



The Depth of Design and Mental Health:

Can one's Career be used as a way of Art Therapy

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COMD 3504 Communication Design
Theory

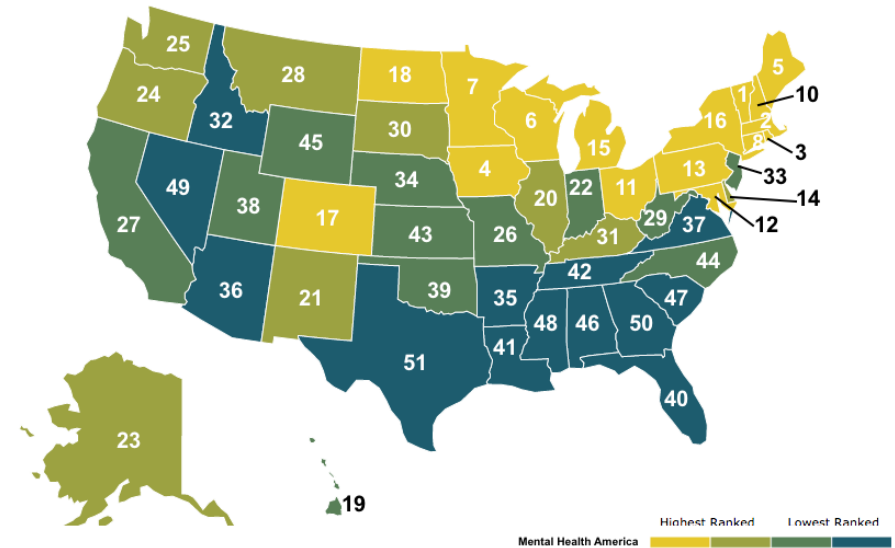
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Background information

As we know, Mental Health has been a major issue in America, for the longest time, back since early 20th century and unfortunately it has gotten worse over the years especially since the effects of covid - 19, about 30% of respondents have suffer symptoms of anxiety and depression. Over time Psychiatrists and Scientist have found for people to improve their Mental Health in several ways. One of them is Art and Creativity .

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Access To Care Ranking 2020





Creating/Viewing Art can relieve stress and expand the mind. It can help you develop an open mind into looking at life from different perspectives and to help you look at life from a brighter side. With that , having a job such as Graphic Design, where you can build your creative process must be great as well.

**Can Graphic Design improve a
Designer's Mental Health? Or
Could be Considered Art
Therapy?**

A Designer's Mental State/History

The studies of Harvard University professors Modupe Akinola and Wendy Berry Mendes entitled “The Dark Side of Creativity” Explain that A person that has a more creative state of mind may be affected by negative emotions, being a trigger to release more creative projects, for example anxiety can cause the feeling of Doubt within a person, which can transform that feeling as way of motivation to improve themselves more within their work or see its as a escape for comfort.



John Tillyer

John Tillyer Illustration
Freelance Illustrator

Multidisciplinary artist specialising
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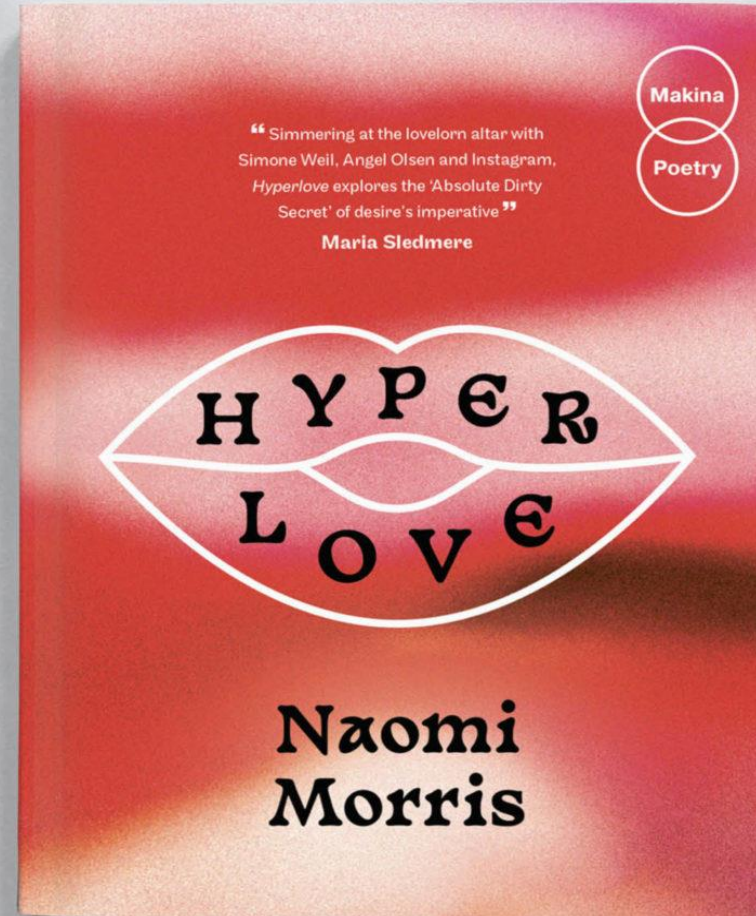


The CONS of a Designer and their Mental Health

Though Art can be known to improve a Person's mental Health to express themselves, a designers Mental Health/Illness as a motivator for your work has shown to have positive effects, there is also, The pressure as a Designer for certain demands of their work can be in the way of being creative and improving their own Mental Health, which can also experience huge amounts of



Naomi Morris



The "Mad Genius" Stereotype




- The Mad Genius effect can also cause a person with declining Mental Health to see this as the only way to be motivated and successful within their work, but also not look at different perspectives or broaden their mind intellectually.

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Designer's Connecting to the People

Though Designers may use Graphic Design as an Escape for their Creativity to flourish to improve their own Mental Health, they also use their skills to bring awareness of Mental Health throughout Society.



MENTAL HEALTH

awareness

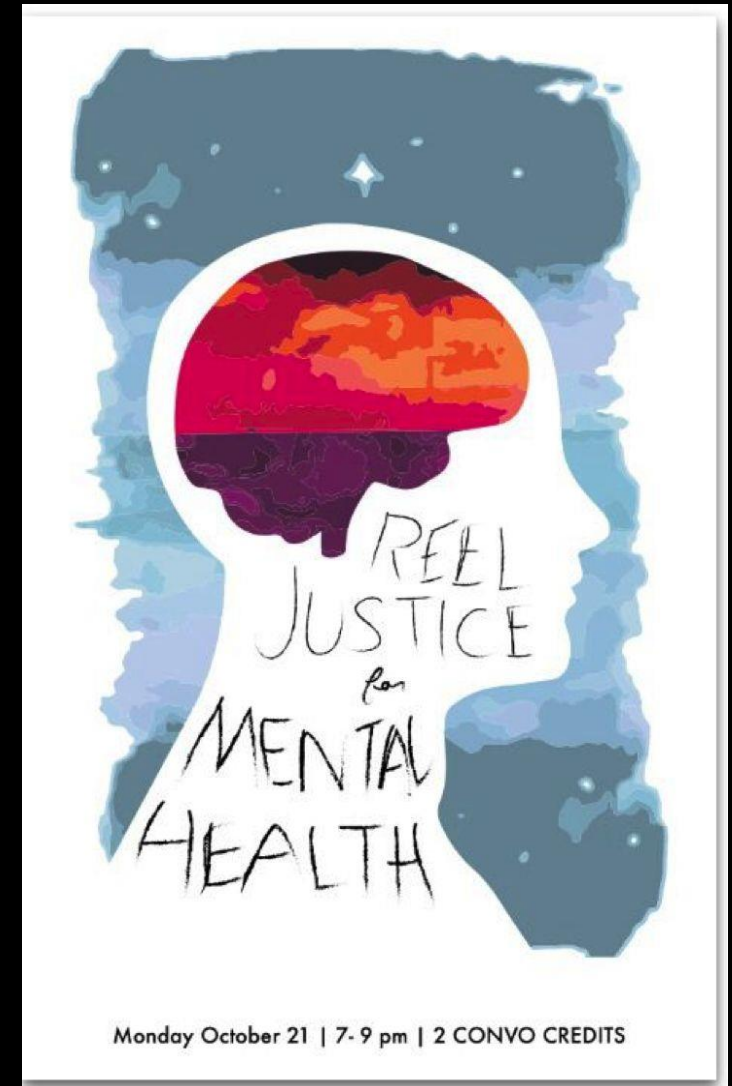
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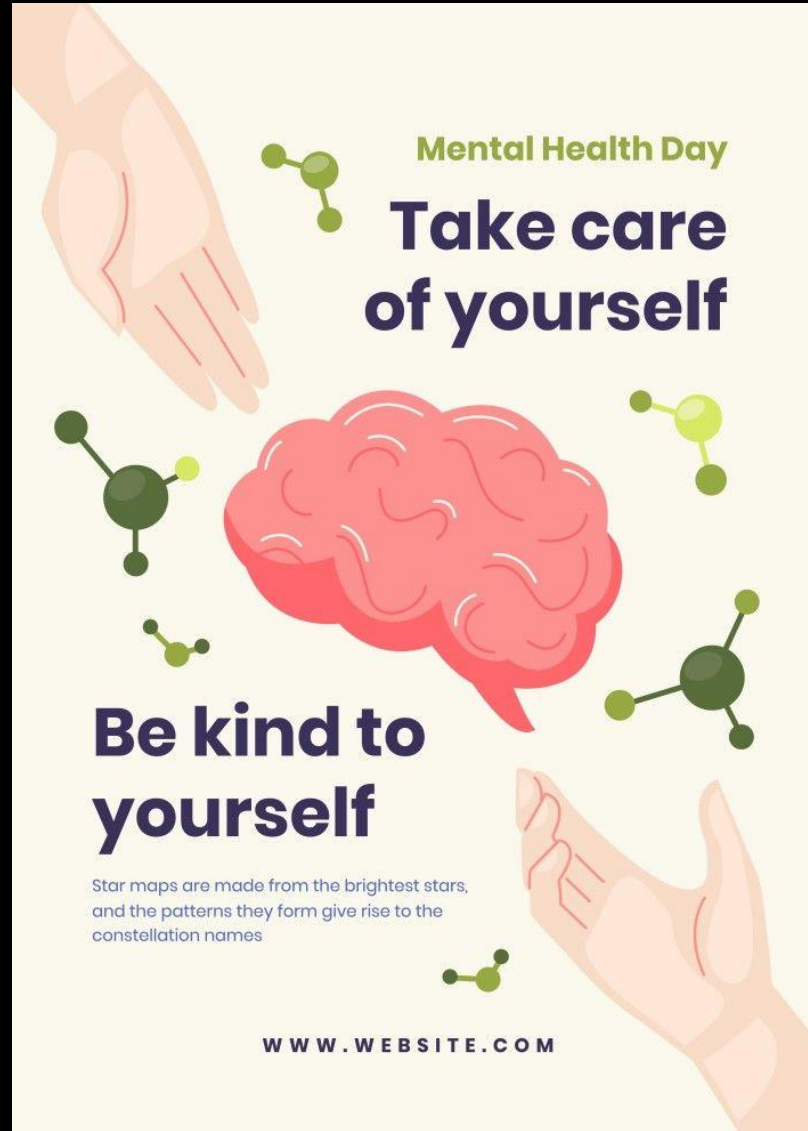
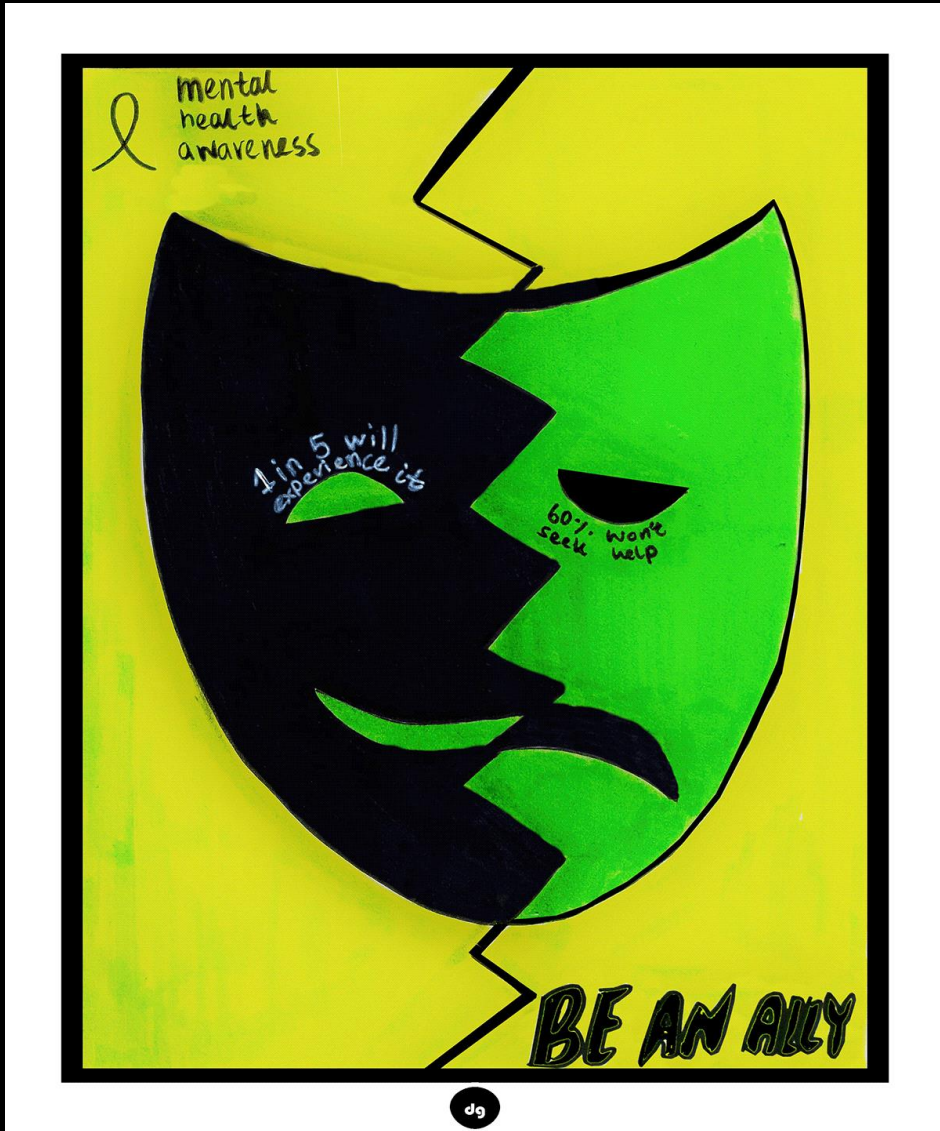
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SATURDAY JUNE 23RD
DR. JOANNE MILLERTON
101 MAIN STREET PHILADELPHIA PA 10000 / WEBSITE.COM

Examples:

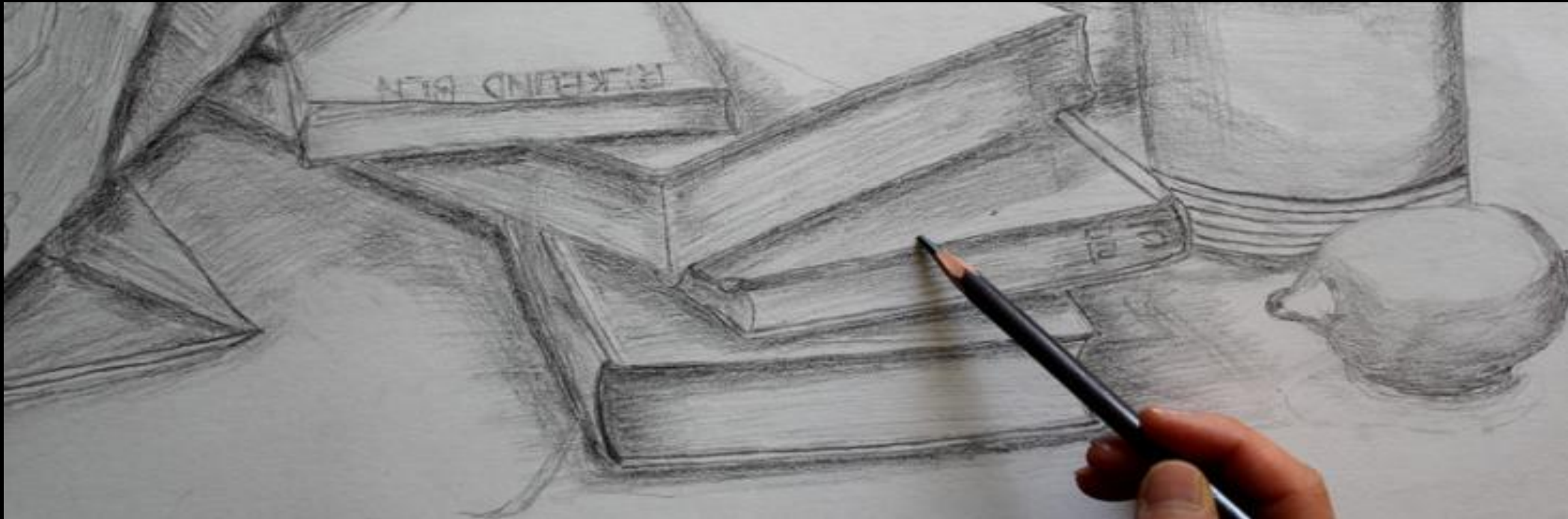




Designers Connecting with Each Other

Sketching

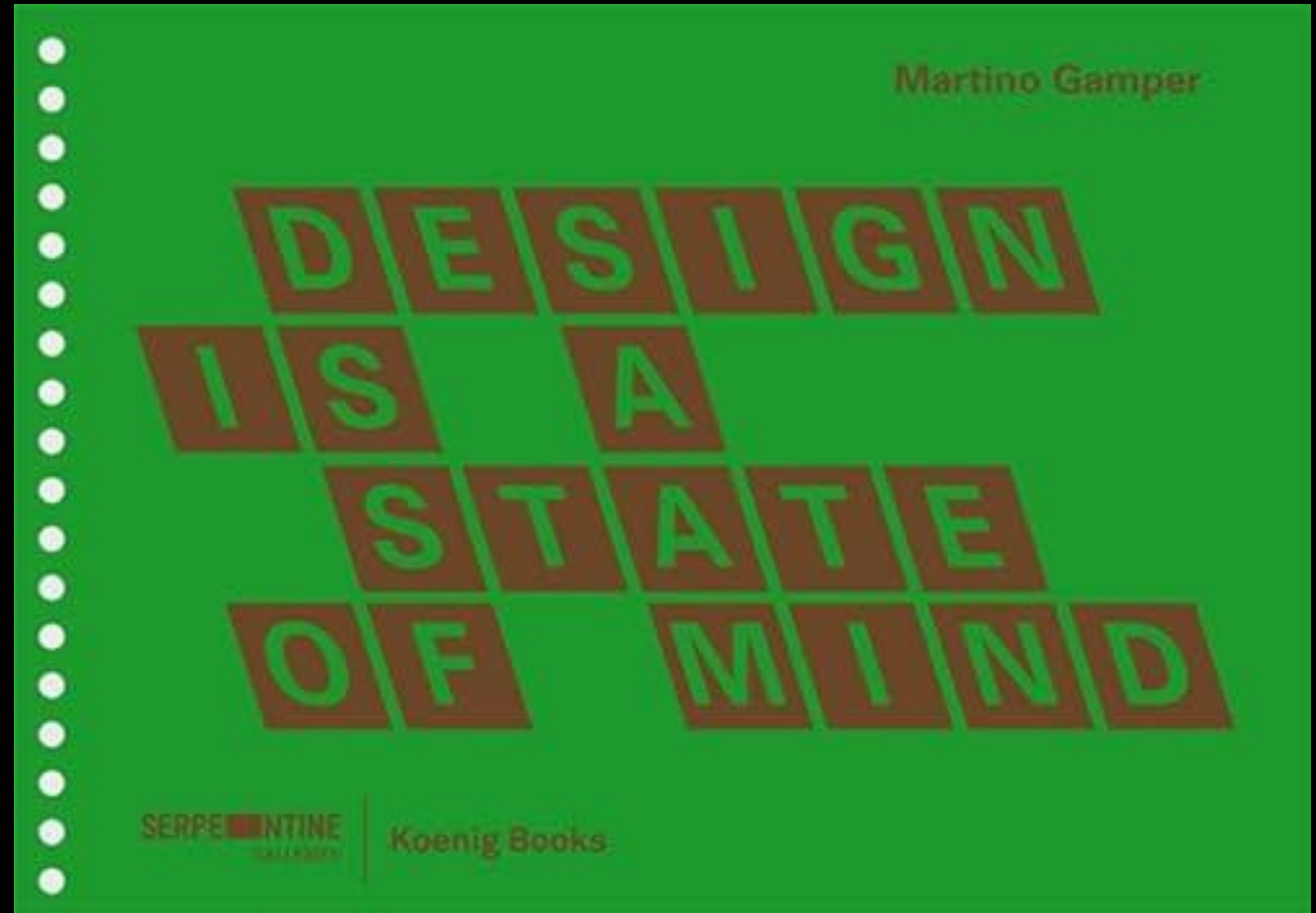
Designers can also collaborate with each other. Sharing ideas with each other can be a way to show a positive influence in a person's mental Health and not just other Graphic Designers but other Designers as well. A common way of showing connection between Designers is with Sketches.





Design is Method: Helping each other out is key

In conclusion, Graphic Design can be used as Art Therapy for your Mental Health and improve it, but there must be a balance between how much you want to improve and how much your Mental Health forces you to improve. You are not alone, this is a field where the concept of communication is very important. As Designers we should be there for each other at our lowest to be able to motivate and influence each other.



**THANK
YOU!**