

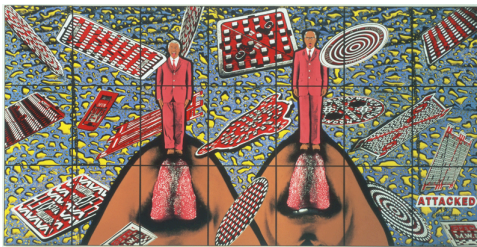
On the audio tour, we encountered artists dealing with stress/world events

***How stressed are you because of current world events?***

In the STUDIO today, we are going to make & view art as therapy.

Artist Gustav Klimt is believed to have died from complications of the Spanish Flu of 1918! His student, Egon Schiele, and his wife also died from the flu. “*The Scream*” artist, Edvard Munch made *Self-Portrait With the Spanish Flu* & *Self-Portrait After the Spanish Flu*, detailing his own experience contracting & surviving the illness. These paintings speak to feelings of trauma and despair that were widespread amid a pandemic that killed at least 50 million people. “Illness, insanity, and death...kept watch over my cradle,” the artist once said, “and accompanied me all my life.” That generation also lived through World War I, Communism, social issues of gender & income inequality, & more. Everyday life felt ridiculous. The art movements that came out of this period explored this hopelessness, tried to fight against it and showed the ways in which everyone was trying to cope.

Bauhaus School which started in Germany, 1919, aimed to bridge art & design, training students to reject frivolous ornamentation in order to create art objects that were practical & useful in everyday life that historians believe were influenced by the flu pandemic of 1918. In contrast to the heavy, upholstered furniture that was popular at the time, minimalist pieces were made of hygienic wood & tubular steel, to facilitate cleaning.



Now let's get in the STUDIO to confront stress & curate some art therapy!



## PART I **MAKING ART** as THERAPY

Doodles say more about our personalities than we may realize, it has been claimed. They are like little maps that guide us in the exploration of people's psyches. Doodles are created casually – usually when the doodler is concentrating on something else – by the complete free flow of uninhibited symbols, live & direct from the subconscious. *“It’s effective for problem solving and it’s also a source of creativity & brilliant for brainstorming, like a conduit for ideas and light bulb moments. It’s also a way of helping to process difficult emotions – doodles are like safety valves for releasing negative emotions and feelings.”*



In the STUDIO, let's spill coffee or tea & doodle to see inside the psyche.

### **SUPPLIES**

a cup of coffee or tea  
paper & pen and/or paintbrush  
a quiet place

### **STEPS**

RELAX . meditate/pray/quiet your thoughts  
inhale count of 4 . hold **breath** count of 7 . exhale count of 8 . repeat 2x  
**spill** some or all of your coffee/tea onto paper  
when you **see** something in the spill, **sketch or paint** to *draw out* the mood  
look at your doodle & consider **theme/feeling/mood** or monster to confront

### **SUGGESTIONS**

try the activity over the course of several days. look for changes in mood  
research the meanings/symbols of doodles





## PART II VIEWING ART as THERAPY

Alain de Botton, a contemporary philosopher, reasons that *“if culture is to matter to us deeply, then it has to engage with our emotions and bring something to what one might call our souls. Art galleries should be apothecaries for our deeper selves. There is nothing wrong with thinking of artworks as tools and asking them to do things for us. They can help our psyches in a variety of ways: rebalance our moods, lend us hope, usher in calm, stretch our sympathies, reignite our senses and reawaken appreciation. In my ideal museum, you would enter into the lobby and find a map showing galleries devoted to a range of topics with which we often need help: work, love, family, community, anxiety.”*

In the STUDIO, let's curate a virtual art gallery, a *sanctuary space* to heal.

### SUPPLIES

search engine  
social media

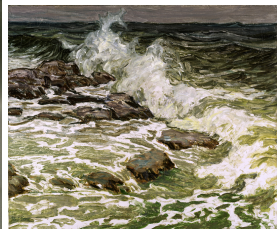
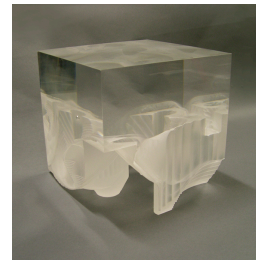
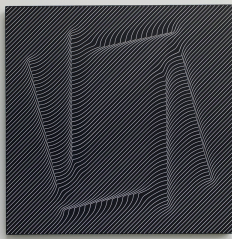
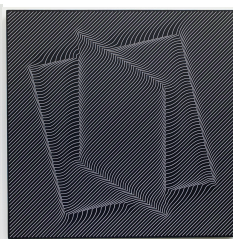
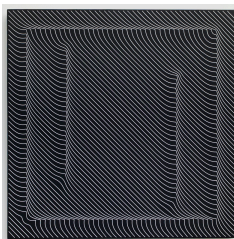
### STEPS

- Akron Art Museum website [www.akronartmuseum.org](http://www.akronartmuseum.org)
- select theme of your gallery [stress; love; in a mood; hope; etc]
- search for artworks that symbolize your theme
- save 4-6 images & info about the artworks & artist
- share your sanctuary gallery on social media

share with AAM  
@akronartmuseum  
#museumathome

### SUGGESTIONS

- share on a google doc to empathize with & empower friends
- create a series of museZINES, each friend contributing a gallery-themed zine



Miss Maryann's MOODseum . I searched **abstract** & selected works that *spoke* to me this morning 6.23.2020:  
hazy . lost . confined . contained . questioning . puzzled . contrasted . colourless . crashing . **curiously calm**

AAM's MISSION  
to enrich lives through  
modern & contemporary art