Discovering mental health practices

ID TALKS

Art-Story and mental health

"ART is A GREAT TOOL TO MAKE THINGS STRANGE AGAIN" — ALVA NOË

"VISUAL ARTS HELP TO NAME, EXPLAIN & ACCEPT FEELINGS"

"ART HAS ALWAYS BEEN A VEHICLE FOR GOOD"

"WE SHOULD COMBINE SCIENCE & ART MORE"

LAURA MELLANEN (FINLAND)

FROM PRODUCT & GRAPHIC DESIGNER TO ART PEDAGOG & «ARTIVIST»

"CONTEXT ART" ALWAYS WITH PREDETERMINED TOPICS

"I UTILIZE THE EMPOWERING POTENTIAL OF ART TO WORK ON MENTAL HEALTH-RELATED TOPICS"

REPLACING DRAWING BY THE USE OF OBJECTS

MY ART FORM:

MOMENT MUSEUM [MoMu]

IF THERE WAS A MUSEUM FOR THIS MOMENT, WHAT WOULD BE IN IT?

EVERYDAY OBJECTS ARE EASY TO RELATE TO

EVERY PERSON GIVES THEM THEIR OWN *meaning*

"WHEN YOU START PAYING ATTENTION TO THE OBJECTS AROUND YOU, YOUR EVERYDAY ENVIRONMENT BECOMES AN EXCITING TREASURE HUNT"

POTENTIAL of OBJECTS

WHY ART?

- ✓ SENSATION OF PERMISION
- ✓ VALIDATION OF OUR PERSONAL REPERTOIRE
- ✓ CONTINUOUS PRACTICE
- ✓ RADICAL IMAGINING OF POSSIBILITIES
- ✓ IT IS AN OPEN PROCESS

YOU NEED TO TRUST IT!

"WE NEED TO BE ABLE TO *imagine* IN ORDER TO CREATE •CHANGE•"

"IT IS IMPORTANT TO UNDERSTAND THE DIFFERENCE BETWEEN OBSERVATION *and* INTERPRETATION"

1 SEARCHING 2 FRAMING 3 NEW MEANING 4 NARRATING

WE SEE THE WORLD NOT AS IT IS, BUT *as we are!* — ANAÏS NIN

THROUGH YOUTH WORK WE CAN PROVIDE RECOGNITION

EXPLORING PEOPLE'S ASSOCIATIVE MIND

"MY BEST ATTRIBUTE REFLECTED IN AN OBJECT"

A TOOL FOR AESTHETIC DISTANCE

"TO DEAL WITH DIFFICULT TOPICS THROUGH ART"

PRACTICE *time*

SALTO INCLUSION & DIVERSITY

MENTAL HEALTH YOUTH WORK

GRAPHIC NOTES: @MYINKTHINK