Healing through art implements coping with the complex emotions that arise with having breast cancer; including feelings of depression, anxiety, pain, and more

**Benefits**

| Positive effects on improving anxiety, pain, and fatigue symptoms among patients with breast cancer | "Art therapy [is] oriented towards the effects on quality of life and emotional symptoms" [3]. |
| Making art in a therapeutic setting allows for one to express their emotions, reduce discomfort, cope with negative feelings and receive social support | There is a: "large effect of [therapeutic art] on depression reduction and increasing of emotional awareness and emotional acceptance" [2]. |
| "Art ... can be used as a way to express deep, unconscious concerns about cancer, make peace with emotional conflicts, boost your mood, and ease stress" [4]. | There was a significant decrease of distress and significant improvement of spiritual well being (peace and meaning) exhibited in those practicing therapeutic art [5]. |

*Note: Some individuals in differing demographics (race, ethnicity, gender identity, and more) report differing levels of healing with art [2].
What Breast Friends Offers

Creative Connections – This program meets once a month, exploring various topics of the human experience through art. The art you create serves as a releasing medium. It fosters stress release and connection within a judgment free space. This program is for all skill levels, and registration is on the Breast Friends' website.

Resources Used


