

How the Arts Help Connect Us to Our Inner Selves

 wakeup-world.com/2021/09/17/how-the-arts-help-connect-us-to-our-inner-selves/

September 16, 2021

September 17th, 2021

By [Kara Reynolds](#)

Guest Writer for [Wake Up World](#)

The art world is a vast one with so many possibilities to explore.

Whether you're a lifelong creative or a brand new artist dipping your toes into the world of creative expression for the very first time, the arts can help you connect to your inner self in so many ways, both mentally and

emotionally. Art is a powerful tool when it comes to exploring your internal life, and it's a lifelong process. Art doesn't have to be your life's work for it to improve your life. Whether you like writing, visual art or another form of craft that strikes your fancy, you can use it to connect with your internal self. Here are a few ways that creativity can help you do that.



1. Self Expression

One of the most important ways that art can help you connect to yourself and explore your inner emotions is the self expression it offers. Whether you're interested in writing, drawing, painting or another form of art entirely, it can be extremely cathartic to get all of your emotions out onto the page — or another medium entirely — and process things. Sometimes it can be helpful to use another medium besides the one you're used to. If you're a wordy person, exploring painting or dancing can be a welcome avenue.

2. Personal Exploration

Even if you're not ready to process everything that's going on in your internal life, exploring yourself and the way that you feel is also an extremely worthwhile endeavor. While [expression and exploration](#) are different from one another, they feed each other along the way.

3. Building Confidence

In addition to expressing your emotions, the arts can also help you build confidence by pushing you [outside of your comfort zone](#) and setting the stage for your voice to be heard. Especially during school-aged years and in younger populations, expressing emotions through art and exploring a new skill can absolutely build confidence, and exploring that confidence early on can instill it much more permanently.

4. A Creative Outlet

No matter who you are, it can be productive to have a creative outlet in your life. Your art doesn't have to be your life's work to give you the satisfaction of creating something. Everybody has creative energy, even if you don't think you do, or if you have trouble accessing it sometimes. Creativity can be fun, adventurous and exciting. All you need to do is lean into it and explore however feels best to you.

5. Stress Reduction

Another great benefit to having an artistic practice is the ability to reduce stress and anxiety. If you struggle with stress and anxiety frequently, turning to art as a form of relaxation is a great coping skill and can lead to great results both personally and emotionally. Specifically, having an artistic practice that can be somewhat self-guided and malleable can be a great way to explore that creativity without pressure to be productive. Writing exercises, journaling prompts and free artistic practices can be great options for this.

6. Positive Problem Solving

Art can be an amazing road to problem-solving skills. Especially when you explore the arts at a younger age, committing to projects and navigating them with a problem-solving mindset can be an extremely helpful tool in brain development and preparing for the future. And while direct problem-solving exercises can be great teaching tools, too, art provides a comfortable and exciting venue for exploration.

7. Improving Your Mood

Art can be extremely uplifting and comforting. Especially if you happen to be going through a rough time or if you struggle with your mental health, art can be a great comfort to turn to. Art and art therapy have been proven to benefit patients who struggle with depression, stress and even physical health complications. This makes a lot of sense, as art has so much healing power, and can truly provide both escape and exploration.

8. A Form of Meditation

In many ways, art can be used as a form of meditation to connect to your inner self and your higher self. Although your artistic practice might be a bit different when it becomes a form of meditation, it can add to your overall artistic and spiritual experience. Allow yourself to explore your emotions and be free, whether your meditation practice takes the form of writing, painting, dancing or something else entirely.

How the Arts Can Connect You to Your Inner Self

The internal work of finding yourself is never fully finished, as people evolve every day. Whether you want to connect with yourself through visual art, music, craft or whatever your heart calls you to, you can use it as a form of meditation, self-expression and even

as a confidence boost. Just like you return to your art, your art will always be there to help you along in your journey. What's your favorite form of artistic expression?

Also by Kara Reynolds:

About the author:

Kara Reynolds is the Editor-in-Chief and founder of Momish Magazine. Mom, stepmom, and wife – Kara wants to normalize big blended families. She enjoys pilates, peanut butter, and pinot grigio – but not at the same time.

