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ROLL NO : BAP/18/229

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SUBJECT : ART AND FILM APPRECIATION



ART AND MENTAL HEALTH



WHAT IS ART?

what is art?
the expression and application of human **creative** skill
and **imagination**
typically in a **visual form** such as **painting** or **sculpture**
producing works to be appreciated primarily
for their **beauty** or **emotional** power.

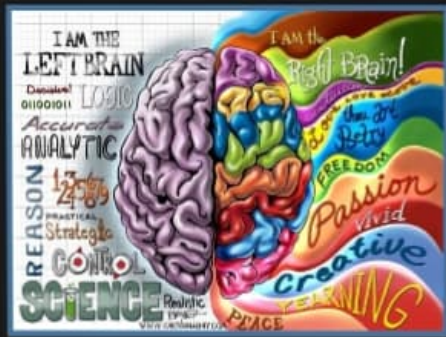
"the art of the Renaissance"

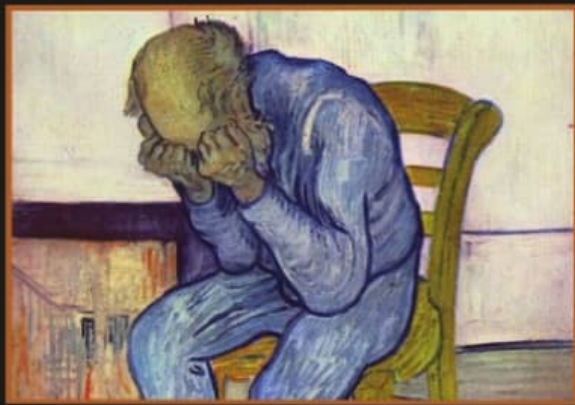


- Created from imagination and skills.
- Expresses different Emotions, Moods, Feelings etc.
- Inspire/Provokes a Person's Feelings.
- Art is about Exploration
- Driven from Internal and External Experience.
- Can be Interpreted in Different Ways.
- Example- Painting, Architecture, Dance, Music, Sculpture etc.

ART AND MENTAL HEALTH

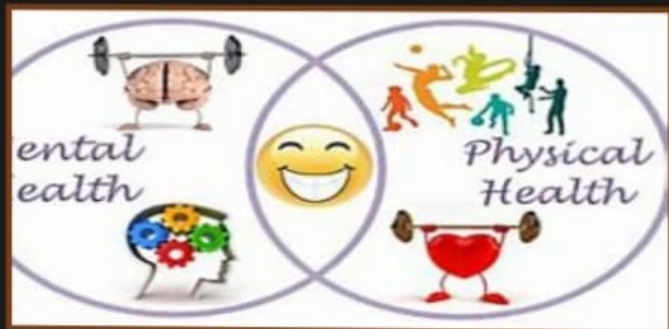
- Art have Positive effects on Mental Health.
- Creating Art Reduces Stress level.
- Helps in expressing our emotions without using words.
- It can Induce Positive Mental State.
- Helps in Escaping from Mundane day-to day life/ Stressful Situations.
- It boosts Self- Confidence.





But there is a limit to how much Art will help-

- Many famous artist struggled with their Mental Health.
- Examples- Vincent van Gogh, Sylvania Plath, Virginia Woolf, all ended their own lives.



Van Gogh

- Dutch post- Impressionist Painter.
- He was Suffering from Bipolar disorder. {Reckless Behaviour, Impulsivness}
- He started to Hallucinate, Suffered attacks.
- In his rage , He cut of his own ear in 1888.



STARRY NIGHT- 1889



- Most Recognised Place of Art.
- Van Gogh Painted this in 1889 During his stay at Asylum.
- It came from his imagination.
- Inspired by the view from his Window.
- For him Night is more alive and Richly coloured than the Day.
- He is contrasting Life and Death.

ART THERAPY

- Use of Artistic methods to treat Psychological disorders and enhance Mental-health in Art Therapy.

Goals

- ★ Mental well being.
- ★ Develop Self awareness
- ★ Cope with stress
- ★ Boost Self Esteem.
- ★ Work on Social skills.
- Technique used- Painting, Colouring, Sculpting.



ART THERAPY DEALS WITH SITUATION-



- Adult expressing stress.
- Children Suffering from Behavioral Problems.
- Children with Learning Disabilities.
- ✓ Also used to treat Conditions
 - ✓ Anxiety
 - ✓ Depression
 - ✓ Emotional Difficulties
 - ✓ PTSD
 - ✓ Eating Disorder

ARTWORK DEPICTS MENTAL ILLNESS



The Scream



Edvard munch

- Munch plagued with Mental illness, including Anxiety, Depression, Hallucination.
- He's the creator of "The Scream" .
- The Painting depicts his Anxiety, Fear and Mental State.
- He said " His Sufferings inspires his art"
- THE SCREAM- Illustrates the Manic, Mind and Madness.

PABLO PICASSO, The Blue Room



The Blue Room



Pablo
Picasso

- Pablo created this in 1901
- The Blue Room Highlights Strong Depressive Tendencies.
- Portraying his Sombre Mental State.
- Depicts Isolation and Distrust

ABSTRACT ART

- Quality of dealing with ideas, not events.
- It is about colours, shapes, lines, dots. Etc.
- Instructured compositions, vague strokes of brush and innovative utilization of colours.
- It means to evoke emotions out of observer.
- It is confusing but not meaningless.
- Inspired by the idea of boosting creativity and imagination.
- It is related to viewers perception.
- Example- Graffiti.



Graffiti



COLOUR PSYCHOLOGY



THE PSYCHOLOGY OF COLOR		
Warm	Cool	Neutral
 RED RED is a powerful color that evokes strong emotions. It is associated with passion, energy, and anger. It is often used to draw attention and create a sense of urgency.	 BLUE BLUE is a calming and serene color. It is associated with trust, stability, and intelligence. It is often used in corporate branding and healthcare settings.	 BLACK BLACK is a mysterious and powerful color. It is associated with elegance, sophistication, and mystery. It is often used in luxury branding and fashion.
 ORANGE ORANGE is a vibrant and energetic color. It is associated with enthusiasm, creativity, and confidence. It is often used in advertising and branding to create a sense of excitement.	 GREEN GREEN is a refreshing and natural color. It is associated with growth, harmony, and balance. It is often used in environmental branding and healthcare.	 GREY GREY is a neutral and sophisticated color. It is associated with balance, stability, and modernity. It is often used in architecture and design.
 YELLOW YELLOW is a bright and cheerful color. It is associated with happiness, optimism, and energy. It is often used in branding to create a sense of positivity.	 PURPLE PURPLE is a mysterious and creative color. It is associated with imagination, spirituality, and luxury. It is often used in branding to create a sense of exclusivity.	 WHITE WHITE is a clean and minimalist color. It is associated with purity, simplicity, and modernity. It is often used in branding to create a sense of clarity.
 PINK PINK is a soft and romantic color. It is associated with love, femininity, and gentleness. It is often used in branding to create a sense of warmth.	 CYAN CYAN is a refreshing and calming color. It is associated with tranquility, balance, and harmony. It is often used in branding to create a sense of peace.	 BROWN BROWN is a warm and earthy color. It is associated with stability, reliability, and nature. It is often used in branding to create a sense of trust.



- Study of hues as a determinant behaviour.
- It depicts how colours affect us.
- Artist use colour Psychology to elicit strong emotion, feeling of melancholy, Intense passion.
- Different colours have different psychological effects.
- Example- "BLUE"- Consider as calming and serene colours as associated with natural elements like water and sky.
- Also evoke feeling of sadness or aloofness{ Pablo's – The Blue

RED

Aggression

Build a composition that feels intense. Evoke passion using bright reds.



Edvard Munch, The Scream, 1893

Affection

Use red to represent love and emotion, especially when paired with complementary colors.



Jean-Léon Gérôme, Olympia, 1865

When in doubt, make a red painting.

RAY WILKINGSTICK

ORANGE

Energy

Orange's vibrancy has the ability to evoke vitality and enthusiasm.



J.M.W. Turner, Portrait of Prospero, Suffolk, 1845

Extravagance

Use orange to command the attention of viewers.



Albert Moore, Banquet at the House of Shadrach, 1904

Orange is the color of the sun. It is vital and a good color generally, indicating thoughtfulness and consideration of others.

BRAND CLAYTON

BLUE

Tranquility

Claude Monet used soft blues to create a calming, serene effect.



Claude Monet, Water Lilies, 1916-1918

Sorrow

Pablo Picasso used dark, monochromatic blues to evoke feelings of sadness and alcoholism.



Pablo Picasso, The Old Guitarist, 1912

Blue color is excruciatingly appointed by the deity to be a source of delight.

STEVEN BUTTAN

GREEN

Serenity

Drawing inspiration from nature, use green to relax stress and evoke tranquility.



J.M.W. Turner, The Green Mountains, 1868

Prosperity

Use green to represent success and wealth, much like that of money.



Pedro Calderón de la Barca, The Green Boy, 1630

Green is the primal color of the world, and that from which its brightness arises.

PEDRO CALDERÓN DE LA BARCA

BLACK

Power

Use black to represent an element of conscience and authority.



Peter Paul Rubens, The Descent of Stairs, 1633

Mystery

Use black to conjure up the unknown, or subject matter that is somber and dark.



Rembrandt van Rijn, The Night Watch, 1642

Suffice it to say that black and white are also colors... for their simultaneous contrast is as striking as that of green and red, for instance.

VINCENT VAN GOGH

PURPLE

Creativity

Use rich, dark values to create feelings of luxury, imaginative thoughts, and vibrancy.



Paul Gauguin, The Paper Palace, Arapiti, 1893



Georgia O'Keefe, Purple Leaves, 1933

Relaxation

Call upon soft, lavender hues for a more casual, restful vibe.



Be eccentric now. Don't wait for old age to wear purple.

REGINA BRETZ

WHITE

Clarity

Use white to generate peaceful feelings that project peace and purity.



Ray Schaffler, The Resurrection of Christ 1914



Pablo Picasso, Guernica, 1937

Grief

When highlighting something dark, white can also be used to represent death and mourning.



Colour helps to express light, not the physical phenomenon, but the only light that really exists, that in the artist's brain.

HENRI MATISSE

YELLOW

Cheer

Yellow is associated with feelings of energy and warmth, much like the sun.



Vincent van Gogh, Sunflowers in a Vase



Paul Gauguin, The Yellow Christ, 1901

Overstimulation

Use an overabundance of yellow to create a sense of overexcitement and stimulation.



All of the colours, blue and green have the greatest emotional range. Red, white and ochre hardly induce any emotion on their own.

WILLIAM H. SAUNDERS

