

THE ART OF LIVING

Creating art helps to improve sense of wellbeing and benefit mental and cognitive health.

Visual Arts

Visual arts include painting, drawing, crafts, design, photography, sculpture and textiles.(1) Engagement in the arts involves creative imagination, appreciation of beauty, activation of the senses, arousal of emotion and cognitive stimulation.(1, 2) Art-based activities have been shown to contribute to self-discovery and self-expression; benefit relationships, social interaction and connection; and give a sense of achievement in creating and discovering new creative skills.(2-4) People who engage in arts and crafts in communities have shown to have a better sense of wellbeing, which in turn has been associated with increased enjoyment of eating healthy food and doing regular exercise.(1) Making visual art not only has the potential to enrich one internally but also encourages connectivity with the world, through connection to nature and maintaining relationships with those close to one as well the community.(2) Training in visual art has also been shown to be associated with short term improvement in visual processing and auditory response.(5)

GOLDSTER★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Mild	1	In healthy older people, arts and crafts-based activities have been shown to have a mild beneficial impact on wellbeing.(1)	Review	Low
Cognitive	Mild	1	In healthy older people, art training has been shown to have a mild beneficial impact on visual processing and auditory response.(5)	Trial	Low
Emotional	Mild	1	In healthy older people, art has been shown to have a mild beneficial impact on mental health in older people.(6, 7)	Review, grey literature	Low

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References

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