

# Creating

*Creating art is a very effective way to stimulate the brain and anyone can do it. Activities like painting, sculpting, drawing, and photography are relaxing and rewarding hobbies that can lower your stress levels and leave you feeling mentally clear and calm.*

Creating art provides a distraction, giving your brain a break from your usual thoughts.

Art Boosts Self-Esteem and Provides a Sense of Accomplishment  
You may stick your kids' artwork on the walls to boost their self-esteem.

Hanging your latest work of art on the wall can instill in you the same feeling.

Creating art increases the “feel good” neurotransmitter dopamine.

**Dopamine** has been called the “**motivation molecule.**”

It boosts drive, focus, and concentration.

It enables you to plan ahead and resist impulses so you can achieve your goals.

Educators and parents alike have long suspected that music and arts programs make better students.

Unfortunately, budgetary cuts have slashed music and arts programs across the country.

Considering the lifelong benefits of art training, this is a short-sighted policy.

**Try getting your mind on something else.**

**Blow bubbles**

**Watch a funny movie**

Listen to music or better still play an instrument and sing out loud.

