

Art Activities May Potentially Be One of the Keys to Happiness

Belinda Hills October 09, 2017



Tadkin Gel Pens Set

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([Newswire.net](https://www.newswire.net) -- October 9, 2017) Wilmington, DELAWARE -- People have different ways of pursuing happiness. There are those who travel and engage in outdoor activities, while others cook or discover their creativity. Art has long been believed to produce some significant positive benefits not just to artists, but also to the general population.

Art activities may potentially be one of the keys to happiness. Art is generally perceived to offer a kind of bliss that only artists can see and feel. However, not many people know that art has some varying effects on everyone, including those who are non-artists.

Recently, many people have been taking advantage of the therapeutic benefits of art activities, such as the use of adult coloring books. This type of art activity doesn't require one to create a masterpiece.

Instead, it focuses on the actual art experience and how it allows enthusiasts to release pressure and stress. Art therapy has been thought to be effective in helping individuals who are in difficult situations, such as those who suffer from certain medical conditions.

Art therapy is believed to play an important role in mindfulness practices, trauma recovery, and resilience-building. There is believed to be a connection between happiness and artistic creativity.

In 1996, Psychology Today published an article called "Capturing Creativity," written by Robert Epstein. It noted that greater creativity breeds greater happiness. Surprisingly, for most people, the creative process is a source of joy.

Recent research of Semir Zeki from University of London, reveals that merely looking at art increases dopamine levels. It also enhances the activity in the frontal cortex of the brain. This is believed to result in the feelings of pleasure that are the same like those offered by romantic love.

Creativity results in joy through the pleasure of exploration and invention. Art also allows people to get pleasure and relaxation from engaging in a creative process. Doing certain art activities is even believed to be good for overall health.

Individuals who are trying to explore various options to find or stay at the right track to happiness may engage in certain art activities. These may include doodling, drawing, and painting.

It is essential to choose the right art materials before engaging in any of these art activities. One of these art materials is the Ultimate Gel Pen Collection that Tadkin offers.

Tadkin's Ultimate Gel Pen Set offers 100 pens that come in 100 different colors. This set is extremely popular with individuals who use adult coloring books and those who doodle or draw. This set of pens even comes with ergonomic packaging for easy transport and storage.

(<https://www.amazon.com/Gel-Pens-Set-Coloring/dp/B01HSGWY1Q>)

About Tadkin

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