

## **Art for Mindfulness and Peace of Mind**

There has been a lot in the media lately regarding mindfulness, especially for good mental and physical health. So, I thought I would look into the method of using this for therapy in my art classes that I hold at a number of locations.

I enrolled on a diploma course in mindfulness and I teach it through art which is of great benefit for staying in the now, you can also use this as a creative skill which has the benefit of creative wellbeing and mindfulness all in one practice. The benefits are great to see in students in all walks of life, for children with life challenging disabilities and the elderly. Using art in conjunction with mindfulness is excellent therapy for mental health.

### **Meditation on a daily basis**

Some people think meditation is a hard skill to master but if you practice it twice a day for 10 to 20 minutes it should be achievable for you, especially as it has been scientifically proven to lower stress and promote good health and wellbeing. You may think it is a special skill and cannot stop your thoughts racing but this is not about stopping thoughts, it is about slowing down the pace of life and keeping stress under control. It gives you the power to stay in the now and enjoy the moment, not to look back at the past and to look forward to the future. It is a learning tool to stay in the now and keep life simple and not to be caught up in the western way of life and to realise that you do not need all manner of material items to be happy, which you will eventually come to understand is not true. The person who has peace of mind is the richest person in the world.

So, the practice of mindfulness is a starting point on this journey to peace of mind which is our birth right as human beings. Simple things in life are always the best, remember that the next time you see the sun shining, a baby smiling, the snow on the ground, a robin sitting on a fence, a flower in full bloom savour the moment and store it in your memory.