



Art and Mindfulness

INTRODUCTION:

EXTRACT BELOW FROM DEVELOPING MINDFULNESS GUIDEBOOK.

<https://arttherapyresources.com.au/shop/developing-mindfulness/>

BENEFITS OF MINDFULNESS

Mindfulness helps us to be engaged in the activity we are doing and helps us to facilitate feelings of relaxation and gratitude of the time we have in a present moment. Being present and mindful while undertaking an activity provides us with many psychological and physiological benefits, including:

- Improved concentration
- Improved performance
- Decrease in physical pain from injuries
- Increase in empathy towards others
- Decrease in anxiety
- Improved emotional regulation
- Improvements in social interactions
- Improvement in general physical well being
- Increased ability to handle stressful situations

Mindfulness helps us to improve behavioural, cognitive, and emotional responses to stress and this in turn helps us to develop resilience when facing stress.

ART EXERCISE:

What benefits do you think mindfulness can provide to you?

Consider the impact on your thinking process, your emotional experiences and your physical health.

You can create your artwork based on current psychological and physiological issues you feel you would like to improve.

