The ART of Well-Being

Engaging with art can boost your well-being in several powerful ways.

When we involve ourselves in creative activities, it helps us to focus on the present moment, causes our brains to release dopamine (a natural anti-depressant) and can also increase positive emotions, self-esteem, feelings of accomplishment, and happiness.

Here at Dartmouth, there are many ways to integrate art into your daily life

**ENGAGE**

Roam around the galleries in the Hood Museum of Art – REOPENING JANUARY 26TH and always FREE. (https://hoodmuseum.dartmouth.edu/)

Go to a dance or music performance at the Hopkins Center. Check with your House to see if they have free tickets to an upcoming show. (https://hop.dartmouth.edu)

Take a walk around campus and pause to view the outdoor sculptures. Can you find all 12?! (see map)

**CREATE**

Grab a notebook and a pencil and sketch something you see at the Hood, in nature, or from your imagination!

Stop at the Hop to make something for yourself, or to give as a gift. Check out the Donald Clafin Jewelry Studio, the Ceramics Studio, or the Woodworking Workshop during open hours.

**RELAX + RECHARGE**

Head to the Student Wellness Center, 3rd floor Robo, for some coloring books and colored pencils.

Find a quiet spot you like and take time to journal or write a letter. Cozy up in Sanborn or the Tower Room (2nd floor, Baker) or relax at the Tucker Center or the warm Greenhouse in the Life Sciences Center (4th Floor).

Don’t worry if your artwork doesn’t look like it belongs in a museum. It’s the process, not the product, that matters. Just take some time to concentrate on what’s in front of you, try letting go of negative thoughts, and fill it with the creativity unfolding in front of you!