

Art Therapy

ABBY TAYLOR - TASIA ROCHE - CHERYL UVIAA



AVERAGE TEENAGE SYMPTOMS

Suicide Risk Factors

- Harmful disorders
- Substance abuse
- Prior suicide attempts
- Family history of suicide
- Family violence (physical/sexual)
- Fire arms in home
- Incarceration
- Exposure to suicidal behaviors

Depression

- Hopelessness feelings
- Loss of interest in daily activities
- Appetite/weight changes
- Sleep changes
- Anger or irritability
- Loss of energy
- Self loathing/reckless behavior

Stress

- Homework
- Sports
- Busy
- Family
- Teachers
- Friends

Stress Helpers

- Sleep
- Eat
- Cry
- Play games
- Listen to music
- Hang with friends
- Watch movies
- Talk to someone
- Exercise



WHAT ROLE DOES ART PLAY?

Expressive Therapy

<http://www.healtheducation.uci.edu/stress/therapies.aspx>



Art therapy utilizes the act of drawing and creating art to help relieve stress. This works in several ways.

First, the act of drawing or creating art can take your mind off of what is stressing you - at least for a short while. While you are engrossed in the process, you should have a clearer head in which to return to your daily tasks.

Another benefit to art therapy is while engaging in creating art, you are engaged in the action to the point of being in a near meditative state. This results in many of the benefits of meditation and you may feel less stressed when you are done.

Objective:

Introduce to students the relationship between engagement with the creative arts and health outcomes; specifically how theatre can help you cope with stress and depression.

A STEP IN THE RIGHT DIRECTION

NATIONAL ENDOWMENT FOR THE ARTS

MOTIVE:

THE NATIONAL ENDOWMENT FOR THE ARTS IS AN INDEPENDENT FEDERAL AGENCY THAT FUNDS, PROMOTES, AND STRENGTHENS THE CREATIVE CAPACITY OF OUR COMMUNITIES BY PROVIDING ALL AMERICANS WITH DIVERSE OPPORTUNITIES FOR ARTS PARTICIPATION.

[HTTP://ARTS.GOV](http://arts.gov)



The screenshot displays the National Endowment for the Arts website. At the top, the logo for the National Endowment for the Arts is visible, along with social media icons for Facebook, Twitter, YouTube, RSS, iTunes U, and a 'Subscribe' button. A banner for the 50th Anniversary is also present. The navigation menu includes links for HOME, ABOUT, GRANTS, NEWS, LIFETIME HONORS, PUBLICATIONS, ARTISTIC FIELDS, and CONTACT. The main content area features the 'ART WORKS BLOG' section with a post titled 'Can the Arts Reduce Stress in Children?' dated April 16, 2013, by Rebecca Gross. The post image shows a hand holding a yellow smiley face. To the right, there are sidebars for 'ABOUT THE BLOG' (with links to 'About Art Works' and 'Comment Policy'), 'SEARCH THE BLOG' (with a search box), and 'RECENT POSTS' (with a post titled 'Press "Play" for...').

“BLOG”

A HINT OF SELF EXPRESSION

artfosh.wordpress.com



“The Arts are a good way to cope with stress and depression. It has helped me through my tough times. I want teens to be aware of the different ways the Arts can help them fight through their own battles.”

-Cheryl

“I want teens to cope on their own terms through vital years of self identification. The Arts will hit them to the very core and invite self relief.”

-Abby

“Everything we do is an art. If we can help these teens, even the slightest bit or reduce this epidemic of pressure they feel, than we’ve reached a cure, thanks to the Arts.”

-Tasia

SNEAK PEAK

~~-GREETINGS-~~

Plain & simple:

The only thing I know how to do is be myself and I think my partners Tasia and Cheryl can say the same thing.

What were about:

For some artist's like actors, it can feel as if when they find art in a completely different universe. A home away from home, that no one can identify nor find but them. A place so far out, that is in safe keeping for when you need to escape. It's wherever you see fit.

Art explanation:

The main focus of the project is: How theatre helps you cope with stress/depression.

Icing on the cake:

All of you artists out there we made this blog for YOU. Dedicated to YOU.

ATTENTION

Submit your art work with a “quote” about how art has affected you through my email or if you have any questions – ataylorgo@gmail.com

Much love,
Abby Taylor & Partners
XO

P.S. Your art work is safe with us!

<https://artfosho.wordpress.com>

STRESS ENFORCED

Bumpidy - Bump - Bump

Towels

Skits

Amazon

LET GO OF YOUR CARES/WORRIES

Four Elements Game

Ball Relaxation Method

Lay down - Eyes closed - Deep breathing - Imagine a little blue ball - Ball starts at arch of foot - Ball ends at neck

ART THERAPY

-A CAUSE WORTH TALKING ABOUT-