



## HOW DOES ART-MAKING AID THE HEALING PROCESS?

### ART IS MEDITATIVE

- ***It provides*** an opportunity for contemplation, for deeper awareness of the personal experience you are having, and how that experience is impacting your life.

### ART IS SUPPORTIVE

- ***It builds*** positive relationships with self and others
- ***It develops*** meaning and purpose

### ART IS EMPOWERING

- ***It allows*** for genuine expression of thoughts, ideas, opinions, and emotions
- ***It supplies*** limitless creative options

### ART IS RESTORATIVE

- ***It fosters*** resilience through the formation of new ideas, new meaning, new perspective, new understanding, new solutions, and new strength

*We cannot starve our pain and suffering by ignoring it- it will eat us up. We must nurture it with love, care, and attention in order to tame it, and to befriend it, and ultimately to transform it into something beautiful.*

*~ C. Gahan*