Key Benefits of Visual Arts in Healthcare Settings:

Improve Mental Health
- Create a welcoming environment for patients
- Contribute to a more positive experience of the received care
- Provide staff with a positive and pleasant work environment, shown to affect staff retention rates

Reduce Negative Emotions
- Reduce patients' symptoms of stress, anxiety and depression
- Affect patients' perception of pain

Provide Positive Distraction
- Distract patients from worrying about their illness or treatment
- Make patients feel valued and help them to maintain a sense of dignity

Stimulate Holistic Healing
- Support the view that physical and mental wellbeing are interconnected
- Reduce length of the healing process and amount of drugs needed

Key Benefits of Participatory Art Projects in Healthcare Settings:

Improve Mental Health

- Provide an opportunity for patients to express their emotions creatively
- Make people feel valued and empowered
- Enhance self-esteem and confidence
- Provide positive distraction from anxieties
- Provide routine and structure through daily or weekly participation

Contribute to Personal Development

- Stimulate/encourage people to develop new artistic skills
- Help build social capital
- Positively affect self-perception of wellbeing
- Allow people to connect in new ways with fellow patients and carers
- Enhance general quality of life

Enhance Community Spirit

- Improve social cohesion and create a sense of belonging
- Facilitate communication with other participants and help to build or strengthen a social network
- Reduce feelings of isolation and prevent loneliness

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