

# Mental Health Resources



## Mental Health

Brown, Stuart L., and Christopher C. Vaughan. *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*. Avery, 2010.

Chee-Seng Tan, Soon-Aun Tan, Intan Hashimah Mohd Hashim, Mah-Ngee Lee, Anna Wen-Huey Ong, Siti nor Binti Yaacob. "Problem-Solving Ability and Stress Mediate the Relationship Between Creativity and Happiness." *Creativity Research Journal*, Volume 21-Issue 1. May 2, 2019. <https://www.tandfonline.com/doi/abs/10.1080/10400419.2019.1568155>

Hannemann BT. "Creativity with dementia patients. Can creativity and art stimulate dementia patients positively?" *Gerontology*. 2006. <https://pubmed.ncbi.nlm.nih.gov/16439826>

Konopka, Lukasz M. "Where Art Meets Neuroscience: A New Horizon of Art Therapy." *Croatian Medical Journal*, U.S. National Library of Medicine, Feb. 2014, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3944420/>.

Morris, Abbey. "The Power of Creativity - How Art Can Benefit Mental Health." *Lifeology*, 8 June 2022, <https://lifeology.io/blog/2022/06/08/how-art-can-benefit-mental-health/>.

Shen W, Hua M, Wang M, Yuan Y. "The mental welfare effect of creativity: how does creativity make people happy?" *Psychology, Health & Medicine*, 2 May 2019, PMID: 32564616. <https://pubmed.ncbi.nlm.nih.gov/32564616/>

Staricoff R, Loppert S, Kirklin D, Richardson R. Integrating the arts into health care: Can we affect clinical outcomes. 2003. *The Healing Environment: Without and Within*. London: RCP, 63-79.

Strickland, Ashley. "Could Creativity and Socializing Preserve Your Memory?" CNN, Cable News Network, 9 Apr. 2015, <https://www.cnn.com/2015/04/09/health/creativity-socializing-delay-dementia/>.

Stuckey, Heather L, and Jeremy Nobel. "The Connection between Art, Healing, and Public Health: A Review of Current Literature." *American Journal of Public Health*, U.S. National Library of Medicine, Feb. 2010, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>.