

# Meditation Drawing

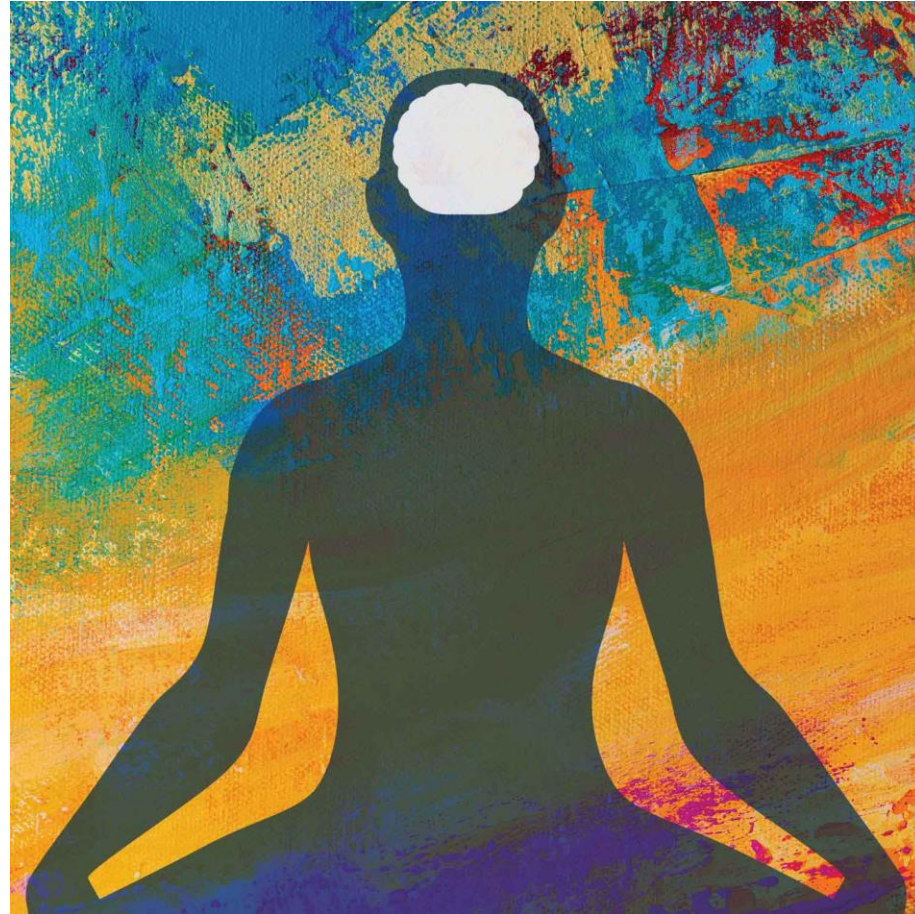


Image: [NIH](#)

# Meditation and Mindfulness: What You Need To Know

Adapted from [National Institutes for Health](#)

- “In a 2012 U.S. survey, 1.9 percent of 34,525 adults reported that they had practiced mindfulness meditation in the past 12 months. Among those responders who practiced mindfulness meditation exclusively, 73 percent reported that they meditated for their general wellness and to prevent diseases, and most of them (approximately 92 percent) reported that they meditated to relax or reduce stress. In more than half of the responses, a desire for better sleep was a reason for practicing mindfulness meditation.”

# There are many benefits to practicing mediation and mindfulness

Studies have shown a reduction in:

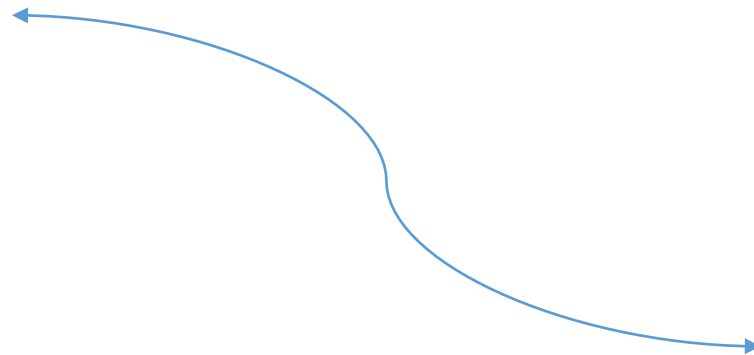
- Stress
- Anxiety
- Depression
- Blood Pressure
- Pain

Studies also show an increase in:

- Attention
- Sleep

# Art as a form of stress reduction:

- Studies have demonstrated that doing practice of mindful art ( in different forms) can help to reduce stress, reduce burnout, and improve mental well-being (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8566679/>)
- Art as a form of therapy is used in many countries.



Excerpts from article from Drexel University:

*At Any Skill Level, Making Art Reduces Stress*

*Hormones* by Frank Otto

Whether you're Van Gogh or a stick-figure sketcher, a new Drexel University study found that making art can significantly reduce stress-related hormones in your body.

Although the researchers from Drexel's College of Nursing and Health Professions believed that past experience in creating art might amplify the activity's stress-reducing effects, their study found that everyone seems to benefit equally.

"It was surprising and it also wasn't," said Girija Kaimal, EdD, assistant professor of creative arts therapies. "It wasn't surprising because that's the core idea in art therapy: Everyone is creative and can be expressive in the visual arts when working in a supportive setting. That said, I did expect that perhaps the effects would be stronger for those with prior experience."

“Biomarkers” are biological indicators (like hormones) that can be used to measure conditions in the body, such as stress. Cortisol was one such the hormone measured in the study through saliva samples. The higher a person’s cortisol level, the more stressed a person is likely to be.

For Kaimal’s study, 39 adults, ranging from 18 to 59 years old, were invited to participate in 45 minutes of art-making. Cortisol levels were taken before and after the art-making period.

Materials available to the participants included markers and paper, modeling clay and collage materials. There were no directions given and every participant could use any of the materials they chose to create any work of art they desired. An art therapist was present during the activity to help if the participant requested any.

Of those who took part in the study, just under half reported that they had limited experience in making art.

The researchers found that 75 percent of the participants' cortisol levels lowered during their 45 minutes of making art. And while there was some variation in how much cortisol levels lowered, there was no correlation between past art experiences and lower levels. **End of excerpts**

## Below is a 12 min Mediation Drawing Video

Before starting gather some paper and a writing instrument. Find a relaxing space to do some art and leave any negative thoughts about your abilities behind. ENJOY!

Ps. You may need to copy and paste the link into your browser.

<https://www.youtube.com/watch?v=fPjcDCM-BIA>



I hope you enjoyed this information and practice. To get Be Well credit please click on the link and do the survey



[Drawing](#)

