



[Studies show arts is good for you: Dr Christina Davies on the Good Arts, Good Mental Health project](#)



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According to research by the Good Arts, Good Mental Health (GAGMH) project at the University of Western Australia, a 'dose' of just two hours per week in any arts activity can have an impact on your mental wellbeing.

To mark Mental Health Week WA, the project launched the [GAGMH arts challenge](#), a 5-day program of accessible and inexpensive arts prompts to get people's creativity flowing.

'Budgets are stretched at the moment, but arts engagement doesn't have to be expensive. We need to prioritise our mental well-being, and the fact is, **you don't have to be good at art for the arts to be good for you,**' says Dr Christina Davies, Director of the UWA Centre for Arts, Mental Health and Wellbeing, and lead researcher of the GAGMH project.

Dr Davies joined Pam on Breakfast to talk about the program and how people can engage with arts in their everyday!