

Art as Therapy Assignment

1) Describe when you colored the page?

I colored the page in the evening when I was feeling stressed out and wanted to relax my mind. Since it is May, it is officially the month representing a signal of the end of the semester. Therefore, most students like me are being mandated to cram and finish assignments of the course to officially take finals and earn a final grade. For this reason, I felt immensely overwhelmed, and I thought that delving deeper into art focusing on coloring a art page would officially cheer me up and calm me down to adopt an optimistic vibe that everything might go well if I just take a short break to relax. According to Boyce's article, "The growing recognition of the arts having an important role to play in improving the health and well-being of individuals has been a key driver (Leckey, 2011)." This means that any type of art has benefited and impacted the health of individuals in several ways just like it has helped me overcome my stress. To add on, thinking about coloring an art page allowed me to become very creative and artistic.

2) What made you decide to color the page when you did?

I decided to color the coloring page of a young girl standing near a tree alone holding an umbrella because it reminded me of myself as an independent young lady breaking the barriers in tech by pursuing a bachelor's degree in computer engineering technology. The girl in the coloring page represented a brave young girl who is patient and smart enough to live life on her own terms. I also liked the setting of where the girl alone was waiting to go home by herself. I started to reminisce the time in which I would walk home by myself from college without no one looking after me or wanting to spend time with me.

3) What were you feeling while you colored?

I felt very hopeful, optimistic, cheerful, and elated while I colored the coloring page because I felt extremely serene, and it felt great to bring color into my life. I simultaneously thought that my life rarely had color in my life because of how booked I am with educational and work-related plans. I also felt sympathy for the girl in the coloring page because she was alone, and she didn't have anyone to talk to about the problems she faces in her daily life. I was able to resonate with her feelings though her face was not shown. Yet, her back showed that she is a mature and strong person working diligently to strive for the best.

4) How did you feel after you finished and looked at the page?

After I finished and looked at the page, I felt great and much better since I was stressed about all my upcoming exams, assignments and lastly finals. I felt that coloring had healed all the stress and pain I was dealing daily. I also felt more optimistic about what is yet to arrive in the future. I

also felt like I was moving on with my life since I realized that after finals, I would have an immense amount of time to sleep and go out for a vacation to relax.

5) How do you feel about the value of “art as therapy”?

I feel relaxed and enjoyable about the value of “art as therapy” because art does heal my inner pain and stress of loads of work. Art helps me become creative and have an optimistic look of the future. To add on, examining and discovering various types of colors help me deal with all other emotions. In my opinion, art can be anything that is expressed and it can represent a certain culture, religion and other beliefs.