

INSIDE THE BOX

1 FINDING SOURCES OF WELL-BEING

What does a world of sustainable mental well-being look like? In such a world, whenever someone feels unwell, they know what to do to feel better. That is our purpose – helping people find their sources of well-being by demonstrating a potential source and spreading this message, such that they can help themselves.

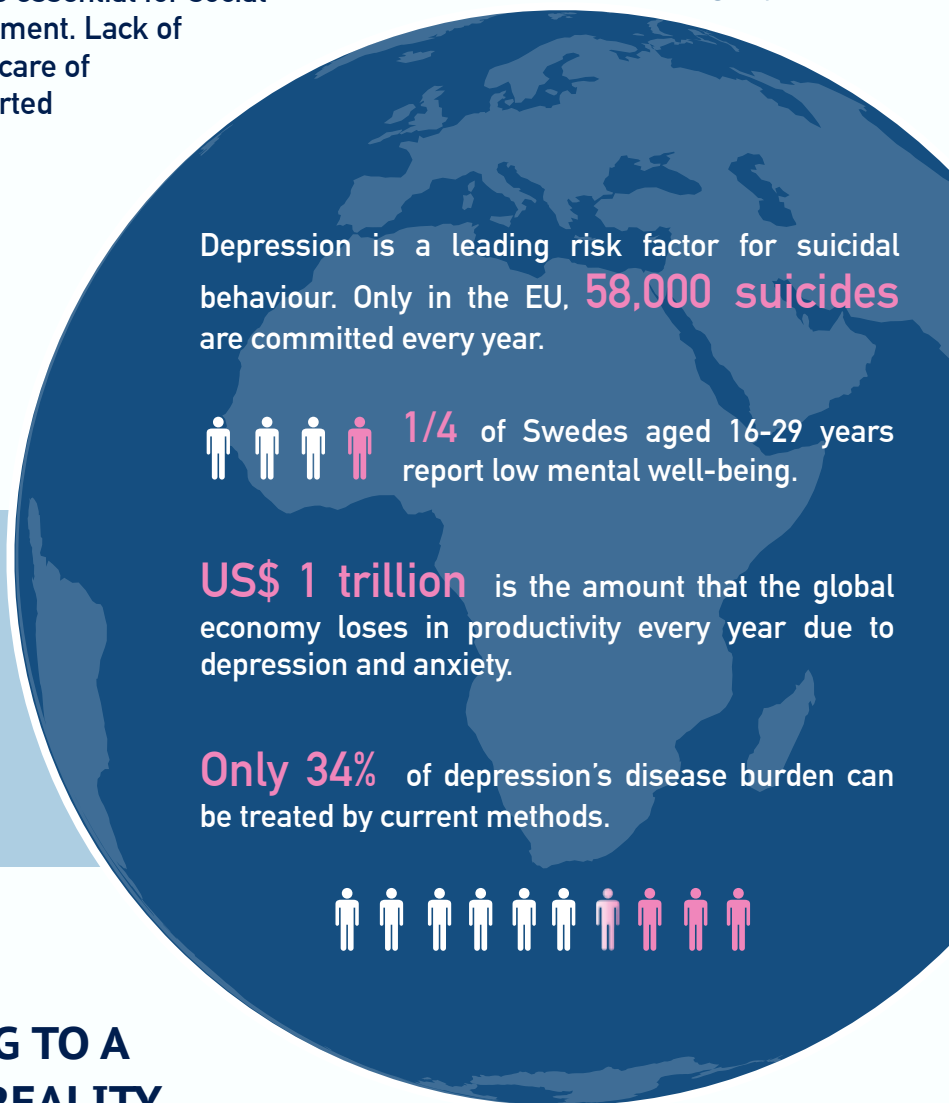
2 NO HEALTH WITHOUT MENTAL HEALTH

Mental health issues are one of the most pressing global challenges of our time. Community well-being and mental health promotion is essential for social cohesion, economic progress and sustainable development. Lack of measures around prevention, provision and adequate care of mental health policies and practices undermine concerted efforts targeting sustainable economic development.


Sources: United Nations, World Health Organization, EU Joint Action on Mental Health and Well-being, Public Health Agency of Sweden

3 ART AS A TOOL FOR MENTAL WELL-BEING

Only since the beginning of the 20th century has serious attention been given to the creative process of art in the broader context of community well-being and health promotion. A wide span of modern research supports the use of art as a means of promoting well-being. Different forms of art can be found essentially everywhere, and we believe in the potential for anyone to utilise it.

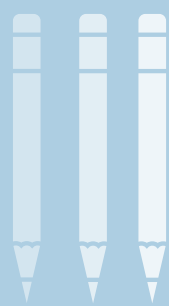


Depression is a leading risk factor for suicidal behaviour. Only in the EU, **58,000 suicides** are committed every year.

 **1/4** of Swedes aged 16-29 years report low mental well-being.

US\$ 1 trillion is the amount that the global economy loses in productivity every year due to depression and anxiety.

Only 34% of depression's disease burden can be treated by current methods.



4 OUR PROJECT

In our investigation, young adults participated in scheduled individual drawing sessions. Feedback, well-being data and drawings were collected from the participants. The project was also taken to social media, raising awareness about the impact of art on our wellbeing, as well as sharing participants' art.

5 RESULTS

After drawing sessions week, participants experienced:

- reduced levels of stress, anxiety, and depression
- increased productivity

Many participants reported that:

- creativity benefited them
- they would struggle to keep the running on their own

7 ADAPTING TO A DIGITAL REALITY

Restrictions due to the COVID-19 pandemic did not only force the project to change path, but also limited the available tools and options for impact. As social distancing comes at a psychological cost, mental health becomes an even more pressing concern and promoting it becomes even more significant in the light of the current situation.

6 NEXT STEP

The commitment of drawing once a week is a good introduction to a creative lifestyle as a means for mental well-being. The next step is to provide incentives for more people to explore these benefits, transforming @insidethebox2020 into a community that promotes drawing as a tool for improving mental health.

8 LOOKING TO THE FUTURE

With this project, we have explored and demonstrated art as a tool for mental health promotion. Given the ubiquity of creative expression, as well as the relative ease of engagement, we can scale our project to reach a broader audience, thus achieving substantial impact on SDG 3. Since sources of well-being come down to a process of self-introspection, that is, stepping inside your own box, we challenge you to join our community @insidethebox2020 to take further steps toward a world of sustainable mental well-being.

SOCIAL MEDIA:

  @insidethebox2020

TEAM 1:3



Hanna Larsson
24404



Rebekka Andersson
24455



Clara Magnusson
24357



Ruben Åkerlund
24469



Angelica Huynh
24446



Thea Zander
24361

