

CreateToForget

This is a blog where I share my thoughts and interests.

Friday, 1 September 2023

Infographics - 4 Benefits of Art



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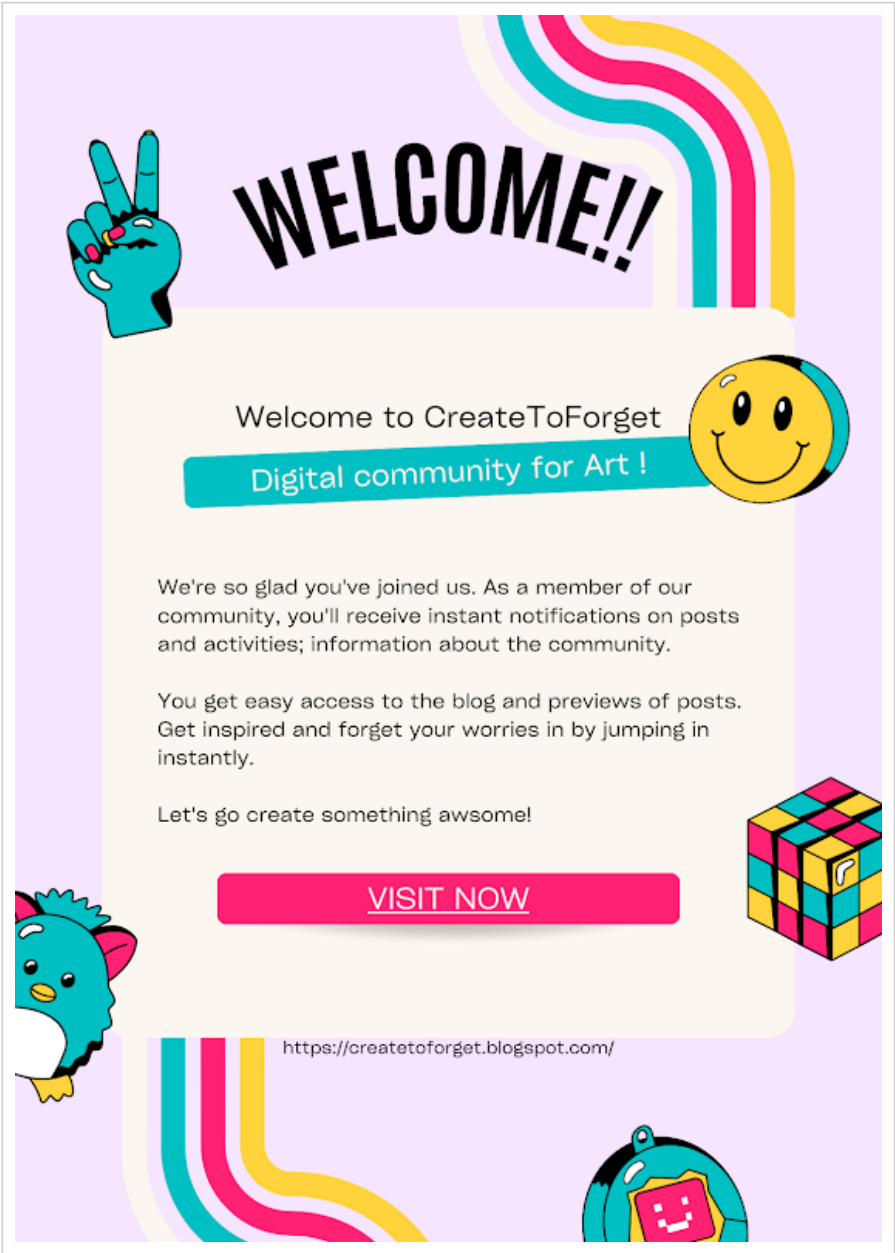
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## Why I Create Art...



me you get to pour your feelings into it and most of all it doesn't have to make sense.

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You can ask yourself why I should create anything at all that's true. And you can decide for yourself I'll just share why I prefer that first of all its really relaxing and sometimes takes up my full concentration and that's what I like about it I can cater it to my liking. And it doesn't demand anything from

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Infographics - 4 Benefits of Art



# 4 Benefits of Art

## Improve brain function

Through art, you can stimulate your brain to grow new cells and produce new neural pathways. Creating art involves visualization and memorization processes which help reduce memory loss in older age.



## Reduce stress and anxiety

Not only can art help reduce dementia and other chronic degenerative diseases, it can also help reduce anxiety and calm the mind.

## Improve communication and opportunities for socialisation

Joining an art group or getting involved in art project as part of festivals can help us connect with others and reduce feelings of loneliness and isolation. By creating art, we can improve our interpersonal communication skills.



## Boost your self-esteem

Creativity can help build self-esteem and improve mental health, especially in older people. Art gives you a sense of accomplishment which makes you feel good and boosts your confidence.

## Fun and Creative Way to Stay Active

Painting, making music, dancing, or even crafting – all require you to move your body freely. The most important thing is that these arts are usually fun and bring joy. Whether you are an artist or have never taken up art in your life, it's never too late to start.





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