

# 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/>)



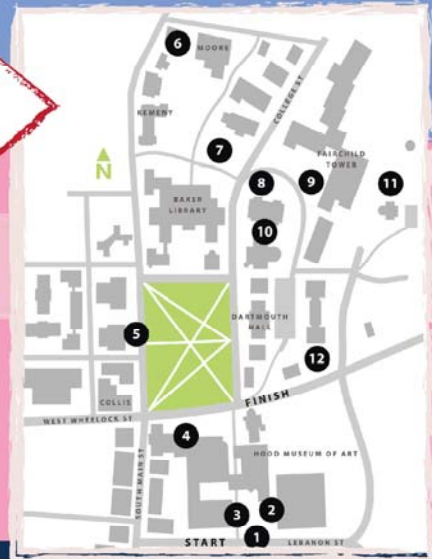
Go to a **dance** or **music performance** at the **Hopkins Center**. Check with your House to see if they have free tickets to an upcoming show. (<https://hop.dartmouth.edu/>)

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 Claflin **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!

The Stall Street Journal  
The Student Wellness Center  
3rd Floor Robo | 603.646.9414  
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<https://www.healingpowerofart.org/art-and-the-brain/>  
<https://www.greatgoodbehavior.com/articles/making-something-creative-can-boost-your-well-being>  
[https://hoodmuseum.dartmouth.edu/news/hoodmuseum-profiles/hoodmuseumpublicationsfinal\\_wellbeing\\_2018\\_publicity\\_brochure.pdf](https://hoodmuseum.dartmouth.edu/news/hoodmuseum-profiles/hoodmuseumpublicationsfinal_wellbeing_2018_publicity_brochure.pdf)