

ArtfulMind: Fostering Mental Wellness Through Art Therapy for Personalized Expression and Therapeutic Guidance

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Abstract : In the dynamic landscape of digital healthcare, e-health technologies have transformed the delivery of health services, providing increased accessibility and convenience. The study explores integrating digital technologies and art therapy to address stress, focusing on enhancing emotional well-being. Specifically, it seeks to develop and evaluate a digital platform for art therapy that promotes stress reduction and emotional healing through interactive activities such as free drawing, collage-making, and mindful coloring. By combining art therapy's therapeutic benefits with digital accessibility, this platform enables users to embark on a personalized mental health journey, encouraging self-expression, social connectivity, and community engagement. The platform, targeted primarily at college students aged 18 to 24, addresses a demographic facing significant academic stress. Through a comprehensive and user-centric digital design, it provides tools for creative expression and offers a supportive community for users to connect and share experiences. The study evaluates the platform's effectiveness in reducing stress and enhancing emotional well-being, drawing on data from user feedback, functionality tests, and interviews with mental health professionals. Findings indicate that digital art therapy fosters a constructive environment for emotional exploration, yielding stress management and self-awareness improvements. The study concludes that technology-enhanced art therapy can be a valuable tool in mental health support, offering accessible and meaningful interventions. Future recommendations suggest expanding the platform's features to include journaling, guided therapeutic exercises, and advanced creative tools to enhance user engagement and therapeutic outcomes. This research contributes to integrating art therapy into digital healthcare, providing a foundation for innovative solutions in mental wellness.

Keywords : e-Health, web application, art therapy, mental health

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