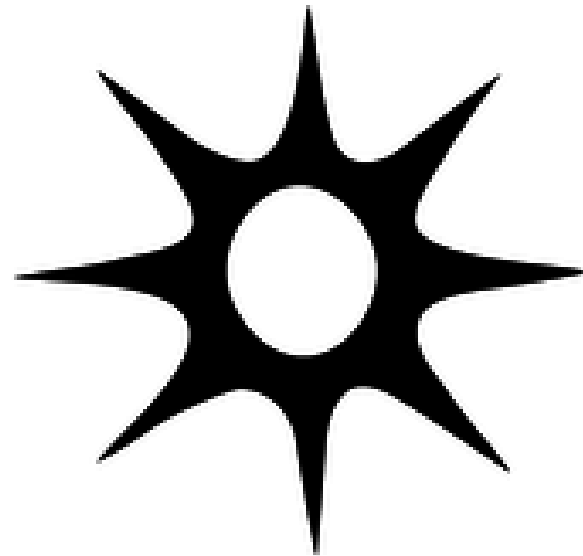


Art Is...

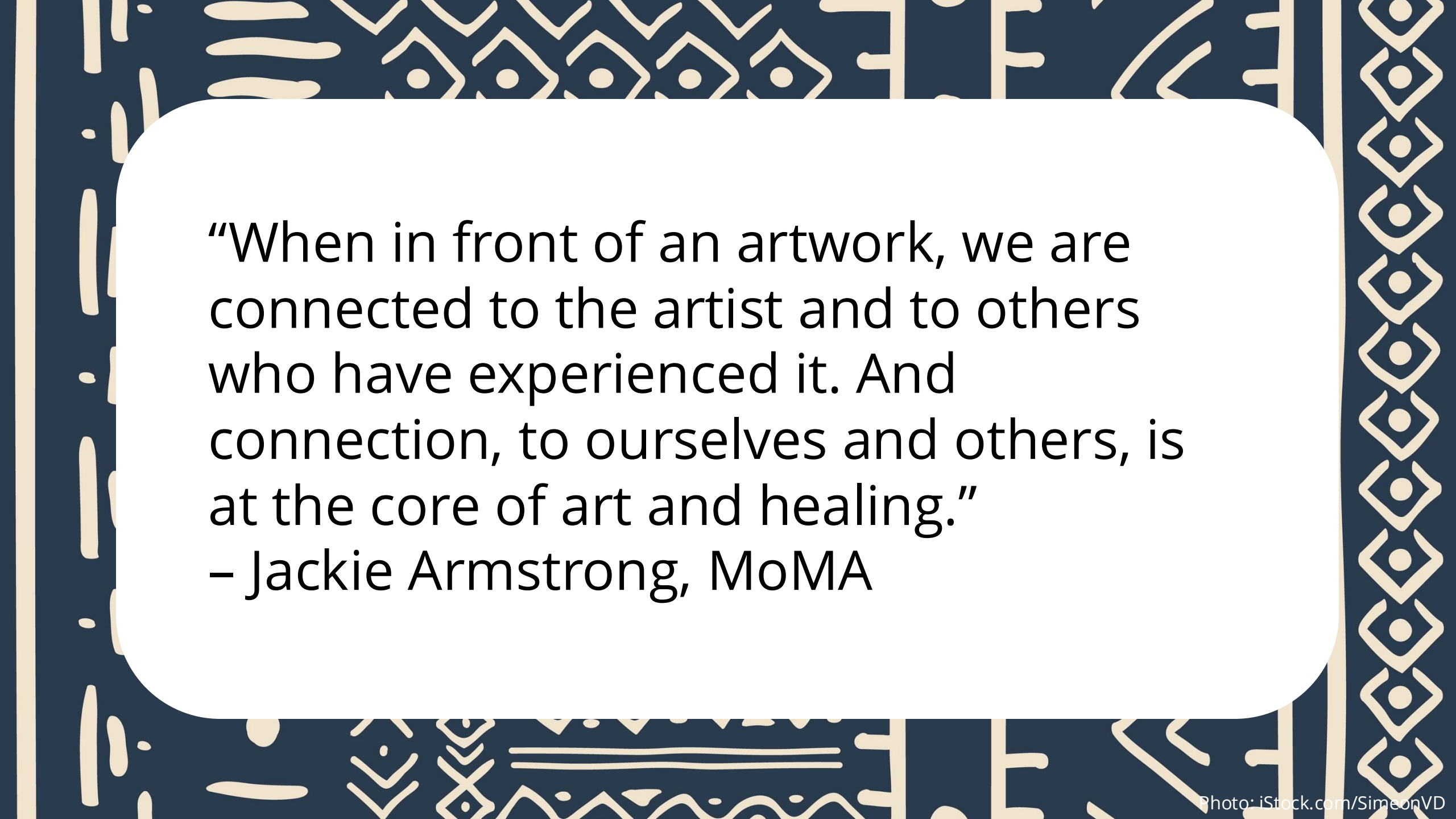
The Arts and Spirituality in our journey towards Healing and Liberation

Bethany Johnson-Javois, President & CEO Deaconess Foundation





Art Is Healing Power



“When in front of an artwork, we are connected to the artist and to others who have experienced it. And connection, to ourselves and others, is at the core of art and healing.”

– Jackie Armstrong, MoMA

Creating is Healing

- A study published in *The Arts in Psychotherapy* found that 81% of patients reported improvement in their overall psychological health after participating in art therapy sessions.
- Participation in just 45 minutes of art making and creation has been shown to significantly lower cortisol levels, which are associated with stress and anxiety.

Connection is Healing



Ohhh, that feeling is healing



Art is Medicine

In England, where social prescription has been more widely adopted, there have been statistically significant improvements in wellbeing, patient activation, and loneliness – **with over 50% of participants reporting increased confidence, knowledge, and ability to improve their health** after engaging in social prescription activities for 3 months.

Rx Patient/Address _____

Date _____

Do Not Refil
Refil 1 2 3 4 5

_____ Permission

Art Is The Spirit's Breath



“Lamenting is healing and the need for healing is paramount the world over, therefore the loss of lament in Western culture is lamentable.” -
Frances Klopper

Spirituality and Healing

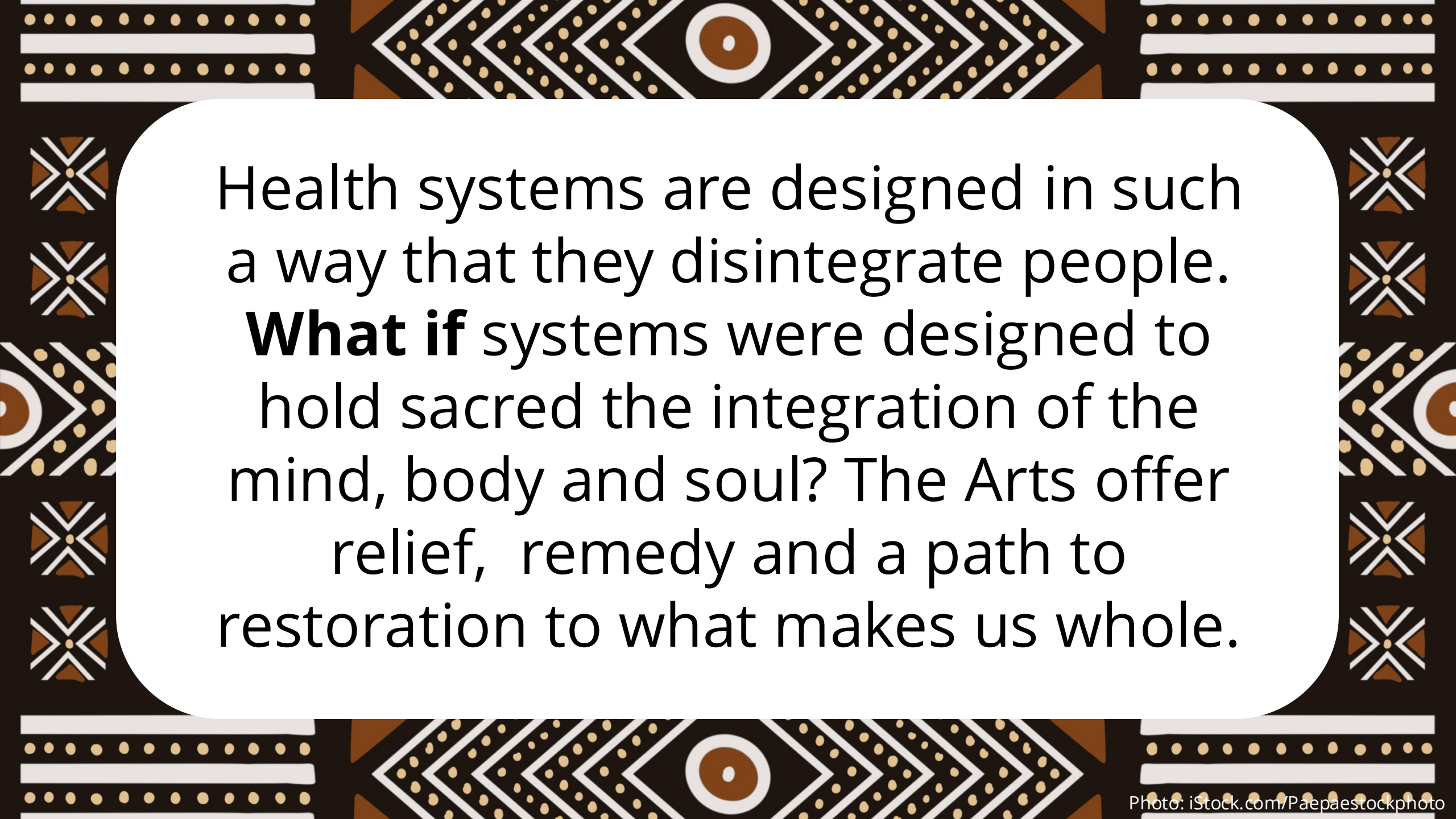


**All people and
beliefs can
gather
together**

- Prayer has been shown to reduce depression and anxiety.
- There is a link between frequent prayer and lower blood pressure.
- Prayer makes us less reactive to negative emotions and curbs our anger in times of stress.
- Someone who engages with the Bible four or more times a week is 30% less likely to struggle with loneliness.



Art Will Be...



Health systems are designed in such a way that they disintegrate people. **What if** systems were designed to hold sacred the integration of the mind, body and soul? The Arts offer relief, remedy and a path to restoration to what makes us whole.



Art as Liberation

Transformed People Transform Systems

When we join in beloved community to uplift the transformative nature of the arts we create the conditions for liberation.