## The Benefits of Making Art in Isolation

Even though humans are social beings, and we receive so many benefits from interacting with one another, during physical distancing there are also a host of benefits we can derive from being in isolation. We can cultivate a practice of mindfulness through developing our artistic abilities, to improve our sense of well-being.

The arts have been around for centuries and encompass a variety of forms. You can be creative even if you think you can't draw, paint, or sculpt. In fact, there are about seven types of art forms:

- Painting
- Sculpture
- Music
- Poetry
- Dance
- Architecture
- Story Telling

Creating art, in its many forms, can help you to slow down and explore deeper levels of yourself. You might not know how to express in words what you're feeling, but you might be able to create visuals, sounds, movements, or textures that can help you express your feelings. (2018)

The effect of art isn't limited to the creator. When you observe a profound piece of art, you are possibly firing the same neurons as the artist did when they created it, thus making new neural pathways and stimulating a state of inspiration. This sense of being drawn into a painting is called "embodied cognition". (2019)

Some of the most influential art pieces have been created in isolation. Pablo Picasso's grandson remembers: "My grandfather was completely accessible only up until the moment he says 'Okay, it's time to work', when he closes the door and needs to be alone. Once he was in his studio, he was alone and no one could really enter that space." (2020)

Creating art captures a piece of you in time, not as with a photo, but with an emotional snap shot.

They say you are your worst critic, so go easy on yourself. Try various forms to see what gets you in a zone that goes uninterrupted for hours. Those moments that put you in a “flow” state are the most mindful and have the most mental health benefits.

## Works Cited

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