



Culture Vitamins

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Culture vitamins

Participant

- Stress
- Depression
- Anxiety
- Loneliness



Center for
Mental Sundhed



Aalborg
Kommune

Kulturvitaminer

- til dig der ikke trives,
og oplever mangel på energi
og glæde i livet

A photograph showing a group of people sitting around a table in a workshop, engaged in a craft project. They are smiling and looking at their work. The table is covered with various materials and tools. In the background, there is a large, colorful mural on the wall.

Culture vitamins

- Two tracks
- Culture vitamins for young people between 18 and 30 years of age
- Culture vitamins people above 30 years of age



Culture vitamins in practice

- 3 times a week in 9-10 weeks
- Feeling safe in a fixed group
- Break/pause from illness and problems
- Focus on the cultural activities and community



North Urban Art Studio

- Creativity
- Changes of thought pattern or mindset
- Art painting
- Street art



Aalborg Theater

- Introduction to the world behind the curtains
- Workshop – body language
- Tools to use in real life



Choir singing – common singing

- Breathing
- Community
- Synchronisation
- Upliftet



Shared reading

- Escape into the world of literature
- Pause from the real world/reality
- A more nuanced view



Ceramics

- Immersion/mental involvement
- Creativity
- Create something
- State of flow



What is mental health?

- A state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute til their comunity.
- Dimension of experience
- Dimension of function



Arts and culture as health promoting element

- Exercise of emotion
- Aristoteles and catharsis
- Antonovsky – experience of coherence
- ABC for mental health

