Compromised circulatory system
- Increased risk of stroke, HF & heart attack

ENDOCRINE

- Increased production of stress hormones (Adrenaline, norepinephrine, cortisol)
- Cortisol increased blood glucose levels
- Increased production of stress hormones can lead to further health complications (metabolic disorders, immune disorders, chronic fatigue, insomnia, depression)

GASTROINTESTINAL

- Impacts appetite & natural gut bacteria
- Increases heart burn & acid reflux
- Nausea, constipation, diarrhea
- Disrupts digestive system (metabolism, absorption, excretion)

NERVOUS SYSTEM

- Increased stress hormones
- Increased sympathetic system response

REPRODUCTIVE SYSTEM

- Impacts libido
- Abnormal menstrual cycle
- Early/abnormal menopause
- Reduced sperm count
- Impacts reproduction & pregnancy

IMMUNE SYSTEM

- Increased risk of infections
- Slowed/weakened immune response
- Increased susceptibility to illness
- Exacerbation & increased prevalence of existing medical conditions

NIC Resources

Student Services

<https://www.nic.bc.ca/student-life-support-services/>

- Student counselling
- DALs

Student Union (NISU)

<https://www.nisu.ca/>

- Student advocates
- Financial resources
- Student connections
- Health & dental

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STRESS REDUCES QUALITY OF LIFE