

## Why Does Art Inspire Hope & Healing?

A well known study by Roger S. Ulrich, Ph.D., a behavioral scientist, who conducts research on the effects of healthcare facilities on medical outcomes, found that patients who looked out of a hospital patient room to a view of trees or nature went home at least one day sooner than those who looked out to a brick wall. The patients with a view of nature needed fewer doses of pain medication. Research continues to show that patients with access to views of nature, art, or visual images are less stressed and anxious and more hopeful and optimistic about treatment options. The calming and healing benefits of nature and art, also extend to caregivers, both family and hospital staff.

### Why Art is Needed Hospital Patient Rooms

**Art**, especially green landscapes and water scenes, friendly faces, and cultural artifacts, distract people to think about something else, other than their pain. As the art emotionally draws viewers into a picture, it can be a welcome distraction from the pain of recovery and boredom.

**Art** shows that life is beautiful and opens the mind to new possibilities by creating optimism. Familiar scenes bring back memories. Unfamiliar ones can create a sense of wonder or desire to want to see more.

**Art** helps us see how we are connected and similar to others, across culture or history. Mothers have always cuddled their children, pets are adored, and landscapes provide beautiful vistas and places of comfort.

**Art** lasts longer than we do. It helps us leave a legacy and message for the future.

### Hope & Healing Juried Art Show

The Hope & Healing Juried Art Show is the signature project of Healing Through The Arts (HTTA.org). At the conclusion of the art show, local hospitals and healthcare facilities have the opportunity to request and receive artwork from the show. The art is to be placed patient rooms or treatment areas where patients often spend long hours and have nothing to view but possibly a TV.

Often hospitals spend their art allocated funds, for significant pieces that are placed in the lobbies or main hallway focal points. These are not areas where patients spend time. Unique to this art show, is the student's inspiration statements they provide with their work. This statement makes viewing the art more meaningful. Wherever possible, hospitals were asked to provide this statement with the artists name when displaying the art. Doctors who viewed this show said it gave them a different perspective on healing and the struggle of their patients during and even after recovery.