

Art Supports Employee Engagement and Mental Health



Does Creating Art Make People Better?



- ✂ Managers and employers are turning to art-related activities to enhance their teams' skills building, communication, and stress relief.
- ✂ Research suggests creating art supports both mental health and well-being.

✂ Art-related creative activities enhance self-identity through:

- the pursuit of skills
- facilitating self-esteem
- building an individual's social identity
- reducing psychological and biological markers of stress
- providing cognitive stimulation
- enhancing social support
- reducing sedentary behaviors associated with depression
- and supporting coping skills¹.



Re-Energizing and Building a Work Community

- 🧠? As a company activity, artmaking can help managers and their teams develop a greater feeling of community and collaboration.
- 🧠? Painting can be a great way to re-energize the entire team and help to minimize any isolation-like feelings due to the COVID-19 pandemic.
- 🧠? A painting activity can help to reestablish social ties and the “watercooler-like” workplace activity represented before the pandemic.
- 🧠? An art-based team activity benefits everyone’s morale and wellness and, in the long term, may significantly enhance their physical health².



Art is Aerobics for the Brain

- 🧠 Dedicating even a modest amount of time to an art-related endeavor has several benefits in sparking creative ideas in other areas, such as work.
- 🧠 Analytical left-brain individuals also benefit from stimulating and nurturing their creative growth via painting.
- 🧠 Painting promotes creative development in using both the left side of the brain for logical problems and the right side to solve creative issues.
- 🧠 Painting is a complete-brain workout that strengthens the intellect and stimulates dopamine production in the brain.

- ✂ Companies that promote safe socialization, inclusive relationships and purpose will have more engaged workers and a thriving work culture.
- ✂ Setting aside a small amount of time for a creative, artistic team-building painting activity may result in a range of advantages that can have a significant influence on the workplace.

¹Wang, S., Mak, H. W., & Fancourt, D. (2020). Arts, mental distress, mental health functioning & life satisfaction: fixed-effects analyses of a nationally-representative panel study. BMC public health, 20(1), 208. <https://doi.org/10.1186/s12889-019-8109-y>

Enhances Memory and **Problem-Solving**

- 🧠 Painting sharpens the intellect and improves memory skills³.
- 🧠 Painting fosters and enhances critical thinking abilities.
- 🧠 Identifying solutions to issues such as artistic vision and color constraints aids in the development of critical problem-solving abilities.
- 🧠 Painting can help facilitate outside-the-box thinking.
- 🧠 Those who engage in creative activities such as writing, painting, and sketching have a lower risk of acquiring memory loss problems.
- 🧠 The fine motor abilities required for painting contribute to developing mental shortcuts that the brain uses in daily life, especially at work.
- 🧠 Creating improves problem-solving, adaptability, and innovation.

³<https://www.tesseractbrandon.com/health/benefits-painting-brain-mental-health/>



Art Stimulates **Optimism**

- 🌀 Painting creates a relaxed, open environment for individuals to develop their own creativity, promoting a more cheerful outlook on life.
- 🌀 The satisfaction of making aesthetically beautiful artwork that others like instills a sense of pride and happiness in the individual, which helps enhance self-esteem and inspires people to improve their skills⁴.
- 🌀 Painting can contribute to creating a positive mood not only in the artist but also in others around them.

⁴<https://www.tesseractbrandon.com/health/benefits-painting-brain-mental-health/>

Creating and Viewing Art Contributes to **Positive Mental Health**

- 🧠 Finding an emotional outlet for stress and anxiety, such as painting, enables a person's mind to unwind and let go of all the issues that lead to a high level of stress.
- 🧠 Painting can help individuals live a happier, healthier lifestyle and enhance overall mental health.
- 🧠 Participating in the arts as a team is gaining popularity as a strategy to not only promote wellness but also to increase the team's general welfare.
- 🧠 Participating in painting activities can assist in coping with a variety of psychological discomforts.

<https://www.tesseractbrandon.com/health/benefits-painting-brain-mental-health/>

<https://www.mentalhealth.org.uk/blog/how-arts-can-help-improve-your-mental-health>



Find out more about bringing art to your Team!

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