

MONTHLY E-NEWSLETTER

APRIL, 2024



WORLD ART DAY

DAY

April 15th, 2024

"Life beats down and crushes the soul and art reminds you that you have one." - Stella Adler

World Art Day was declared by the General Assembly of the International Association of Art. This date was picked to honor Leonardo da Vinci's birthday. Art is a great medium for us to communicate and to understand others perspectives. World Art Day promotes diversity, communication, creativity, and a safe space. Welcome in the holiday by finding your creative outlet or consider exploring others art to spark an incentive.

Creative Approaches to Mental Health.

Lets dive into the conversation of supporting healthy thinking through art. And no, not just by simply drawing a picture, but art can be expressed through fashion, comedy, theater, music, dance, and other forms of media. The gift of art allows us to express ourselves when we find that verbal expression can be difficult. Its creates a safe space to be vulnerable.

The relationship between art and wellness

You're probably wondering how can art can support my well-being? According to a study conducted by the University of Gloucestershire and Cardiff Metropolitan University, utilizing creative approach correlates with lower stress and feelings of depression.

Research also supports that art encourages a healthy form of communication and is effective in building positive feelings of self-worth.

Even in our simplest forms of macaroni art, it still enacts a simple thought of accomplishment and self-reflection. Hence, art provides us with the opportunity to grow in moments of appreciation and care towards our selves.



IDEAS FOR CREATIVE ART OUTLETS

Need a head start on creative outlets? Here are some ideas.

1. Get connected with writing. The upside of this is there are workshops in the NC area that offer different writing groups that can get you connected. Check out Meetup.com for creative writing groups.
2. Consider Photography. Capturing photos is a wonder way of self-reflection.
3. Get involved with dance. Ballet, Tap, Hip Hop, Ballroom, or even Folk Dance all have its own creative expression.



4. Explore music or create your own playlist. Music is a great outlet for us to express our feelings and one we can at least bob our heads to.

5. Consider pottery/ sculptures. It's a great way to style and mold your vision, while getting your hands active.

6. Fashion. A great way of self-expression is by showing it through our clothes. Plus it's a great way of improving self-esteem.



COMMUNITY EVENTS

Charlotte SHOUT!, presented by Atrium Health and Bank of America, is an aspirational multi-week festival designed to showcase our community by celebrating Charlotte's creativity and innovation through art, music, food, and ideas. Located in Uptown Charlotte, SHOUT! will feature exceptionally curated programming from around the corner and around the world. The 2024 edition of SHOUT! will take place from March 29 - April 14.



Interested in learning more about this event? [Click Here](#) to plan out your trip!