

What is Arts in Health?

Some examples

Arts in the Healthcare Environment

- Colour schemes and lighting to create relaxing wards
- Artwork and films to distract in waiting areas
- Gardens to enhance wellbeing
- Personalised bed areas to rehumanise wards
- Exhibitions and public concerts to uplift patients, staff and visitors
- Artistic wayfinding to reduce disorientation
- Background music to reduce anxiety



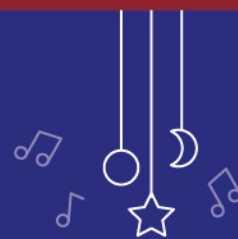
Arts in Psychotherapy

- Drama therapy to reduce antisocial behaviour
- Art therapy to express difficult feelings
- Music therapy to communicate without words
- Dance therapy to reconnect with the body



Arts and Health in technology

- Guided music and imagery for chronic pain
- Live streaming of nature for patients in isolation
- Relaxation films to reduce anxiety
- Games apps for children having anaesthetics
- Recorded lullabies to calm premature babies



Participatory Arts and Health programmes

- Dance-physio classes for amputees
- Dementia reminiscence sessions
- Singing for chronic lung disease
- Mental health drumming workshops
- Museum object handling for people with Alzheimer's
- Magic tricks to improve motor skills in hemiplegia
- Hiphop groups to reduce isolation in vulnerable teenagers



Arts and Health for everyday life

- Learning an instrument to support cognition
- Attending a concert to de-stress
- Visiting a gallery to feel inspired
- Leading a book club to grow social support networks
- Taking up ballet for bone strength
- Joining a pottery class to improve self-esteem
- Listening to an iPod to improve mood



Arts and Health for staff

- Relaxation programmes to reduce burn-out
- Photography to improve diagnostic skills
- Music in theatre to help surgeons concentrate
- Role play sessions to improve patient communication
- Expressive poetry to improve job satisfaction
- Staff choirs to enhance teamwork

