

# Arts and Wellbeing

## Welcome to AccessArt: Arts and Wellbeing



In a fast-paced society, filled with deadlines and stress, it's important to slow down, observe and enjoy singular moments in time. Creativity can help to ground us in the present, feel joy in inconsequential acts and create space in the day for reflection.

With this in mind, we have created a collection of resources which focus on calm, creative processes. These resources vary from quick 5 minute exercises to hour long sessions, perfect for quiet contemplation or community engagement.

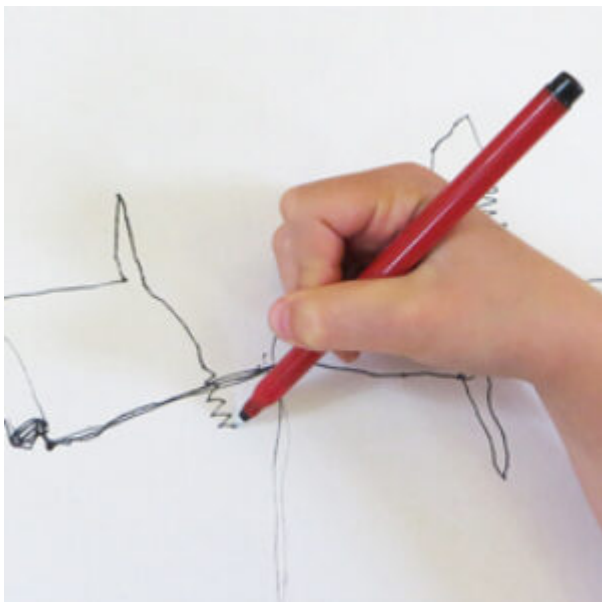
**Have fun exploring AccessArt resources focused around arts and wellbeing.**

## **Dip Your Toes Into Arts and Wellbeing**

**Explore these resources to see how art can be used to benefit your wellbeing...**

**Explore our offer to hospital education and hospices [here](#).**

## **Session Recording: Drawing for Wellbeing**



**“Heart-Work” an Arts and Wellbeing Project for Young People**



## Explore artists

See how artists explore wellbeing through their creative practise...

leigh bowser



merlin evans



**Explore resources for wellbeing**

Explore these sample resources...

**playing with perspective**



**Globe painting**



**mark making and sound**



**Creativity entitlement and Wellbeing**



**See All AccessArt Resources Arts and Wellbeing...**