



# RESULTS OF STUDIES

01

In both child and adult refugees, and asylum seekers, creative arts activities have been found to decrease anxiety, depression, post-traumatic stress disorders and peer problems (Tyrer, RA; Fazel, M, 2014).



02

Mindfulness education linked to creative output, thought and artistic activities can lead to a higher level of social engagement and reduce the negative effects of stress and increase peoples' ability to stay engaged and focused, helping them stay on track academically and avoid behavioural problems (OECD, 2018).



03

Refugees and asylum seekers have reported that engagement with the arts following forced displacement supported them in creating new support networks and developing practical skills that were useful in finding work (WHO, 2019).✶ Also, the non-verbal aspects of expressive arts are described as best practice when working with survivors of trauma (Landoni, 2019).



04

Art can provide a means of selfexpression and advocacy, and promote good feelings, especially for those who have experienced trauma. Transformative Service researchers argue that humanity is embedded in service systems having a significant impact on how people lead their lives (Fisk et al., 2016).

