

Reducing Stress and Conflicts through Stress Relief Art Nooks and Art Classes

College: Randolph-Macon College

Designated Project Leader: Rithanya Saravanan

Project Dates: June 1, 2022 to August 28, 2022

Project Location: Henrico County, Virginia, U.S.A.

Advisor: Mr. Joshua Quinn

Background:

A significant factor that leads to various conflicts and is an ongoing pandemic in our world, is the trepidation brought on by stress. In addition to anxiety, depression, and restlessness, stress also leads individuals down a path of lethal diseases such as hypothyroidism, diabetes, heart diseases, and high blood pressure. Furthermore, stress causes us to be easily irritable and angry, making us closed to other perspectives, shrinking our tolerance, and creating conflicts both with others and ourselves. Working to find outlets to alleviate our stress will lead us to an internal peace that provides the framework for fewer conflicts and a more peaceful world. It is essential to find internal peace and balance before attempting to realign the balance of peace on the exterior. Henrico County has over 71,294 citizens who are unemployed, homeless, and/or below the poverty line. Therefore, they could benefit greatly from the components proposed in this project. Numerous research studies have indicated that art therapy reduces stress levels. The following websites are a few examples of where you can find information supporting how art helps to destress: <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2008.156497>, https://drexel.edu/now/archive/2016/June/Art_Hormone_Levels_Lower/#:~:text=The%20researchers%20found%20that%2075,art%20experiences%20and%20lower%20levels., <https://sageclinic.org/blog/art-relieve-stress/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5836011/>, <https://scholar.dominican.edu/scw/SCW2020/conference-presentations/26/>, and https://www.researchgate.net/profile/Serena-Duckrow/publication/317662540_Art_as_therapy_and_reducing_stress_Helping_Jane_find_a_way_home/links/5947c7faa6fdcc8573226ba4/Art-as-therapy-and-reducing-stress-Helping-Jane-find-a-way-home.pdf.

Proposal:

To help bring this project to life, Virginia Cooperative Extension (VCE), Henrico 4-H, and the Henrico County Department of Recreation and Parks will play a crucial role as partners. There are two parts to this project.

1. Creating Stress Relief Art Nooks. Stress Relief Art Nooks are locked cabinets where art supplies will be available for public use and will be located outdoors at various Henrico County parks throughout the county. Participants receive the lock combination once they complete a QR code form, which will indicate how many have used the Nook and the location of the Nook. After they use the Art Nook, they will complete a form for if supplies need to be replenished or replaced. In addition to the art supplies, the Stress Relief Art Nooks would have instructions to various art projects and cleaning supplies (hand sanitizer and Clorox wipes) for participants to wipe supplies before and after usage.

2. 4 Art 2 Heart Online Art Classes. 4 Art 2 Heart is a Henrico 4-H Special Interest Club, led by two 4-H youth. Classes will be held once a week and offered to Henrico citizens and outside residents. Participants will attend classes virtually through zoom. VCE has volunteer access available for Henrico 4-H use to avoid the time limit associated with the free zoom account. The maximum number of

participants is 300. Our target participation for each online class is fifty participants. The 4 Art 2 Heart classes will be recorded and posted on the Henrico 4-H YouTube channel and the 4 Art 2 Heart YouTube Channel for anyone to access and enjoy at their leisure.


Due to the on-going COVID-19 pandemic, precautions will be taken for both the 4 Art 2 Heart classes as well as the Stress Relief Art Nooks. Clorox wipes and hand sanitizers will be made available inside the nooks. The participants will be advised to wipe down all the supplies they are using both before and after they use the art supplies. Participants will be asked to come back at a later time if they are feeling unwell or experiencing COVID-19 symptoms. All the free art classes will be held through Zoom.

Henrico 4-H will promote this project through general media services as well as social media such as Facebook, Instagram, Henrico Citizen and Henrico 4-H Newsletter, and the official 4-H website. Additionally, information about 4 Art 2 Heart classes will be advertised through the Stress Relief Art Nooks, social media and public notification sites. Henrico 4-H will help with setting up Stress Relief Art Nooks at local parks.

Sustainability:

After the Davis Project for Peace funding is depleted, the project will continue through donations from the community and participants. Henrico 4-H will apply for grants on behalf of this project. In partnership with Henrico County Public Libraries, this project will expand to Stress Relief Art Nooks available inside various libraries. The Stress Relief Art Nooks are not initially being offered in libraries as many libraries remain closed to in-person users due to COVID-19 restrictions. The Stress Relief Art Nook supplies will be available for check-out. Additionally, the goal is to set-up Stress Relief Art Nooks in nearby counties.

Reducing Stress and Conflicts through Stress Relief Art Nooks and Art Classes - Davis Project for Peace Budget Sheet:

	Serial Number	Category	Description	Number of Pieces	Estimated Cost (\$)
Art Nooks	1	Art Supplies	Sketchpads 2 pack: 100 sheets each	8	120
			Stencils - 100 per pack	3	42
			Crayons 36 Pack: 24 count per pack	1	45
			Color Pencils 24 Pack: 12 colors per pack	1	41
			25 Dual Tip Markers	24	240
			Watercolors: 12 Pack	2	20
			Erasers: 54 count	1	15
			Plastic Stencil Rulers: 36 count	1	9
			Sharpeners: 72 pack	1	9
			Clipboards: 32 Pack	1	33
			Kid's Scissors: 12 count	2	18
			#2 HB Pencils: 150 count	1	13
			Art Hutches/Pole Toppers/Poles 	12	5,430
			Plastic Organizer Bins: 12 count	2	36
	2	Cleaning Supplies	Hand Sanitizer: 12 Pack	3	84
			Antibacterial wipes: 12 Pack	3	79
	3	Installment/Labor Fee	Worker Fees		1000
	4	Security for Nooks	TSA 3 Code Security Lock	14	53
	5	Advertising Expenses	Flyer, poster, and other printing fees; Image bank fees for images for initial flyers and posters, launching fees, any additional advertising and promotion costs.		500
4 Art 2 Heart Free Art Classes	6	Art Supplies	Art supplies such as oil pastels, acrylic paints, color pencils, and markers.	2 packs of each	85
	7	Canvas	Canvases for advanced art projects we will make in class.	20 canvases for the classes.	40
	8	Sketchbooks	Sketchbooks for our classes and the artwork we make.	4 sketchbooks	30
	9	Paintbrushes	Set of paintbrushes for our classes.	2 packs	30
	10	Traveling	Driving to the stores/parks/assembly room to assemble the nooks. This includes any uber fees and gas/petrol fees as well.		200
	11	Contingency	Money to replenish and replace any resources. Every effort will be made to find the best prices for the products best suited to our need.		1828
		Grand Total			10,000