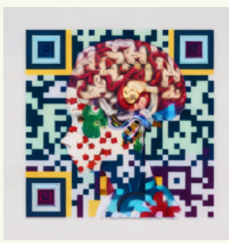


# Weekly Wisdom

*Grow the Green for You and Your Team*



*“If I could write one art prescription, it would be for the world to dance.” -- Susan Magsamen*

## Your Brain on Art

Neuroaesthetics, or neuro arts, is the “study of how the arts and aesthetics measurably change your brain and body, and how this knowledge can be translated into practices that advance health and well-being.”

Art experiences have a positive effect on our “sensory systems, cognition, immune and endocrine, circulatory, respiratory, reward, and motor systems, to name just a few.”

Creative environments and activities improve our well-being and can be done by anyone.

Susan Magsamen and Ivy Ross have written a fascinating new book, *Your Brain on Art*.

People who do art or crafts have less mental distress, higher mental functioning and life satisfaction.

Dancing reduces stress & anxiety.

Doodling activates the prefrontal cortex and helps us focus & retain information.

Reading poetry lights up the brain’s primary reward circuitry.

Listen to music & sing! It’s good for you!