

Joint meet on

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16th ANNUAL CONFERENCE ON DEMENTIA AND ALZHEIMERS DISEASE
&
2nd INTERNATIONAL CONFERENCE ON STRESS MANAGEMENT
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Art therapy and stress management

Ms. Shruti Mittal and Dr. Mamata Mahapatra

Amity University Noida, India

Stress is a major concern among citizens of India as it can lead to severe damage in lives which can lead to severe damage mentally as well as physically. Recent research work shows that children and adolescents are experiencing mental distress due to the disruptions of the closure of schools, activities, and maintaining social and physical distancing. Art can help in stimulating the minds of people which is cathartic at the same time. Variety of art material encourages people to use them as fun and it helps in shifting one's negative thoughts to positive thoughts, connects people with their inner self and tap their potential. It can also help in calming one's body and get distracted from negative thoughts. Research has found that art therapy can help in reducing stress among clinical and non-clinical cases. It can serve as an effective form of therapy for all age groups. It is one way wherein children can express their emotions in a safe environment. During Covid children were isolated from their friends, schooling and other activities which lead to a lot of problems like anxiety, sadness etc. Like adults, children may experience disturbance in emotions, behavior and relationships, which impairs their functioning. It is distressing to the child as well as parents and community. It is a very promising intervention which can help in reducing the stress levels among people. It can serve as an alternative way of healing different types of difficulties, problems etc.

Biography

Ms. Shruti Mittal is a PhD scholar, art therapist and career counselor, working in Amity University (AIPS) Noida in India.

mittalshruti36@gmail.com

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