

Wellness that Works

Creativity & Calm I
guided DNA watercolor workshop

“
Painting is just
another way
of keeping a diary.

~Pablo Picasso

”

neuroaesthetics



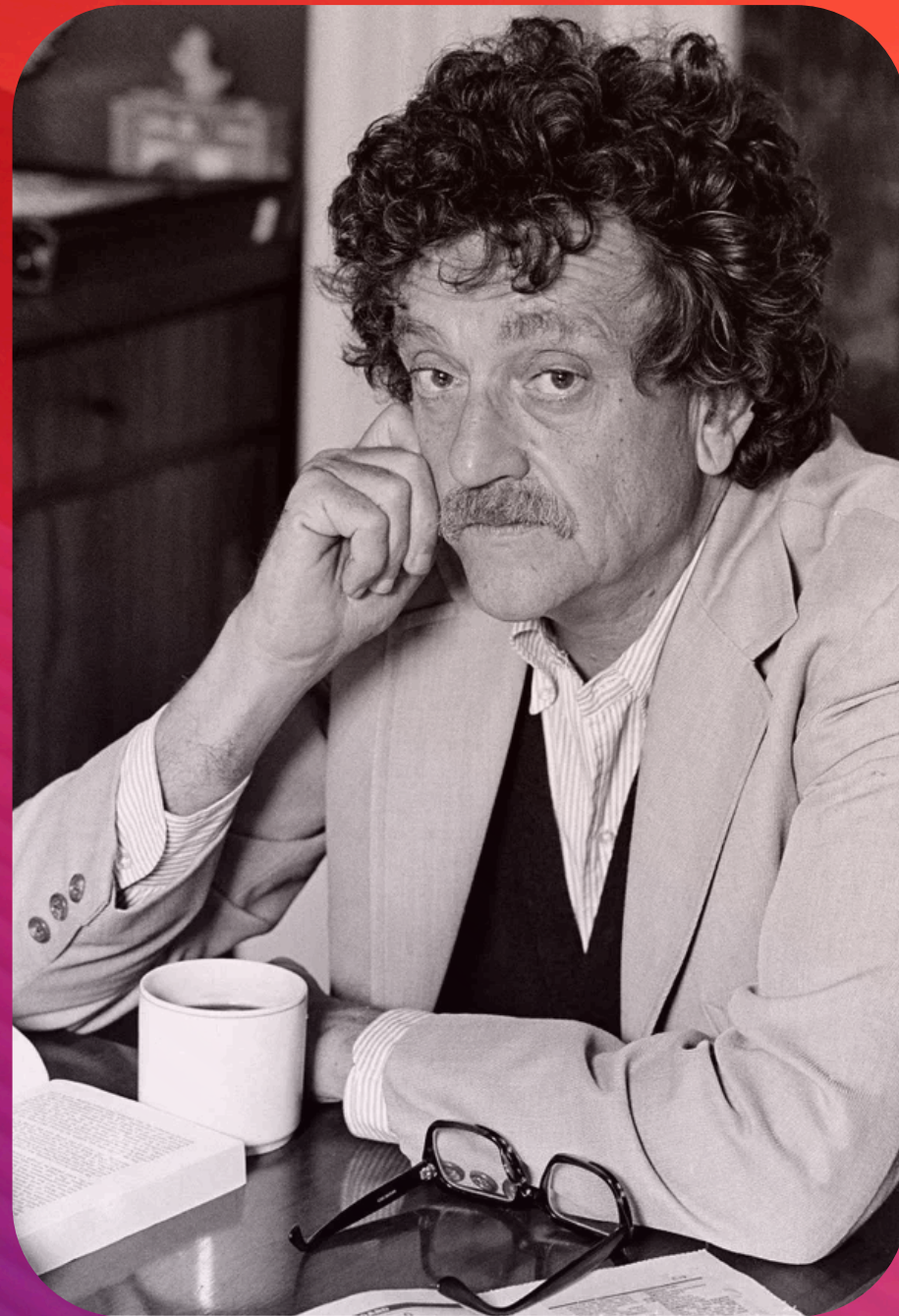
neuroaesthetics – the findings



Cortisol¹
Stress²
Anxiety^{1,2,3,4,7}
Depressive symptoms^{1,3,4}

Improved focus/flow⁸
Life satisfaction⁵
Increased mood^{3,6}
Quality of life³





Author Kurt Vonnegut,
shown in 1979 in New York City
Marty Reichenthal/AP

Go into the arts. I'm not kidding.
The arts are not a way to make a living.
They are a very human way of making life more bearable.
Practicing an art, no matter how well or badly,
is a way to make your soul grow, for heaven's sake.
Sing in the shower. Dance to the radio. Tell stories.
Write a poem to a friend, even a lousy poem.
Do it as well as you possibly can.
You will get an enormous reward.
You will have created something.

~ Kurt Vonnegut

create something



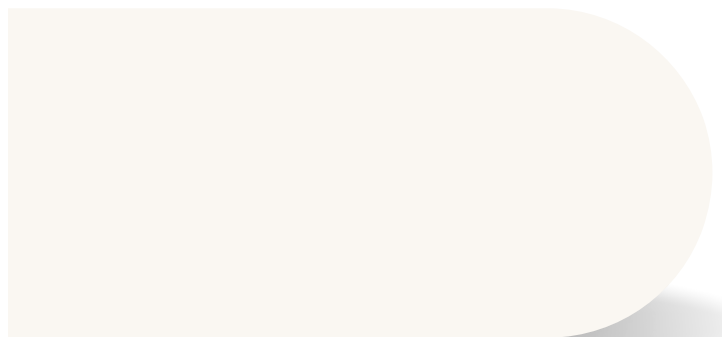
02

creativity & calm guided DNA watercolor workshop

A series of horizontal dotted lines for writing notes.



**SOMETHING
I CAN MAKE**



“Creativity is contagious, pass it on.” ~Albert Einstein



WATERCOLOR WORKSHOP: Workstation

“ art isn't
the tools,
material,
equipment
you use.

It's in
the way
you see the world.

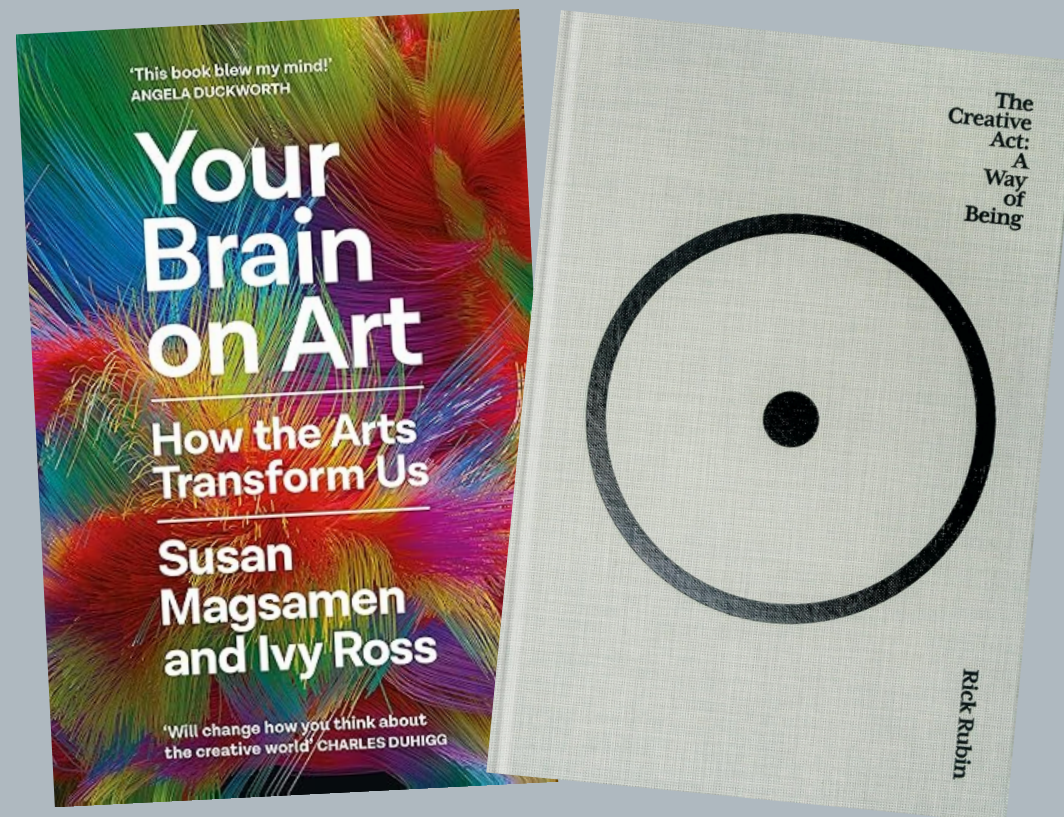
~Rick Rubin



Paints
paint brush
art paper
water
paper towel
pencil
eraser
palette

references & recommendations

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