



Set Your Mind at Easel

At Mentis, we've witnessed firsthand the positive impact creativity can have on mental health. This month, we're sharing all about the connection between art and wellness! Even if you're, "not an artist," most everyone can benefit from incorporating some sort of creative pursuit into their life and wellness routine.

After this month, we hope you'll be inspired to tap into your artsy side!

Read through this month's edition of the wellness digest to **learn more about art and wellness, hear about Mentis in the news, and gain a new wellness tip!**

Creativity + Mental Health



How Does It Work?: The [link between art and mental health is well established](#). A Google search for the words 'art' and 'mental health' will yield over half a billion results, so you can rest assured that we're not the only ones saying this! At Mentis, we've observed that art can often give people a chance to express their feelings and emotions, even when they don't quite understand them themselves. Creative pursuits tend to get folks away from computer and phone screens, and it can be a great self-esteem boost to produce something you're proud of.

Many people shy away from making art because they don't think of themselves as artists. Here's the thing: you don't need to be an artist to use creativity as a tool for good mental health! The goal isn't to make something perfect, but to do something that brings joy to your soul. And, you don't have to stick to what you know. You can try new creative pursuits even if you've never done them before; you can experiment with mediums of art even if they're not traditional; you can (and probably should) make mistakes and keep making art anyway.

Why Does It Matter, and What's Mentis Doing About It?: We're living in unprecedented times, and we must traverse the path to good mental health without a roadmap. Events like [COVID-19 will have lasting effects on our community's mental wellbeing](#), but we can only predict how extensive these consequences will be. It is vital that every member of our community have mental health tools that help them express and interpret feelings, soothe anxious minds, and bring joy.

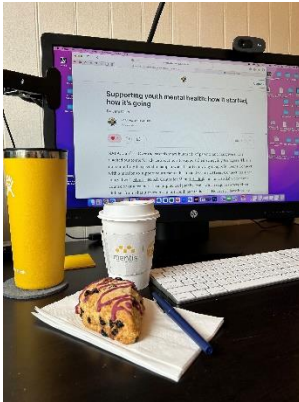
We know there's no one-size-fits-all approach to mental wellbeing. In our outpatient therapy programs, many Mentis therapists use art therapy as a tool with clients because it can help patients interpret, express, and process their emotions and thoughts.

Next, we're partnering with [Nimbus Arts](#) on their new Hundreds of Hands project! This project is inspired by the ancient and meditative practice of stacking stones into "cairns." Collected and assembled into large-scale stone sculptures, personal mosaics will be transformed into a visual

expression of community balance and strength. Stay tuned for more information later this month!



Mentis in the News



Our very own Prevention Director, Jeni Olsen, now has a featured column in Napa Valley Features focused on teen mental health! The inaugural column, titled, "Supporting youth mental health: how it started, how it's going" was published last month. [Click here to read it!](#)

In case you missed it, Mentis recently purchased Blue Oak's middle school campus! We are thrilled that this building will enable Mentis to serve more members of our community through affordable and bilingual mental health services. Read more about this exciting development at the [article in the Napa Valley Register.](#)





WELLNESS TIP



Are you interesting in getting creative but don't know where to start? Get inspiration from others! Oftentimes, seeing others' creativity can spark our own fire. For example, if you need inspiration to draw or paint, visit an art museum or search the hashtag "painting" on Instagram. Need inspiration to write? Reread your favorite book or look up writing prompts. These activities are likely to bring you joy all on their own, but they also may inspire you to make your own works of art.



Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.

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