



Reflective Contemplation

Creating art is a great way to reflect on oneself and society, engage with current life issues and provide well-being. It doesn't matter if you are pleasing others or yourself through your creativity.

The aesthetic enjoyment or critical contemplation of art makes the world appear in a different light and makes life more worth living.



Difficulties and burdens can recede for a while. Immersing oneself in other perspectives can also influence one's own viewing habits and positively change one's own life situation.

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