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Encountering new creative activities - regardless of the level of skill involved - was found to have a particularly positive impact

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on emotions and wellbeing. And while the study concludes that live face-to-face activities such as singing in a choir or taking part in a group painting class were the most effective, even isolated online creative activity led to a positive impact.

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Here are some good ones to try out: Record something that happens each day as text, image or both. Use images cut out from

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magazines that are meaningful to you and stick them in. Doodle, cut and color pages in your journal - not all have to be the same size, shape or colour Set intentions for the year. Include affirmations, declarations, quotes, creative writing, a bucket list, goals, things ...

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Creative activities have always been evident within the context of mental health and there is increasing recognition that the arts have an important role to play in improving the health

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and well-being of individuals. Medline, Cinahl and PsycINFO were searched utilizing the keywords art, therap, well-being and mental health.

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