

‘Why artists use art as a coping mechanism’

Independent project

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Aims and objectives of this thesis:

First aim: Conduct research on why artists use art as a coping mechanism.

Second aim: Analyse the various case studies of artists using art as a coping mechanism and what forms of art they have created over the years to help deal with their pain.

Third aim: Investigate into depth on both advantages and disadvantages of using art to help cope with depression, anguish and painful life experiences.

Fourth aim: Gather all evidence from vast amounts of research to determine whether art is an effective way for others to use their pain to their advantage to create different forms of art.

Introduction

This thesis will investigate into great depths of why artists use the form of art as a coping mechanism. Whether they use art as a self-healing method to help them get through anguish caused by painful life experiences they have suffered from or potentially using art to express their pain on to an art piece for others to see. From gathering research from various academic sources, this will allow the research topic to be fully explored, and a greater outcome with evidence will be made towards the end of this thesis. Also, by analysing research from websites, books and news articles, this research conducted will provide a greater understanding on the chosen topic for this thesis. Examples of many famous artists and their methods of using art as a coping mechanism for any painful and tough experiences they have endured in their lifetime, will be assessed upon to find out whether art is an effective way to help them through tough times. An evaluation on the advantages and disadvantages of an artist using art to help anyone suffering from depression, stress, mental health, loss of a loved one and even PTSD, will be assessed upon to see whether it is effective or not. In addition to this, the different forms of art which artists have used over the years such as canvas pieces, drawings and sculptures. These will be discussed upon, and examples will be noted to understand how creating such artwork can provide an artist with a sense of meaning to deal with their emotions in an art formation.

According to the Mental Health Foundation (2024) participating in creating art can allow people to deal with a wide variety of mental health issues and psychological distress. Also, art

can help someone express their true emotions without having to talk to a therapist or even do anything mentally straining other than create art to help release their stress on to the page (Goodman, 2019). This is just one of the great advantages of the good art can do for anyone suffering with any psychological issues. More Indepth research on the pros and cons of using art to cope with mental or physical issues can be seen in chapter 3. This thesis overall will explore the power of art, the various forms and the benefits of art for people with bad mental health and whether it's effective. Furthermore, art has been an integral part of human civilization for many centuries, which serves as a tool for people to express, communicate and connect. Art can be used for people to express their emotions and can provide healing benefits. This thesis explores the various dimensions of how art functions as a tool for emotional expression and therapeutic purposes. Therefore, through examining different contexts, case studies and different practices of art, this will uncover whether art can truly be used to help an individual with their emotions and healing.

Chapter 1. Using art as a coping mechanism

Many people around the world use art as a coping mechanism. Art can be used in such a unique way for someone to channel their inner feelings, emotions, trauma and stress through different mediums of art, such as creating paintings, sculptures and drawings to help them deal with any problems they are facing in their life (Oren, 2024). Creating such images can describe inner feelings and thoughts; by using art to express intense emotions, people can experience an emotional release that provides relief and can reduce stress levels. Additionally, art can be a form of psychotherapy which encourages the audience and people that art therapy can be expressed through unconventional materials and sources but, to help the people address emotional issues and reflect from outcomes (Oren, 2024).

Mental health is a crucial aspect of everyone's well-being and finding effective solutions to help cope with stress and emotions is vital. Art can be used to improve mental health by providing an outlet for people to express their feelings onto a canvas. For years art has been used as a form of communication and expression (Scholistico, 2023). It can provide help with people suffering with feelings and emotions who struggle to express it in words. Art can provide a powerful outlet for people to express their emotions and can act as a coping mechanism during people's darkest times. For many people art can serve as a way to express their thoughts, emotions and life experience that can be too overwhelming or challenging to speak about with others (Scholistico, 2023). Through the use of various art forms, people can find their voice again and share past experiences. Art can be an effective coping mechanism for anyone dealing with stress, anxiety and other mental health problems. By individuals engaging in creative activities

this can allow them to channel their energy into something productive and it can potentially be therapeutic (Scholistico, 2023).

There are many different art forms for individuals to explore, which can improve their mental health. Each different form of art can offer a unique benefit for anyone suffering and can cater to different needs. For example, painting is an easily accessible art form which can allow individuals to express themselves through the use of texture, colour and composition (Artsology, 2024). Painting can be a calming and relaxing activity that can promote self-reflection and heal pain. Another form of art is drawing which is a low costing art form which requires minimal materials to do (Artsology, 2024). The benefits of it can be to improve an individual's focus and provide a creative approach for someone to draw their thoughts and emotions. In addition to this, sculpting is another form of art which artists use to create three-dimensional materials such as wood, clay or metal (Artsology, 2024). This form of art can be very tactile and can be a relaxing experience that encourages mindfulness and can provide help for people struggling with mental health to gain a deeper connection with their emotions (Artsology, 2024). All of these examples of the various art forms which artists use can help alleviate stress and promote relaxing thoughts to distract the individual from any negative thoughts or feelings. In fact, many studies have shown that engaging in art activities can have a positive effect on anyone struggling with mental health (Slawson, 2017). Also, recent statistics over the years can show that from people engaging in art, it was revealed that 71% of people felt a decrease in feelings of anxiety and a 73% fall in signs of depression (Slawson, 2017). Furthermore, 76% of participants have stated that their mental wellbeing had improved and 69% of people felt more socially included

(Slawson, 2017). According to Gavin Clayton, the executive director of a charity and one of the founders of the National Alliance for Arts, Health and Wellbeing, had stated that the evidence he has conducted from people taking part in art has indeed had a positive impact on people's mental health and has improved people's wellbeing (Slawson, 2017). These statistics and evidence on people participating in art activities, is a clear example of the positive impact art can do for anyone suffering alone with any mental health issues.

Furthermore, Picasso once said "Art washes away from the soul the dust of everyday life." In other words, many people around the world use the form of art as a way to deal with trauma, stress and pain or to find peace and meaning in their lives (PTSD UK, 2024). Many case studies can illustrate the effectiveness of people using art as a therapy method which can promote emotional healing. For instance, veterans suffering from PTSD can demonstrate that engaging in art can reduce depression and anxiety. Veterans participating in art activities allows them to visualise their trauma through art and this can ease their pain, making it easier for them to manage it and become less overwhelmed (PTSD UK, 2024). Reliving traumatic experiences can be extremely difficult, particularly if someone suffers with flashback and nightmares as part of their PTSD symptoms. Art therapy can help these individuals to find ways to cope with it and find internal strength as the first step in the healing process. These individuals suffering can for example draw these memories or even sculpt them to convey exactly how they are feeling instead of them speaking out loud. This can be a great coping mechanism for anyone struggling to talk about how they feel or who aren't sure how to express their feelings (PTSD UK, 2024). The

next chapter takes a more in-depth approach into some examples of case studies of artists using art to help them cope with their suffering and mental health.

Chapter 2. Artists who use art as a coping mechanism

Researching into depth upon the subject matter of artists who use art as a coping mechanism. There is a lot more artists than expected who use different forms of art as a technique to cope with pain. They also use art as a form of empowerment, a way to express themselves freely without having to speak or use any statements but to easily use any art forms, media and techniques to their advantage to create inspirational art pieces. By far the most famous example of an artists who uses art as a coping mechanism is Vincent Van Gogh, he suffered badly with mental health. He was born in the year 1853 and died in 1890, his art would reflect his struggle and psychological condition (Vangoghmuseum, 2024). Throughout his short life Van Gogh

suffered with depression and anxiety, he once stated that “I put my heart and soul into my work and lost my mind in the process” (Vangoghmuseum, 2024). This statement by Van Gogh shows that he loved creating art to help deal with his mental illness but lost his mind whilst doing it. His work can show he used his mental health problems to his advantage to create some of the most famous paintings in the world to influence others by his creations. For Vincent painting was the best remedy for his psychiatric disorder, but when he couldn't create artwork during his attacks, doing nothing was unbearable for him (Vangoghmuseum, 2024).

The famous painting, Self-portrait with Bandaged Ear by Vincent Van Gogh, is a clear example of him expressing his artistic power and personal struggles he was dealing with. This pain enduring painting was created in 1889, a week after Van Gogh left hospital, after receiving treatment from cutting off majority of his left ear (Murphy, 2016). This injury had occurred after a heated argument with his fellow artist friend Paul Gauguin. From looking at this painting Van Gogh wears a fur cap as a reminder of the harsh working conditions he was facing in 1889 (Murphy, 2016). The hat he purchased was to secure his bandage in place to protect him from the winter cold. This self-portrait is thus a powerful example of the determination that Van Gogh had to continue painting after such a painful injury (Murphy, 2016).



Figure 1, the Self-Portrait by Vincent Van Gogh created in 1889 (Vangoghmuseum, 2024)

Figure 1 shows a self-portrait of Van Gogh after almost cutting off his own right ear. (painting being a mirror image). Gogh exposed the explicit and disturbing self-portrait he created to the public, to show some sort of manifestation feeling and the intimate way of being. Furthermore, Goghs artistic techniques, skills, ability conveys his physical and mental state (Murphy, 2016). He was determined to show some form of declaration of his own artistic power and personal struggles. Many Van Gogh art practices have several self-portraits to express his personality behind his creative mediums. The defined modern artist in this piece used oil on canvas, around 60 x 49cm (Vangoghmuseum, 2024). Gogh wears a blue cap and uses a soft oil brush strokes, black fur on the hat pointing out from every angle and direction, a dark green under toned coat and with a bandage covering his sculptured injured jawline extending from underneath his painful chopped off ear. To the right of the image is a blue obscured framed window that appears quite daunting and some sort of Japanese print shows two geishas in a middle of a

landscape in the background which Van Gogh had an obsession during his practices and research (Murphy, 2016). In figure one there has been some speculations to the authenticity of his work and concern his mental human being. There are many aspects in figure 1 which seeks to tell us something is wrong with Van Gogh and is seeking for help, not just as an artist but as a human being. His fascination with his own identity as a human and as an artist occurred during a fractious period in his lifetime where tempers flared with Paul Gauguin due to Gogh's illnesses revealed itself.

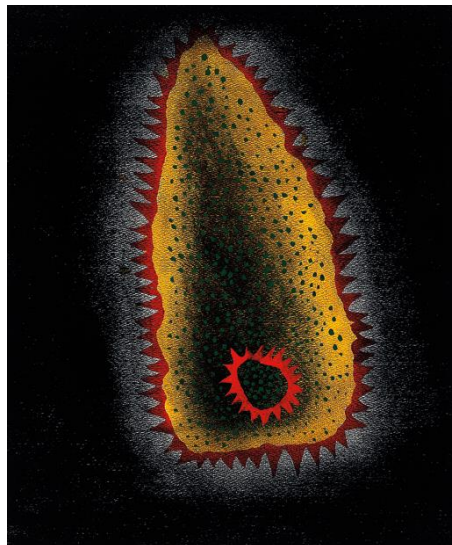


Figure 2. The Woman by Yayoi Kusama created in 1953 (Artsy.net,2024)

Fear, turmoil and pain are often great motivators for many artists, who use these emotions to fuel their creative creations. An example of this can be from the artist Yayoi Kusama who is a Japanese artist, she is often referred as the princess of polka dots (Adams,2024). Kusama is best known for creating different types of art such as; sculptures, paintings, performances and installations (Adam,2024). She has become known for the one thing she includes in her work which is Dots. According to Kusama she fights pain, anxiety and fear every day and the only method she finds that relieves her illness is creating art. This allowed her to discover a path that would allow her to live her life (Adams,2024). Through her creating art she embodies resilience and the therapeutic power of creativity. Kusama's life story is more than about her struggles in life, it's about her incredible ability to use pain to create powerful universal art.

Figure 2 can show a watercolour piece Kusama had created in 1953 (Artsy.net,2024). The piece was called 'The Woman' which is one of her earliest abstract works, the watercolour shows a biomorphic form with dots in the centre which seem as if they are floating (Davis, 2017). The piece of artwork is reminiscent of female genitalia, surrounded with red spikes. This effect in the work can be seen as aggressive and bizarre, which can show signs of Kusama's struggles with mental health and her anxiety surrounding the thought of sex (Davis, 2017). By creating paintings and sculptures Kusama became inspired and informed from her tragic memories as a child, suffering from abuse and trauma. Yayoi has experienced psychological issues in her life and has tried to come to terms with her obsessive-compulsive behaviour and her hallucinations. She used art as a form of therapy and utilized it to help remove people's negative opinions on mental health to truly see that the sufferers of it can create inspiring art pieces. This is a great example

of an artist using art as a form of therapy and Yayoi Kusama, is a living example of the success of art therapy.

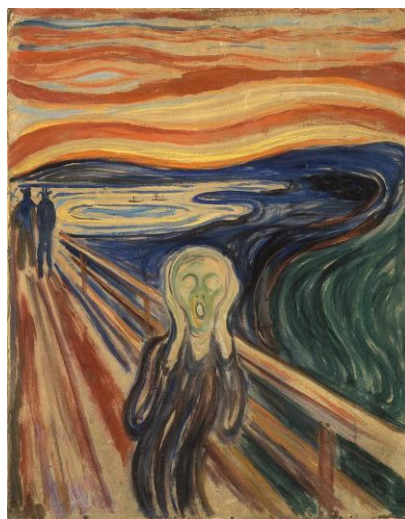


Figure 3, the Scream by Edvard Munch created in 1893 (Edwardmunch.org, 2024)

Another great artist who endured suffering is Edvard Munch, who had a troubling and traumatic childhood. From the psychological anguish that plagued him throughout his life, he used his inner turmoil to create inspiring pieces of art (Prideaux & Munch, 2005). He suffered with deep depression during his lifetime and has often created and reflected his past events that happened to him in his work (Edwardmunch.org.). Munch was very good at portraying his tragic emotions in his paintings and he was eager to get a strong reaction from his viewers (Prideaux & Munch, 2005). One of his most famous paintings the 'Scream' seen in figure 3, which

undoubtedly evokes intense feelings was created in 1893 (Edwardmunch.org,2024). The painting can show a ghostly figure holding his face with a chaotic background behind. It's such a striking piece of art which makes the viewers connect with it and see the visual emotion involved to create such a piece (Edwardmunch.org,2024).

Essentially the Scream painting is based on Munch's real-life experience of a scream piercing in nature while on a walk, after 2 friends as seen in figure 3's background had left him (Prideaux & Munch, 2005). He had sensed a scream passing through nature whilst the sun was setting and the clouds turning blood red (Prideaux & Munch, 2005). This is how he became inspired to paint this famous painting which expresses the feelings of anxiety, fear and anguish. It can appear as if the man is losing his mind, noticeably from the way the body is so fluid and bendy. The water and the sky have been painted with such vivid colours to show the emotions of the man screaming. Edvard Munch is a great example of someone struggling with mental health problems, he used these problems to paint fascinating pieces of art, which made the audience interact with the piece on display. He would get inspiration from real life experiences and paint them to help cope with his depression, which inspires many people around the world that mental health can be expressed through art and can be a great coping mechanism to communicate what they are going through.

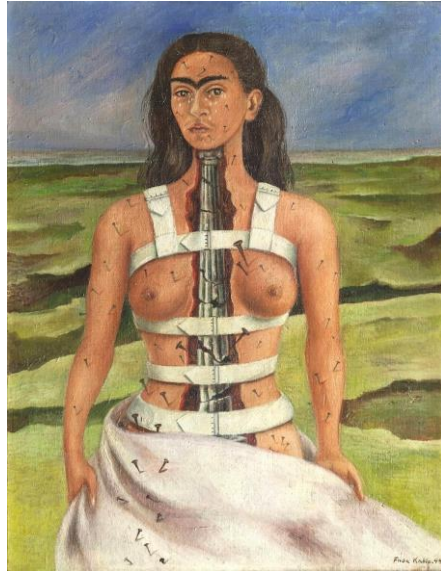


Figure 4, The Broken Column by Frida Kahlo created in 1944 (FridaKahlo.org,2024)

Furthermore, Frida Kahlo can be another prime example of someone creating uplifting artwork from their pain. She had a special style of painting that expressed her pain that she would usually hide from the world. From experiencing tragic events in her life, she would produce dark, violent and morbid themes of artwork (Career, 2024). Frida Kahlo has created many self-portraits, her striking dark features, showing her prominent monobrow are all hand in galleries around the world as a symbol of inspiration for many others (Career, 2024). In her lifetime Frida was hit by a bus at 18 and was let with serious injuries and persistent pain. From this accident she began encapsulating her pain into art pieces (Career, 2024). Figure 4 can show Kahlo painted the Broken Column (1944) after an unsuccessful surgery on her spine. She painted this painting to show the amount of pain she was going through (FridaKahlo.org,2024). Kahlo can be seen in centre frame in the painting and is partially naked with nails pierced in her body all over. Her body is seen covered in white straps holding her together (Career, 2024). Kahlo's body is ripped

in two with a split cracked column that stands inside her body, which represents her pain (FridaKahlo.org,2024). She looks straight ahead at the viewers, to give off an intense feeling. Kahlo shows her physical pain she is going through with such raw beauty.

The choice of colours in the Broken Column painting are mostly green, blue, white and light brown to show Kahlo's skin complexion. The concept she is showing is that she's a beautiful and important human being who is going through chronic pain from her accident (Career, 2024). The main reason Frida Kahlo created this piece of artwork was to alleviate her pain but would also create an outlet for many other women going through their own type of pain, whether psychological or physical. Her paintings have always been more than depictions of herself, but rather her work was used as a tool to express herself and find meaning to keep on thriving through the pain. All these artists and their famous artwork created all have painful meanings behind the creation of their artwork. They used art as an outlet to express their painful life experiences they have endured and show the viewers they are not alone and to use their pain to their advantage, like they have done to create some of the most famous paintings in the world. Therefore, these artists are great examples of evidence that it is possible to use art as a coping mechanism, which in return inspires others to use art to help deal with mental or physical health problems. From these artists suffering with mental health problems and painful past experiences, they all show that they use their pain as motivation to create inspiring pieces of art.

Chapter 3. Pros and cons of artists using art as a coping mechanism

Art according to many studies can be an effective coping mechanism for anyone dealing with stress, depression, anxiety, and any other mental health issues they are suffering alone with. By individuals engaging in creative activities, this allows them to channel their energy into something productive and can be potentially therapeutic for them. Self-expression through artistic ways can positively enhance its communication without using any context or instructions but to freely, physically, mentally, and emotionally unfold in any art shape or form (Morris, 2022). This is why art can be a great mental break for any daily stressors, improve focus and even assist with processing emotions. Also, it has been scientifically proven that engaging in art activities can drastically reduce levels of cortisol, which is a chemical in your body that is released to respond to stress (Morris, 2022). Individuals who experience for example, Post-Traumatic Stress Disorder (PTSD) can use art to release their emotions, reduce stress and express pain. Other studies can show that creating artwork also helps increase dopamine levels (Morris, 2022). Which can be known as the 'happiness hormone', dopamine is a chemical in the body that is only released when someone experiences something pleasurable. Art can help the body produce high levels of dopamine to help alleviate people's symptoms of depression and anxiety (Morris, 2022). Also, artists coping with emotions is a life skill, which allows us to adapt to challenges we may face. For people tapping into their creative side is a great and even fun resource for healthy emotional expression. When individuals use art to express intense emotions, they experience catharsis. This is an emotional release that can provide relief and reduce stress.

The relationship between art and the brain is powerful, it has a positive impact on people's lives more than they realize. Producing art pieces can make people more sympathetic, faster at solving problems and become more accepting of themselves (Staff, 2022b). The reduction in stress levels from art whether someone is creating a full-scale oil painting or creating a sculpture allows them to zone out in the process. Everything around them seem to fade away and they become focused and determined on that piece of art they are creating. This effect is them being in the flow in that present moment, this allows them to not worry about the future or past or anything else it's called mindfulness (Staff, 2022b). This is one of the primary benefits of meditation which is used in yoga and now being used in art therapy. Art allows the individual involved to take a break from carrying all their worries and can be helpful for anyone struggling with processing emotions.

Another benefit of art is the social impact it provides, by individuals creating art with a group of people or sharing the work for peers to see what has been created, can be a very sociable experience (Morris, 2022). In fact, a study has been conducted about loneliness in the United Kingdom. The study found out that 82% of the participants involved stated that engaging in art allowed them to feel social connectedness, thereby reducing loneliness (Morris, 2022). From this study being conducted it can show that art provides great opportunities for individuals to meet new people who share a common interest and can benefit their mental health by making friends through art. Therefore, art in any shape or form can be a great way to improve sufferers of

mental health by increasing happiness, promoting social connections and allow self-discovery. It doesn't matter if you don't take art to seriously, it's all about expressing yourself creatively which can be very beneficial for anyone's health.

Furthermore, for anyone suffering with bad mental health people can participate in art therapy as their primary mode of expression, alongside speaking with an art therapist, which can be very beneficial. Art therapy is an established form of psychotherapy which is delivered by fully trained art therapists (Nava,2023). The aim of art therapy is to lower distress and improve emotional, social and mental health. For art therapy, people are supported by an art therapist to create art to express and articulate difficult thoughts and feelings they may have (Nava,2023). This can be very beneficial for anyone who's just experienced a traumatic event or going through any painful situations. This type of therapy is open to help anyone of all ages, including those whose life's have been drastically affected by illness, or disability. Art therapy is often used to reduce conflicts, improve cognitive functions, help foster self-esteem and build emotional resilience. For individuals it engages their mind, body and spirit in ways that are distinct from verbal communication, according to experts (Psychiatry,2020). Research has found a range of mental and physical health benefits of art therapy. An example of this can be from a study on cancer patients who participated in four hour-long guided sessions of art therapy exercises, which they would create paintings or drawings (Psychiatry,2020). The study had identified improvements in cancer patients' psychological well-being, by increasing positive emotions and decreasing negative feelings (Psychiatry,2020).

Advantages Art therapy can promote positive changes for the body and brain. From engaging in art activities, it enhances neuroplasticity. This is the brain's ability to reorganise itself by creating new neural connections (Nava,2023). This is very beneficial for individuals recovering from trauma because it helps rewire the brain in such a way that can promote healing and reduce the impact of traumatic memories (Nava,2023). Art therapy also enhances psychological wellbeing by providing safe environment for individuals to explore their feelings and thoughts without receiving any judgment (Nava,2023). This process can be extremely beneficial by encouraging self-acceptance and self-discovery, which are crucial elements of mental health. When a patient takes part in an art therapy session they are encouraged to work with different mediums of their choice, which can include, acrylic painting, clay, coloured pencils and other medias (Nami,2024). This very act of creating art helps to reduce anxiety, improve focus and ease any intrusive or negative thoughts. According to the National Alliance on Mental Illness, approximately 1 in 5 adults can struggle with mental heal problems (Nami,2024). Also, 1 in 6 youths which are under the age of seventeen are fighting the same mental health battle. This is why art therapy is a beneficial tool for those who are seeking help (Nami,2024). In fact, it has been proven by many studies that it is instrumental tool in helping patients heal from PTSD, trauma, depression, grief and panic attacks.

There might be many advantages of artists using art as a coping mechanism. However, despite this there are also some disadvantages. Since art therapy involves someone expressing

themselves through creative ways, some people might worry that their work can be misunderstood and that their emotions are too complex to be adequately adapted into their work (Mental Health General, 2022). This fear created can disrupt individuals from fully engaging in the therapeutic process of art. Moreover, there may be some stigma surrounding people seeking help from a professional therapist. As some people view art therapy as less effective compared to traditional therapy. Art therapy like other forms of therapy can be harmful. There are potential negative effects, such as it can cause higher levels of stress or anxiety, it can surface emotions without allowing patients to process them (Mental Health General, 2022). If art therapy isn't working out for people, it can mean their issues cannot be fully addressed. This can increase individual's distress and cause them to be put off going to any other therapy treatments. Art therapy is relatively new, so there might not be enough sufficient evidence to prove that it works for everyone (Mental Health General, 2022).

Another disadvantage of art therapy can be the lack of talking, ultimately talking is usually the best form of therapy and because art therapy doesn't involve much talking it may slow down the progress of healing. Also, art therapy mostly revolves around group sessions, some people might find group work doesn't work for them. Individuals might have bad social anxiety and may feel uncomfortable, so art therapy may not be best suited for them. Furthermore, some people might see art as irrelevant to their type of problems. Only because if they struggle with communicating, doesn't necessarily mean that creating art can help them express their pain. Therefore, art therapy can have the potential to waste people's time and money, from this form of treatment for their pain (Mental Health General, 2022). From looking at people using art as a coping mechanism there are many advantages and disadvantages, but the number of

advantages discovered can show the good art can do and there is more sufficient evidence promoting art therapy compared to disadvantages of art therapy being an ineffective tool.

Chapter 4. Conclusion on whether art is an effective coping mechanism

Overall, to conclude by thoroughly investigating academic research from each chapter in this thesis. It's clear that evidence can show that art can be a substantial tool in helping people suffering with PTSD, depression, anxiety, anguish and psychological pain. Chapter 1's research can illustrate why people use art as a coping mechanism. In this chapter, research was conducted from books, PTSD websites and news articles. Which all in summary suggested that art can reduce signs of stress, depression and help sufferers of mental health. By looking at statistics in this chapter, from a recent study conducted on participants it shows great evidence that art can drastically reduce people's distress, anxiety, depression and make them feel more socially included. Also, this chapter found out that art can be a powerful outlet for people to express how they are feeling through artwork which is a great tool for anyone struggling to use their words to say how they feel. Through people creating different art forms it can allow people for example with PTSD to gain their voice again and share their experiences with others through art and this can truly help them through their darkest times. This first chapter can clearly show that from people diving into their creative art side it can be very therapeutic for them and can substantially benefit their health.

Furthermore, Chapter 2 analysed various artists who use art as a coping mechanism which they express their mental health issues and paint their pain. From looking into artists such as

Vincent Van Gogh, Yayoi Kusama, Edvard Munch and Frida Kahlo. They all had one thing in common which was they used art as an outlet to create some of the most famous paintings in the world. By these artists creating different forms of art, it allowed them to use their depression, stress, mental and physical pain to their advantage. Art was their coping mechanism to deal with the suffering they had endured, and it was very therapeutic for them to create art from the emotions they were going through. All of their art is an inspiration for many people around the world. People can go and see their art in galleries and become inspired by these artists because they can see that they used their pain and suffering to show the world that art can be used as a coping mechanism to express themselves and find peace. This chapter's research was eye opening to discover the amount of pain and anguish these artists truly went through and how they used that inner pain from tragic situations they went through, to create some of the most inspiring artwork ever created.

In addition to this, chapter 3 dived into great lengths of research on both advantages and disadvantages of people using art to help cope with painful situations they were going through and mental health problems. This chapter was vitally important to discover whether art is a great coping mechanism or whether it doesn't benefit people who are suffering. From looking at various research the amount of advantages unfolded outweighed the number of disadvantages found from various books, websites and studies. Art is seen as very beneficial from research on how it allows people to express their pain, depression and mental health onto a canvas rather than struggle to express it with words. However, there were some downfalls of people participating in art therapy by struggling to fully express their emotions into creative artwork and

their artwork may be misunderstood because their emotions might be too complex to adapt into their work. Despite this, art has been scientifically proven from many studies that it can help the brain and body produce beneficial hormones to help alleviate signs of depression, anxiety and stress. Thus, making it a great coping mechanism for people to use art as an outlet to express their mental health, PTSD, stress into some creative which can be very therapeutic for them. From examining each chapter of this thesis and analysing the evidence conducted it became clear that art can be very effective and beneficial for famous artists and people suffering with mental health. Therefore, art is a great coping mechanism for anyone suffering from any mental or physical problems and can be very vital in the fight against mental health.

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