

# **Culture Vitamins**

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- Culture coordinator
- Center for Mental Health
- Health & Culture administration
- Municipality of Aalborg



#### **Culture vitamins**

### **Participant**

- Stress
- Depression
- Anxiety
- Loneliness



#### Center for Mental Sundhed



# **Kulturvitaminer**

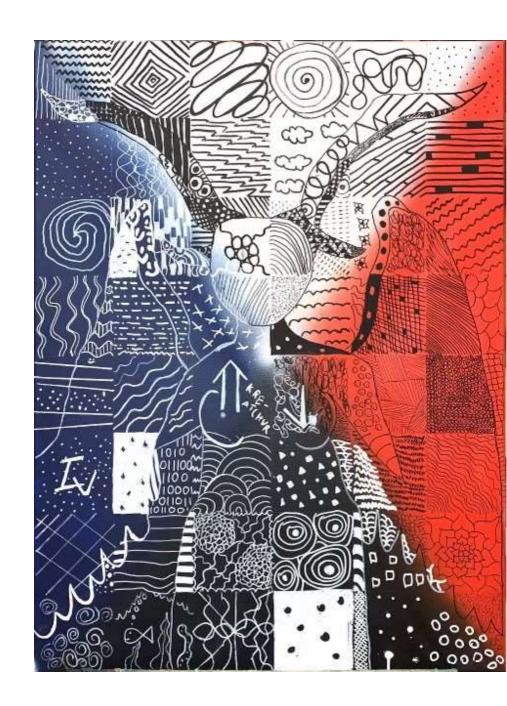
til dig der ikke trives,
og oplever mangel på energi
og glæde i livet



## **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



