

The art of being well

Just two hours of any kind of art activity each week can make a big difference to mental health, University of Western Australia researchers have found.

So for Mental Health Week, October 7 to 14, the university's Good Arts Good Mental Health (GAGMH) team have put together an inexpensive program of art activities anyone can do at home.

They include listening to favourite music, colouring, origami, photography and reading.

UWA Centre for Arts, Mental Health and Wellbeing director Dr Christina Davies, who is lead

researcher on the GAGMH project, said arts engagement didn'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," she said.

"Borrowing a book from your local library is free, and most of us already have the music we love, so why not put together a positive playlist and listen to it on your way to work, school, or the shops?"

For arty ideas visit <http://tinyurl.com/TrySomeArt> or @artshealthwa on Instagram and Twitter.



Dr Christina Davies and a young helper get arty for Mental Health Week.