**Art & Soul**

**Art & Well-being Workshops**

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***Supported by Hope Worldwide Australia***

*In the beginning God created...*

*- Gen 1:1*

*“Art washes from the soul the dust of everyday life.”  
- Pablo Picasso*

The Art & Soul workshops are aimed for Adults of any age. The Workshops will include working with Mosaics, Palette Knife Painting, Wooden Sign Making and Soft Pastel Drawing.

**There are a lot of misconceptions floating around about art.**

Some think you have to be creating paintings or sculptures to be considered a real artist.

Others believe that you are either born with talent — or not.

Many are afraid that since they aren’t very good at something, there is no point and they won’t get any benefit from doing it.

Another myth is that you have to work with an art therapist to get any therapeutic benefit from doing art.

But we are all born with an innate desire to express ourselves and art encompasses a wider range of activities than you may have ever imagined.

Here are some of the best ways creative expression can benefit your brain and mental health to make you a happier, healthier person.

**Creating Art Relieves Stress**

Creative Activities are relaxing and rewarding hobbies that can lower your stress levels and leave you feeling mentally clear and calm.

Creating art provides a distraction, giving your brain a break from your usual thoughts.

The average person has 60,000 thoughts per day and 95% of them are exactly the same day in, day out!

When you get totally immersed in a creative endeavour, you may find yourself in what’s known as “the zone” or in a state of “flow.”

This meditative-like state focuses your mind and temporarily pushes aside all your worries.

Leonardo da Vinci said, “Painting embraces all the ten functions of the eye; that is to say, darkness, light, body and colour, shape and location, distance and closeness, motion and rest.”

Creating art trains you to concentrate on details and pay more attention to your environment. In this way, it acts like meditation.

**Art Encourages Creative Thinking**

## Dr. Lawrence Katz is an internationally recognized pioneer in neuron regeneration research and author of [Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness](https://www.amazon.com/gp/product/0761168931/ref=as_li_tl?ie=UTF8&tag=bbf-inline-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=0761168931&linkId=a96f1339643a84030a19f7d6628b67a5).

He found that mental decline was due mainly to the loss of communication between brain cells, not from the death of brain cells themselves.

Dr. Katz coined the phrase “neurobics” to describe brain exercises that use your senses in new and novel ways, and creating art certainly fits this definition.

Art enhances problem-solving skills.

Unlike math, there is no one correct answer in art.

Art encourages creative thinking and lets you come up with your own unique solutions.

Out-of-the-box thinking also stimulates your brain to grow new neurons.

Contrary to popular belief, creative thinking does not mean using the right side of your brain.

It involves getting both hemispheres of your brain communicating with each other.

**Art Boosts Self-Esteem and Provides a Sense of Accomplishment**

You may stick your kids’ artwork on the refrigerator door to boost their self-esteem.

Hanging your latest work of art on the wall can instil in you the same feeling.

Creating art increases the “feel good” neurotransmitter dopamine.

Dopamine has been called the “motivation molecule.”

It boosts drive, focus, and concentration.

It enables you to plan ahead and resist impulses so you can achieve your goals.

It gives you that “I did it!” lift when you accomplish what you set out to do.

Dopamine stimulates the creation of new neurons and prepares your brain for learning.

You don’t have to produce fine art.

Crafting hobbies of all kinds — knitting, quilting, sewing, drawing, photography, woodworking, gardening, and do-it-yourself home repair — increase dopamine, ward off depression, and protect the brain from aging.

Bibliography: (https://bebrainfit.com/the-health-benefits-of-art-are-for-everyone/)

**Anxiety and Depression**

Amongst other ailments, are common amongst our community and Art Workshops can help ease these stressors. Each individual can explore their creative side while in a relaxing atmosphere. This can also be a fun relationship building time and a general well-being experience for all.

The workshops are open to anyone even artists themselves. The workshops are not a cure to aid any ailments, but rather a way for the student to relax and unleash their creativity retrieving from the modern daily pressures of life.

Angela Groves will facilitate the Art workshops. She has an Associate Diploma in Art & Design and a BSc in Business Management & computing. She has over 20 years of creative experience including working as a Graphic Designer for several organisations both overseas and in Australia.

**Course Duration:** Between 1pm and 3pm on Saturday

**When:** From 24th March through to 2nd June 2018. (on a fortnightly basis) (See dates)

The workshop demonstrator will store each students artwork in-between workshops.

* Students will gain a sense of achievement.
* Build relationships in a relaxed environment.
* Have a creative focus to help relieve any stressors.
* Create pieces of artwork for a keepsake or to give away.

***Children are welcome to come along with their parents. An enclosed child friendly play area is also available.***

**ART WORKSHOPS ENROLMENT FORM**

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***Supported by Hope Worldwide Australia***

( ) **Mosaics Pt1** ( ) **Palette Knife Painting Pt1**

24th March 2018 - 1pm-3pm 5th May 2018 - 1pm-3pm

( ) **Mosaics Part2**  ( ) **Palette Knife Painting Pt2**

7th April 2018 - 1pm-3pm 19th May 2018 - 1pm-3pm

( ) **Wooden Sign Making** ( ) **Pastel Drawing**

21st April 2018 - 1pm-3pm 2nd June 2018 - 1pm-3pm

**Participants Details**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Where did you hear about the Art program?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I would like to receive information about upcoming Art & Soul programs: **YES/NO**

I give permission for Art & Soul to call a family member/ an ambulance or take me to hospital if this is deemed necessary: **YES/NO**

I give permission to use any photographs or videos captured in workshops and/or of your artwork (without names) for marketing purposes for all media. **YES/NO**

***Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_******Signature:*** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Terms & Conditions**

* Limited to maximum of 12 participants
* Participants should be committed to the full duration of the course. Participants who do not turn up without prior notice (min 2 days) will unfortunately be blacklisted for future workshops.
* Art & Soul workshops cannot be held responsible for any damage, injury or loss of personal belongings or any other unforseen circumstance caused by whomever or whatsoever act during the workshop.
* Art & Soul workshops deserve the right to cancel or alter any information without prior notice.
* **Payment to be paid in advance of $25 cash in full to Angela - Mob: 0425 798 281.**

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| Workshop Notes: | Date: | Amount Paid: |