

Take Back Control

The average person has over 60,000 thoughts per day and 95% of them are exactly the same! Imagine our stress levels if our minds are caught in a constant cycle of fear and worry.

Our brains also function differently when we're stressed. The areas that help us think clearly become suppressed and that's why we sometimes feel like we are "walking around in a fog".

Good News

Creative art/activities can quickly stop our repetitive thoughts and improve our mental clarity. It's because they require the use of both sides of the brain which forces our minds back to the present moment.



Take a Break from Stress and Worry.

— WATSON CLINIC —
Foundation inc.



A Place to Refocus, Relax and Refresh.

The purpose of the **Arts In Medicine Studio** is to provide patients and caregivers with an environment where they can relax, refocus and refresh while enjoying different creative arts/activities.

You don't need any "artistic skill," just a willingness to try.

Pick up an **Arts In Medicine Studio Schedule** for a listing of monthly activities or find it online at www.WatsonClinic.com/AIM.



WCF 4277

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Watson Clinic Cancer & Research Center | 2nd Floor
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ARTS IN MEDICINE

**Refocus,
Relax and
Refresh
with Art.**

**"Art washes from the soul
the dust of everyday life."**

Pablo Picasso



Turn on Your Relaxation Response

Our body has a built-in **Relaxation Response** that simultaneously lowers stress and pain levels as well as anxiety. It's hard-wired into our nervous system just like our "Fight or Flight" response. The difference is the Relaxation Response has to be turned-on.

How it Works

Our body activates our **Relaxation Response** when our minds are at rest and our focus is in the present moment. The brain sends signals out and lowers our stress hormone levels, releases endorphins (natural pain killing and mood boosting substances) and increases the production of the "feel good" neurotransmitter dopamine. **The good news is participation in creative art/activities is one of the simplest ways to turn on the Relaxation Response.**

Creative Arts/Activities

- | | |
|----------|-------------|
| Music | Journaling |
| Singing | Drawing |
| Coloring | Photography |
| Painting | Writing |

Remembered Wellness

Our bodies naturally function in a way that maintains a state of well-being, referred to as **Remembered Wellness**. An example is our bodies ability to heal a cut. We don't have to "think about" healing the cut, the body just does it. Various degrees of illness and stress can disrupt this function and make it difficult for the body to return to its state of Remembered Wellness. **Research shows that participation in creative art/activities is one way we can help the body reset.**



Patient Testimony — Alice —

I'm not the artist type and I was very reluctant to sit down and try the Studio activities. I remember you educating me on the benefits in just the right way to draw me in.

Thank you for doing what you do - it really does help!

Color Your Way To Better Health

It's scientifically proven that we can't worry and color at the same time! This means coloring provides one of the easiest ways to switch off our minds and turn on our body's Relaxation Response. Plus, coloring requires the use of both sides of the brain which puts the body into a more meditative state, slowing both heart and respiratory rates. It also stimulates the brain and leads to the creation of new brain cells.

Why not try something different and schedule a coloring break today!

Stop by the Arts In Medicine Studio and pick up a greeting card to color.

