

McManus Counseling

Mental Health

Art Contest

Draw Paint Sculpt Create Sketch

The Mind-Body Connection: Better Physical Health, Better Mental Health

Physical and mental health are much more connected than many people realize. The mind-body connection is real. This means that taking care of your physical health can help improve your mental health. Making simple changes to lifestyle habits — such as physical activity, diet, and sleep — can go a long way toward boosting how you feel inside and out.

McManus Counseling is looking for ART! Specifically, we want to see your interpretation of the relationship between our physical and mental health.

Art can inspire, teach, support, communicate, calm, energize, soothe, unite and so much more! There are not a lot of rules. Our vision is to have people really dive into the theme and see what they come up with. There will be a cash prize in each of two categories. 12 and under and 13 and over. The plan is to share your artwork on our webpage, our Facebook page and in our office creating an environment where you and your artwork can make a difference.

We are asking that you share your artwork, including a description of your piece and how it represents the connection between physical and mental health.

Submit either in-person or digitally.

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Winners to receive \$50 Visa gift card.

<https://www.stormontvail.org/common-health-conditions/the-impact-of-mental-health-disorders-on-our-community/the-mind-body-connection-better-physical-health-better-mental-health/>