

Good Arts, Good Mental Health 5-Day Arts Challenge

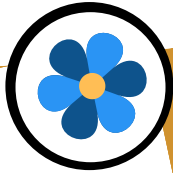
#GAGMH

Contact: gagmh-sah@uwa.edu.au

Website: <http://tinyurl.com/TrySomeArt>

Instagram & X (Twitter): @artshealthwa

Short Readings about Hope and Happiness



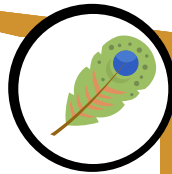
Marcell Proust

"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom"



Bob Ross

"It's so important to do something everyday that will make you happy"



Emily Dickinson from "Hope" is a thing with Feathers

" 'Hope' is the thing with feathers –
That perches in the soul –
And sings the tune without the words –
And never stops – at all"



Confucius

"Happiness is not at the top of the mountain, but in how to climb"

**"You don't
have to be
good at art for
the arts to be
good for you"**

Please post and tag us:

@artshealthwa

@artshealthwa

Hashtag: #GAGMH

Instructions

What is #GAGMH?

This challenge encourages people to take part in the arts for better mental wellbeing.

Can I take part?

Everyone is welcome. You don't have to be "arty" to take part.

How much does it cost?

It's free to take part. The challenges use everyday items, so taking part should be free or very low cost.

You can download **free** resources at:

<http://tinyurl.com/TrySomeArt>

What happens if I miss a day?

Nothing. **No pressure** – this challenge is about fun and enjoyment. Take part when you can.

Will there be posts to help me?

Yes. Visit @artshealthwa on Instagram.



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**WESTERN
AUSTRALIA**

**Good Arts
Good Mental Health**