

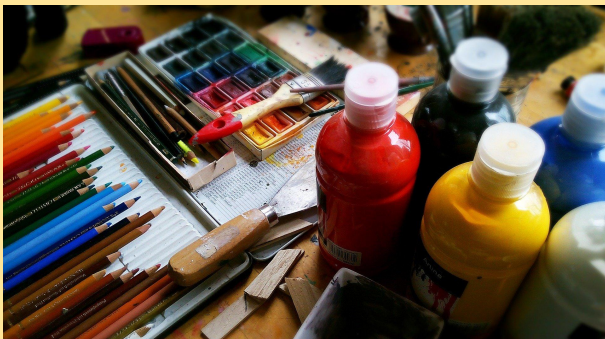
EXPRESS YOURSELF

Let's Talk About Art!

Hi, everyone! It's nearing the end of March, how are you doing so far this semester?

Art and creativity can be an outlet for stress, trauma, anxiety, and many more aspects of your mental health. It can also help you express parts of yourself and the depth of your story. It can also be something you try with a friend, significant other, or your family to feel closer to them, have fun, and get to know each other better. Expressive art can be used as a coping tool and to learn more about yourself. There is never a "right" or "wrong" way to create, and it can be a hands-on opportunity to see what feels good and what feels YOU. So what are some outlets to try?

- Take photos either above or below typical eye level to gain a new perspective
- Engage in dance or interpretive movement
- Write a poem or create canvas art with a friend or family member to connect



Info Credit: <https://www.apa.org/monitor/2014/06/arts-artist>
<https://www.apa.org/monitor/feb05/express>

Save the Date: Upcoming Event Spotlight Art with Impact - Movies for Mental Health

Join us on Thursday, May 6th, 2021 from 5:30 - 7:30 pm for our virtual Art with Impact program! We are so excited to be hosting this **FREE EVENT**, Movies for Mental Health. Registration is now open at bit.ly/broome-m4mho. Please contact Ann Marie at zumawtzaka@sunybroome.edu with any questions or accessibility-related accommodations. Check out the box below to learn more about this awesome opportunity! More information to come!

What is M4MH?

This program is a 2-hour virtual workshop that focuses on empowering young adults, educators, health professionals and community members to gain a better understanding of mental health within their environment. Knowing that art speaks the language of our interior worlds, M4MH harnesses film to engage with young people on the vital topic of mental health, inspiring and empowering them to tell their own stories and access resources available to them. Join us to stomp out stigma and connect with others!

Info Credit: <https://www.artwithimpact.org/>

Want to schedule an appointment?

Call us at (607) 778-5210 or email us at counselingservices@sunybroome.edu

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