

The influence of painting and art therapy on the emotional state and functioning of the human brain

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Abstract---Art therapy has a multifaceted effect on brain function, improving both emotional state and cognitive functions. It is an effective method not only for artistic expression, but also for achieving significant positive changes in mental and physical health. Research in this area continues to reveal new aspects and mechanisms that confirm the effectiveness of art therapy. In the modern world, more and more often we are faced with the problem of emotional disturbance in children and adults.

Keywords---painting, art therapy, emotional state, psychological health, socialization, brain functions.

Introduction

Painting and art therapy have a significant impact on the emotional state and functioning of the human brain. Let 's consider several key aspects of this impact .

The impact of art therapy on brain functioning.

Art therapy is a specialized form of psychotherapy based on art, primarily visual and creative activities.

The term "art therapy" was first used in the 20th century. In 1938, artist Adrian Hill discovered that art helps to dispel patients' problems and cope with illnesses. Therefore, the first area to use art therapy was psychoanalysis.

Activation of different areas of the brain : MRI therapy activates areas of the brain responsible for creativity, emotion, and memory. This can lead to improved cognitive function and the ability to cope with difficult situations. And research shows that creative activities can lead to changes in brain activity. For example, the process of self-expression through art can activate areas of the brain associated with pleasure and motivation. The process of creating art also leads to the formation of new neural connections and the modification of existing ones, which is evidence of brain plasticity. This means that the brain can adapt and change in response to experience, including creative expression. **Therapeutic effect :** Art therapy is used in psychotherapy to work with trauma, developmental delays and other mental disorders, helping patients process emotions and experiences, which can contribute to improving their overall mental state.

The influence of painting on emotional state

Self-expression: Art allows people to express their feelings and emotions, especially when verbalization is difficult. This can be especially helpful for people experiencing emotional difficulties such as depression or anxiety. **Relaxation :** The process of creating art can serve as a form of meditation and relaxation. Many people find that painting relieves stress and tension. Improved **mood :** Artistic activities can increase levels of serotonin and dopamine in the body, which can improve mood and reduce signs of depression.

Research and achievements

Scientific research shows that art therapy and creative practices can improve capacity projection in cognitive processes and reduce cortisol (stress hormone) levels. The brains of creative people can demonstrate a greater number of neural connections, indicating a high level of adaptability and plasticity.

Psychosomatic disorders in people of different ages can be associated with the peculiarities of upbringing, with the microclimate in the family, team, with social and living conditions, stress level, also violent computer games and films have a direct impact on the emotional state. In this regard, modern children have become less susceptible to the feelings and emotions of other people.

The most important thing in society, in the modern world, is not to have the highest IQ, but to have a healthy mental system. Emotional and personal stability contributes to success, physical and mental health and higher quality relationships with people.

Emotional intelligence is the ability to recognize the emotions and desires of other people, their motivation and intentions, as well as one's own emotions and desires. Emotional intelligence can be both low and high, and the higher it is, the more correctly one can express oneself in later life. The lower the emotional intelligence, the more often children will be prone to aggression, have lower concentration and academic performance. More often, such children have a lack of interest in studying.

A fairly common phenomenon among people with low emotional intelligence is difficulty in recognizing their needs and their own emotions, and, as a result, they have an increased risk of developing psychosomatic diseases. Symptoms of low emotional intelligence are reflected in excessive self-criticism, lack of self-confidence, and difficulty communicating with others. All of the above factors can prevent people of any age from working effectively and communicating in a team.

The main goal of the art therapy method is to create harmony in the individual, developing knowledge and self-expression. One of the founders of psychoanalysis believes that the only mechanism that has a corrective effect in the art therapy method is sublimation. Carl Jung believes that art and art therapy have a noticeable effect on human self-development.

Currently, there are various forms of art therapy for different groups of people, including people with disabilities and mental disorders. Researchers highlight the following effects of art therapy, for example, on children with developmental delays.

- 1) On the physiological development of children with developmental delays, that is, the development of motor skills, correction of pronunciation, relaxes muscles.

- 2) For intellectual development. During the lessons, the child, describing drawings, colors, objects, pictures, adjectives , expands his vocabulary and gains new knowledge
- 3) For emotional well-being.
- 4) On the feeling of guilt. Helps to get rid of
- 5) from the realization of one's guilt .
- 6) To reveal the creative potential of children , including children with developmental delays.
- 7) On self-esteem and general psycho-emotional state (reduces anxiety and aggressiveness) .
- 8) To establish relationships. During group art therapy sessions, the child not only learns to express and know himself, but also gets to know other children, thereby enhancing and developing the communicative function. Here
- 9) he can find friends for himself.

Thus, it can be concluded that art therapy influences the socialization of children in three ways. Firstly, by increasing the child's self-esteem, art therapy teaches him to know and express himself, as well as to assert himself. A child with adequate self-esteem will not experience discomfort when communicating with other children and people.

Secondly, improving the psycho-emotional state and emotional intelligence. Due to the fact that the child correctly understands his own and other people's emotions, he will not have misunderstandings with others. In addition, by increasing his emotional well-being, the child will not experience anxiety and aggression when communicating with peers. And thirdly, art therapy affects the level of socialization itself, improving the child's communication skills and finding friends for him during group activities.

Art therapy as a psychological method of health-preserving technology is aimed at optimizing the affective and cognitive resources of older people, strengthening their psychological health, changing their worldview and system of relationships.

The growing popularity and professionalization of art therapy leads to the fact that this method is becoming one of the actively developing forms of modern practical psychology, which performs the task of preserving the health of the elderly.

In recent years, social institutions in different countries have increasingly been using an innovative health-preserving approach such as art psychotherapy (expressive arts therapies). Exercises with elements of art therapy promote: learning and expression their feelings and emotions; the formation of positive self-perception , development communication skills , emotional intimacy , relief of psycho-emotional stress , development of abilities for various types of creative activities.

In group art therapy classes, older people learn to: activate attention, memory, thinking, overcome their fears, communicate with each other, freely express their emotions, feelings and thoughts, to control your emotions without harming your psyche, develop your abilities for various types of creative activity, increase your self-esteem, improve your psychological, social and physical health.

Conclusion

Art therapy has a multifaceted effect on brain function, improving both emotional state and cognitive functions. It is an effective method not only for artistic expression, but also for achieving significant positive changes in mental and physical health. Research in this area continues to reveal new aspects and mechanisms that confirm the effectiveness of art therapy. In the modern world, more and more often we are faced with the problem of emotional disturbance in children and adults.

Thus, art therapy is a method of providing psychological assistance through artistic creativity. Art therapy is one of the "softest" and at the same time profound methods in the arsenal of psychologists and psychotherapists. Art therapy is used both as the main method of therapy and as an auxiliary one. One of the important advantages of art therapy is that art allows one to reconstruct a conflict-traumatic situation in a hidden symbolic form and find its resolution due to the fact that creativity is one of the transforming forces for overcoming fear, anxiety, arising in connection with internal existential conflict. The process of art therapy itself brings pleasure, teaches to express your experiences as spontaneously and arbitrarily as possible. Art therapy has no limitations and contraindications.

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