Take Back Control
The average person has over 60,000 thoughts per day and 95% of them are exactly the same! Imagine our stress levels if our minds are caught in a constant cycle of fear and worry.

Our brains also function differently when we’re stressed. The areas that help us think clearly become suppressed and that’s why we sometimes feel like we are “walking around in a fog”.

Good News
Creative art/activities can quickly stop our repetitive thoughts and improve our mental clarity. It’s because they require the use of both sides of the brain which forces our minds back to the present moment.

Take a Break from Stress and Worry.

The purpose of the Arts In Medicine Studio is to provide patients and caregivers with an environment where they can relax, refocus and refresh while enjoying different creative arts/activities.

You don’t need any “artistic skill,” just a willingness to try.

Pick up an Arts In Medicine Studio Schedule for a listing of monthly activities or find it online at www.WatsonClinic.com/AIM.

Arts In Medicine Studio
Watson Clinic Cancer & Research Center | 2nd Floor
Eva Hawkins, Coordinator
863.603.4718 | EHawkins@WatsonClinic.com

“Art washes from the soul the dust of everyday life.”
Pablo Picasso
Our bodies naturally function in a way that maintains a state of well-being, referred to as **Remembered Wellness**. An example is our bodies ability to heal a cut. We don’t have to “think about” healing the cut, the body just does it. Various degrees of illness and stress can disrupt this function and make it difficult for the body to return to its state of Remembered Wellness. **Research shows that participation in creative art/activities is one way we can help the body reset.**

It’s scientifically proven that we can’t worry and color at the same time! This means coloring provides one of the easiest ways to switch off our minds and turn on our body’s Relaxation Response. Plus, coloring requires the use of both sides of the brain which puts the body into a more meditative state, slowing both heart and respiratory rates. It also stimulates the brain and leads to the creation of new brain cells.

**Why not try something different and schedule a coloring break today!**

**Stop by the Arts In Medicine Studio and pick up a greeting card to color.**

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**Color Your Way To Better Health**

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