

I'm Sarah.

I'm Sarah. I had a panic attack.

Art allows us to live out our truest selves.

Artistic expression provides a healthy way, and sometimes the *only* way of revealing unknown and suppressed emotions in an individual.

**Anxiety and emotions are
so often suppressed.**

2/3 of adults with anxiety do not receive treatment.

**10% of teenagers and 40% of adults suffer
from an anxiety disorder of some kind.**

1 in 5 teenagers with anxiety seek treatment of any kind.

Expression is

inappropriate.

Reason

is valued over feelings.

We resist expression.

**Art therapy does not
seem accessible to all.**

Art therapy seems reserved for the “damaged.”

Art therapy seems reserved for children.

Art seems reserved for the skilled.

**Creative expression improves
mental health and needs to be
accessible to all.**

We are all born with an innate desire to express ourselves.

I propose the development of a toolkit for adults to be able to use artistic expression as an everyday means of promoting positive mental health.

Thank you.

SOURCES

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<http://bebrainfit.com/the-health-benefits-of-art-are-for-everyone/>