Teaching Mental Health through Art

<table>
<tr><td colspan="2">The Art's valuable role in mental health is being recognised. It can help to boost confidence and make us feel more engaged and resilient. Besides these benefits, art engagement also alleviates anxiety, depression and stress.</td></tr>
<tr><td>7,8 and 9</td><td>How can we engage with art to boost well-being and mental health problems?

Mindful colouring activity:
• Play some relaxing music while young peoples do this activity.
• Students print pictures in the colour of their choice.
• Students also choose their own colours. Once they have finished colouring, look at the colours you were drawn to. Do they mean anything to you? How do they make you feel?

<u>How Colors Impact Moods, Feelings, and Behaviors</u></td></tr>
<tr><td>10, 11</td><td>Art has led the way in seeing mental illness not as alien or contemptible but as part of the human condition – even as a positive and useful experience. Modern art has even celebrated mental suffering as a creative adventure.

Use one of the artists below to see how they portray mental health:

• Vittore Carpaccio – The Healing of the Possessed Man at the Rialto (c. 1496)
• Matthias Grunewald – The Temptation of St. Anthony (c. 1512 - 16
• Albrecht Durer – Melancholia (1514)
• William Hogarth – The Rake in Bedlam (1733)
• Francisco Goya y Lucientes – The sleep of reason produces monsters (c. 1799)
• Theodore Gericault – Portraits of the Insane (1822)
• Gustave Courbet – Self-Portrait (The Desperate Man) (c. 1843 - 45)
• Vincent van Gogh – Self-Portrait with Bandaged Ear (1889)
• Edvard Munch – The Scream (1893)
• Josef Forster – Untitled work in the Prinzhorn Collection (after 1916)</td></tr>
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