

# Embrace Your Creative Side for Your Health

A fruit bowl that began as a pile of clay. A chair handcrafted out of a block of wood. A blank canvas transforming into a landscape featuring rolling hills and a bright blue sky. It doesn't matter what your medium of preference is - art is an engaging hobby that allows your imagination to transform something new from seemingly mundane materials.

And, along with being fun, taking part in artistic activities is good for your health. Keep reading to learn more about the health benefits of embracing your creative side.

## What Are the Benefits of Art?

**Art Creates Social Opportunities:** Since it's sometimes easier to start conversations with new people through a shared experience, art classes offer the perfect opportunity to make friends. And, you never know - your neighbor could share artistic tips and tricks you never would have considered before, helping you expand your own talents and abilities.

**Art Enhances Cognition:** Art naturally lends itself to creative thinking, so your brain works hard to create connections between its various regions while making something new. An active and stimulated brain is essential to cognitive function and healthy aging.

**Art Offers a Sense of Accomplishment:** There's no better feeling than creating something beautiful from a pile of materials in front of you. Practicing art releases the neurotransmitter dopamine, which is responsible for happiness and making you feel good. Dopamine drives your focus and determination for achieving goals, allowing you to finish your project with a sense of accomplishment and a boost to your self-esteem.

**Art Improves Mental Health:** Perhaps more than any other benefit, art is especially advantageous to mental health. Art offers a distraction from everyday thinking and lowers overall stress levels. Sometimes, when life feels overwhelming, taking time for a pleasurable hobby resets your mind and allows you to approach a situation with renewed perspective.

# Embrace Your Creative Side for Your Health

## Discover the Benefits of Art at The Atrium at Navesink Harbor

At The Atrium at Navesink Harbor, we offer plenty of opportunities for you to indulge in your creative side and take part in making art. Our art studio is the perfect spot for you to set up a station and get to work in creating something new. Plus, with the stunning view of the Navesink Harbor, you'll be sure to be inspired by the serene nature surrounding you.

Resident Paula Westerman appreciates the opportunity to try a diverse range of activities she never even considered before. She shares, "I joined the painting class, never having painted in my life. I'm doing better than I expected, but I can assure you there's no great talent emerging! Who cares? It's fun."

At The Atrium at Navesink Harbor, we bring color and beauty into your life. [Contact us today](#) to learn more and schedule your personal tour.