



# Art therapy: *Effective stress buster*

Engaging in activities that relax the mind and body is an essential tool for stress management. For many people, creative expression provides the perfect outlet to release stress.

Art therapy is a relatively recent addition to the field of stress management and mental health treatment. A professional art therapist uses the creative process to build resilience and encourage self-expression and awareness.



Your doctor or mental health team may recommend art therapy to manage stress, anxiety, or depression. You can also enjoy some of the benefits by creating your own opportunities to express yourself creatively.

- Pick up an artistic hobby such as drawing, painting, or pottery
- Take an art class
- Try coloring
- Get into nature and draw or take photos
- Write a story
- Play an instrument or sing
- Turn on some music and dance