



International Network of
Health Promoting Hospitals
& Health Services



Implementing an Art-Based Mental Health Program for Neurology Nurses

Creating Sustainable Healthcare Systems
to promote Health, Equity and Resilience in Times of Global Crises

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1. Background & Problem Overview

Neurology Ward Environment

Demanding clinical environment
Many long-term patients
Chronic suffering cases

Emotional Impact on Nurses

Fatigue, psychological burden
Patient suffering → exhaustion



Staff Demographics

Early career stage
Average staff age 29.2

Experience Level

< 3 years' experience

Core Challenge

Staff wellness priority

2. Necessity & Objective

Arts & Cultural
Experience (Park, 2021)

Enhances organizational commitment & productivity.
Boosts concentration, creative thinking.

Craft-based Art Therapy
(Seo, 2022)

Reduces job stress through physical relaxation.
Refreshes workplace negative perception.

Yoga & Physical Wellness
(Cho, 2004; Lee, 1998)

Effective in reducing nursing stress.

Program Objective

Provide a healthy way for staff to **release stress**.
Strengthen mental health through creative expression.

3. Methods & Activity Details

- Participants : 19 Neurology Ward Nurses
- Study Period : June 2024 – November 2024 (6 Months)
- Key Program : Integration of Craft-based Art Therapy & One day classes
 - Facilitated by a Nurse with Art Psychological Counseling Certification



3. Methods & Activity Details - 'Person in the Rain'

1) Assessment Overview

- Instruction: "Draw a person in the rain."
- Tool : A4 paper, 4B pencil, Eraser

2) Symbols

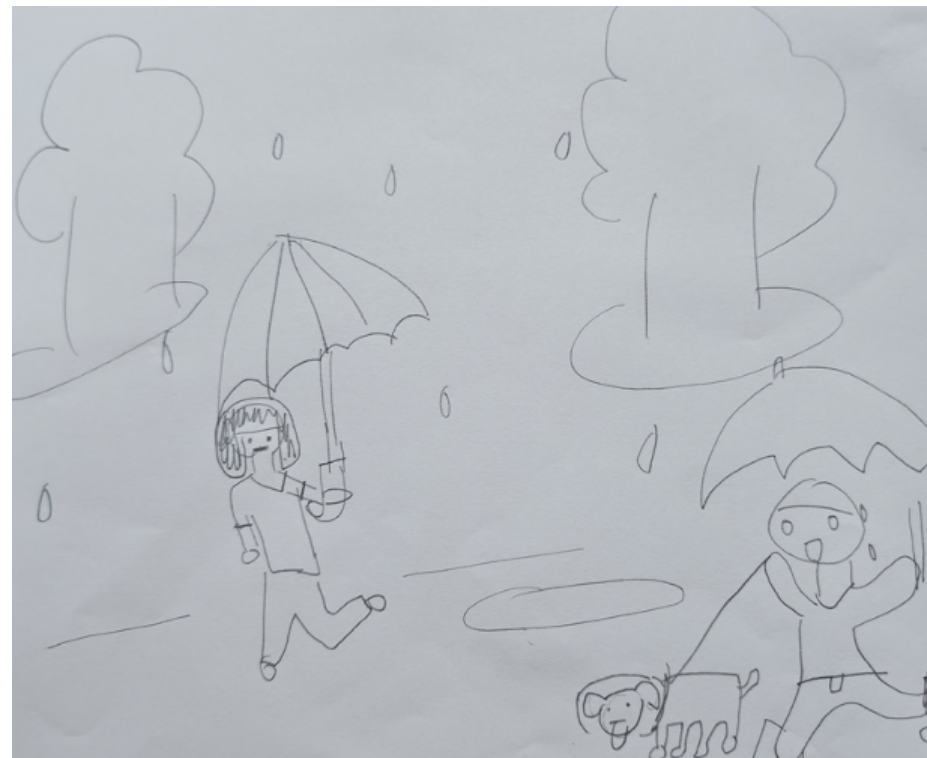
- **Rain, Clouds, Lightning**
= Environmental stressors & intensity.
- **Umbrella, Raincoat, Rain boots**
= Available coping mechanisms & protective resources.

3) Therapeutic Outcomes

- **Non-verbal Expression**
- **Stress Identification**



3. Methods & Activity Details - 'Person in the Rain'



3. Methods & Activity Details - **Worry dolls**

1) Purpose of the Activity

- Alleviate constant anxiety and daily workplace stress.
- "Dolls that take your worries away"

2. Process & Materials

- Soft pipe cleaners 'Moru'
- : Chosen for their tactile comfort , ease of use.
- Step-by-step Demonstration



3. Methods & Activity Details - Worry dolls



3. Methods & Activity Details - Yoga classes

1) Focus Areas

- Pelvic Alignment
- Muscle relaxation

2) Therapeutic Environment

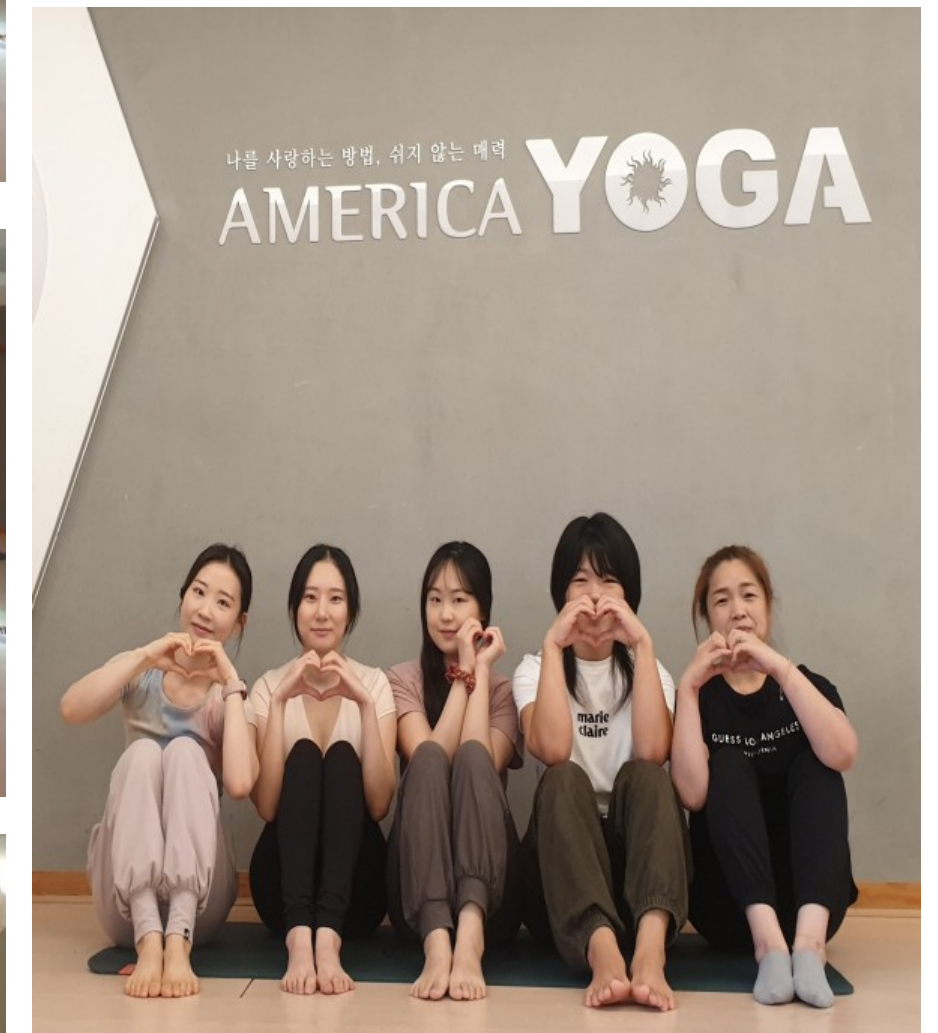
- Transitioned from a busy clinical setting to a **Quiet & Peaceful atmosphere**
- Encouraged participants to listen to their bodies and identify 'pain points'

3) Outcome

- Enhanced physical resilience, self-awareness of bodily health



3. Methods & Activity Details - Yoga classes



3. Methods & Activity Details - Backdrop painting

1) Freedom from Rules

- Applying thick paint with a palette knife (similar to spreading jam)
- No "right" or "wrong" answers
- focusing entirely on colors, textures, and movements

2) Therapeutic Process

- Emotional Escape
- Self-Discovery



3. Methods & Activity Details - Backdrop painting



3. Methods & Activity Details - Visiting Art exhibitions

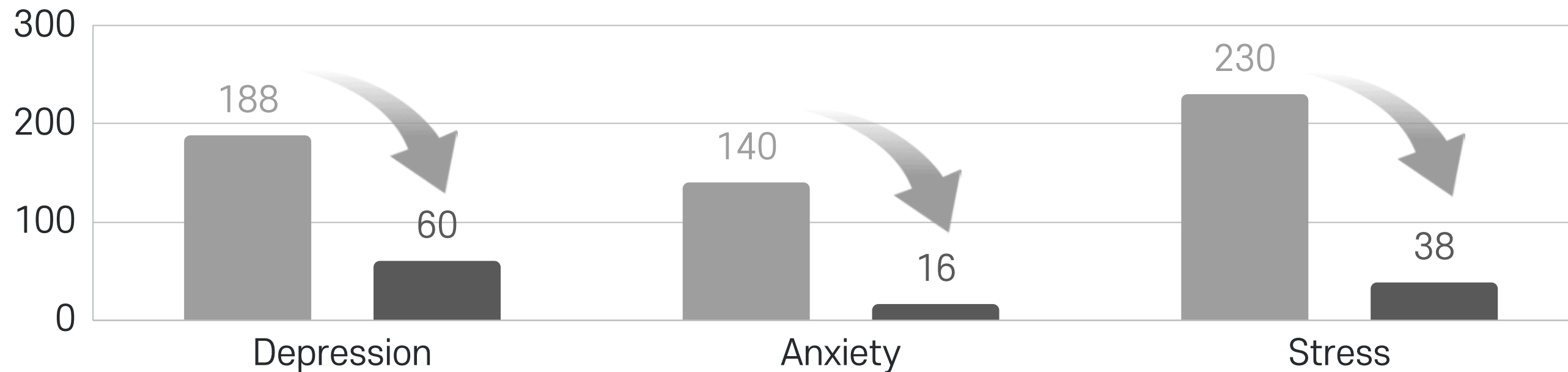
- Inside Me Season 2 - Facing Emotions & Holiday in Paris
: **interactive exhibitions**
 - From Dusk till Dawn
: **traditional Western paintings**
 - Large-scale installation art
: **Sensory Experience**
- Chance to talk about things outside of work and **bond with each other**
- Discover **new hobbies** and **release stress**



3. Methods & Activity Details - Visiting Art exhibitions



4. Results & Discussion - DASS



Significant drop in all categories

: Depression decreased by 68%, Anxiety by 89%, and Stress by 84%

→ Nurses reported feeling more connected to their teammates, more energized at work.

- Depression (D) : Feelings of low self-esteem, loss of hope, and lack of energy.
- Anxiety (A) : Focuses on physical reactions, fast heartbeat, dry mouth, and feelings of fear.
- Stress (S) : Tracks constant tension, irritability, negative feelings.

5. Discussion & HPH Relevance

Investing in workforce mental health



Improve staff retention, Healthy Workplace



Enhance the quality of patient care



Conclusion & Closing

'Stable Hearts, Safer Care.'





Q&A

References

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Tack !
Thank you.

