"We want to positively impact people's lives through the power and appreciation of art."

In This Issue: How Art Heals: Mind- Body Physiology

For the <u>FREE</u> Report, **Selecting Appropriate Art for Your Health Care Facility visit** www.montenagler.com

Upcoming Events:

Fine Art Photography with a Master/ Schoolcraft College
18600 Haggerty Rd.
Livonia, MI 48152
734-462-4676
Date: January 22, 2018
Time: 6:00pm – 10:00pm

Basic Photography Class/ Brighton Community Education
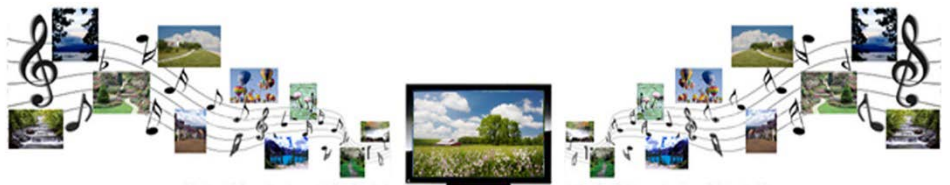850 Spencer Rd.
Brighton, MI 48116
734-462-4676
Date: January 30, 2018
Time: 6:00pm – 9:00pm
Call Brighton Community Education for registration information: 810-299-3818

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How Art Heals: Mind- Body Physiology

How does art heal? Scientific studies tell us that art heals by changing a person's physiology and attitude. The body's physiology changes from one of stress to one of deep relaxation, from one of fear to one of creativity and inspiration. Art and music put a person in a different brain wave pattern; art and music affect a person's autonomic nervous system, their hormonal balance and their brain neurotransmitters.

Art and music affect every cell in the body instantly to create a healing physiology that changes the immune system and blood flow to all the organs. Art and Music also immediately change a person's perceptions of their world. They change attitude, emotional state, and pain perception. They create hope and positivity and they help people cope with difficulties. They transform a person's outlook and way of being in the world.

In the past few years, hospital leaders, physicians and patients have discovered that art and music in the hospital environment can help patients deal with their illnesses more effectively and possibly return to full functioning earlier.

This same discovery can apply to our everyday life too. Surround yourself with beautiful art and soothing music to feel better every day.