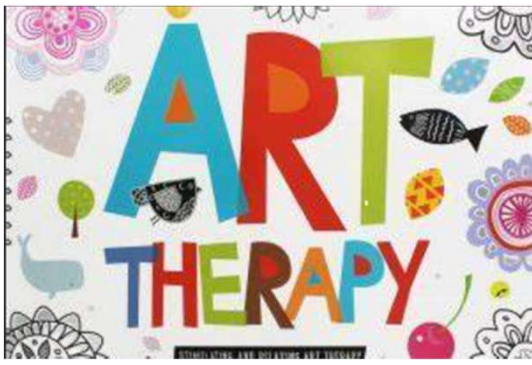




What is art therapy and how does it help?

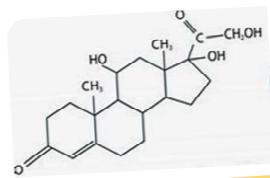
Art therapy aims to improve mental health and wellbeing. It uses art and creativity to help expression as well as talking to improve self-compassion and self-worth. Art therapy is considered to help with health prevention, promotion, management and treatment



What is the science?



Neuroscience is the science behind art therapy as it looks at the function of the nervous system and the brain. Neuroscience also includes other sciences, including biology and anatomy, physiology, psychology and behavioural science and cognitive science



Serotonin is sometimes known as the happy chemical. Seeing and doing art helps make your mood, emotional wellbeing, appetite and sleep better. Art also helps to reduce **Cortisol**. High levels of Cortisol has been linked to increased stress.



Who can art therapy help?

Everyone. You don't need to be good at art! For example, research has shown that art therapy can be beneficial for people living with dementia, cancer and people who have suffered abuse and trauma.

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