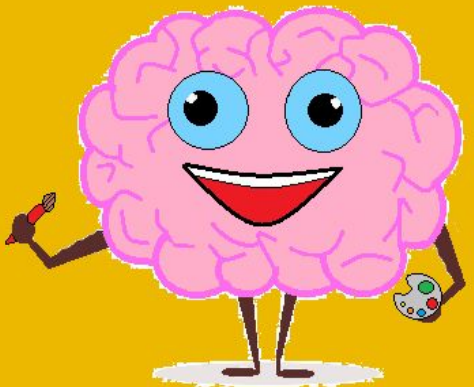




PAINTING/ART

ART EXPRESSES THE BRAIN!



Painting is a therapeutic destressor for the brain

Art helps treat people with PTSD and depression

Age related mental decline reduces if you paint

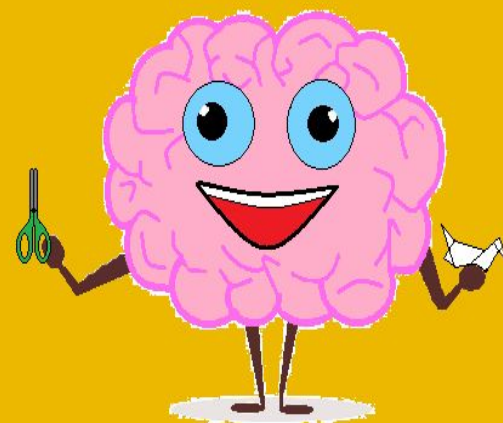
Art promotes your brain to think creatively

Crafting affects the brain like meditation/yoga

Art diverts your attention away from stressors

Your brain makes new connections by crafting

Art enhances your emotional brain center



**The brain is the KEY
to helping ME
use my crafting ABILITIES!**





FRONTAL LOBE

This center controls abstract thinking so it allows artists to imagine the work that they will create. Establishing a picture in their head that they replicate in real life, the prefrontal cortex is necessary for art.

PARIETAL LOBE

This navigation and sensory center can help artists sculpt, paint, draw, or cut in the right spot. It also helps determine whether a brush or crayon is being pressed too hard or too lightly.



TEMPORAL LOBE

The temporal lobe is part of the creative network that can help remember methods of creative thinking

OCCIPITAL LOBE

This center is important for seeing your art and admiring the other works.

CEREBELLUM

The cerebellum helps you with the fine, precise finger movements required to paint a brush stroke or chisel into a sculpture block.