ART AND WELLBEING

A match made in heaven

Gaby Arenas de Meneses, Co-founder of TAAP Foundation
The myth of creativity
Art as a tool to promote well-being
ART CHANGE OUR BRAIN

Neuroplasticity
- Changing chemistry
- Changing the structure
- Changing functions

Synaptic activation

Overcome anxiety and depression

Increase our wellbeing

Causal
- Alternative consequential thinking

Perspective
- Empathy
- Motivation

Curiosity
- Excitement
A new way of understanding The Journey
A NEW WAY OF UNDERSTANDING THE JOURNEY
Re - Create the Journey
Re - Create the Journey

➤ Breakout rooms

➤ Create a Masterpiece (No pressure)
  ➤ You can draw it
  ➤ You can sign in
  ➤ You can act it
  ➤ But you can fake it

➤ Sharing
Self-portrait & Self-created-future
CREATE YOUR JOURNEY

what you believe
What you learn and live
what you rethink
what you think

Why we know: because our brains change

◦ Commit yourself