



**GLOBAL
BRAIN HEALTH
INSTITUTE**

Atlantic Fellows

FOR EQUITY
IN BRAIN HEALTH

Making creative brain waves: How arts & creativity are a powerful prescription for brain health

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Chuck Feeney



The Global Brain Health Institute

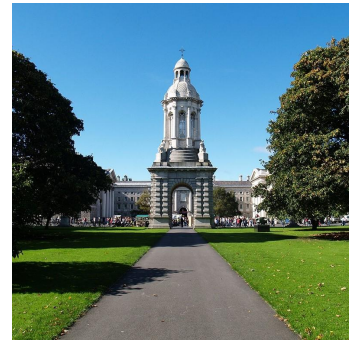
Founded in 2015 through funding from the Atlantic Philanthropies

2 Founding sites UCSF & TCD

Focus on brain health & dementia prevention

Transdisciplinary leadership training program

Life-long fellowship





What is Brain Health?

Not simply the absence of disease

Getting the most out of your brain

Reducing risks

Protecting

Building reserve



Mind your brain...

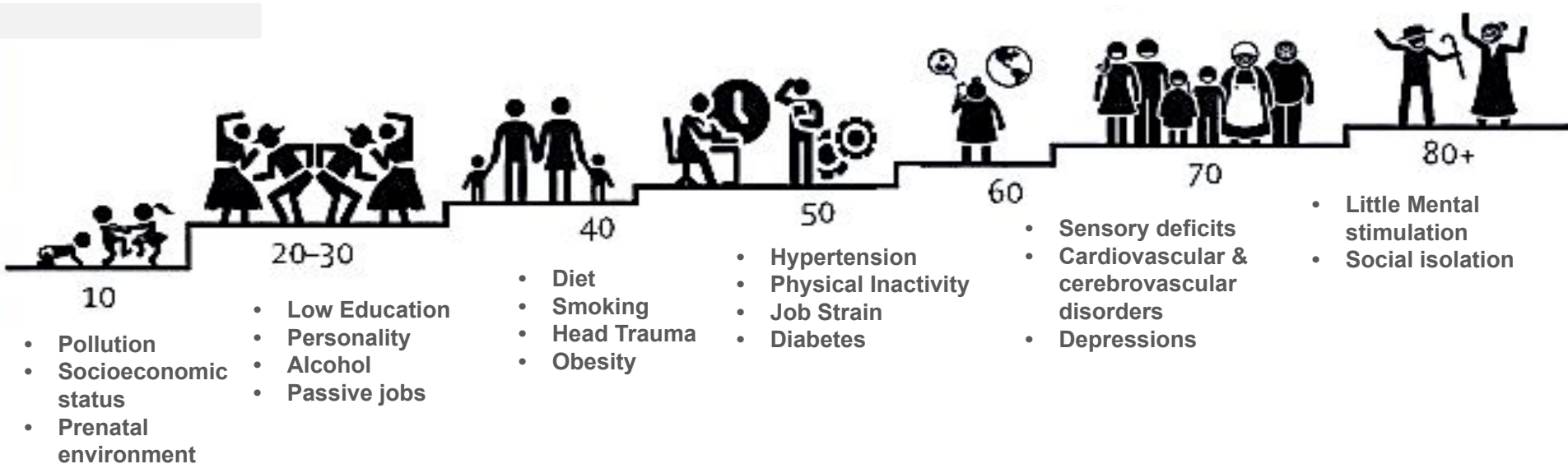
Our most important asset

Brain plasticity

**Risk & protective factors over the
lifespan**

Advantages of brain health

Modifiable risk factors for Brain Health across the life span



GBHI embraces arts & creativity for brain health



Creative Brainwaves

Arts & creativity offers hope

Arts and creativity can be for everyone

Promotes equity and inclusion

Change narrative: capacity not incapacity

Improve health care environment



The importance of hope

**Hope is all about imagining
and reaching for a better future
for ourselves**

Hope in two parts: Thinking & feeling

Thinking: agency action, pathways

Feeling: care, trust, relationship

Hope in times of uncertainty

Hope works for the brain and in the brain

Why hope?



Your brain performs better on hope!



You are more likely to make positive decisions regarding your health, such as adhering to medication and adopting healthier lifestyles



Hope dampens the anxiety circuits in the brain, and when you feel less anxious, your brain function improves



If you feel hope you tend to look for information and opportunities that helps resolve problems and conflict

Arts and creativity can be a powerful pathway to hope and a safe prescription to improve brain health in both people living with dementia and those at risk of developing dementia




Arts, music & creativity: how does it work for brain health?

Evidence for arts, music & creativity for brain health

Making music, writing, dancing and crafts can enhance a person's mood and mental health



Art interventions can help people with dementia, post-traumatic stress disorder, anxiety, depression leading to better physical, mental, and emotional wellbeing

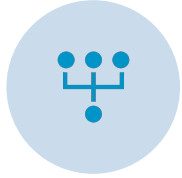


In Parkinson's disease, a pre-post observational study with art therapy has been shown to improve cognitive, motor and visuospatial functioning



Over the longer term, engagement with the arts and culture has been associated with a decreased risk of developing dementia, most likely related to increased cognitive reserve

The power of arts, music & creativity



ACTIVITY &
AGENCY



DECREASE
ANXIETY



PROVIDE
MEANING



HELP PROCESS
EMOTIONS



CONNECTION &
INCLUSION



IMPROVES THE
WELLBEING OF
CAREGIVERS



AWARENESS



FOSTERS
EMPATHY

Music gives you a full brain work out
It increases blood flow, dopamine
release, serotonin levels, lowers stress
hormones & your BP!



Mounting evidence for the benefit of listening to music, playing a musical instrument, and singing, for your brain health

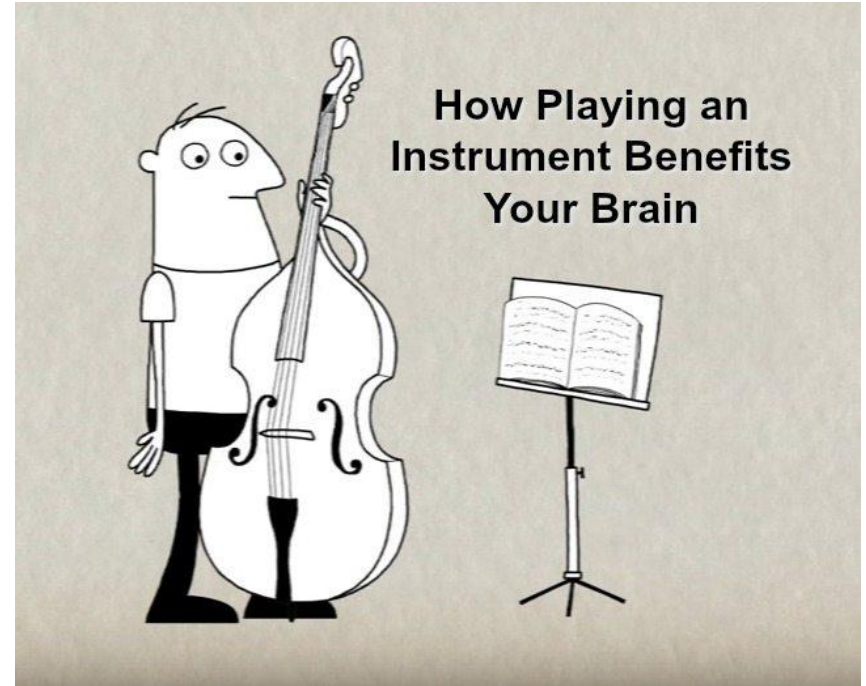
Inside the musician's brain: playing an instrument

Builds more connections

Rewards the brain

Improves overall brain health

Some cognitive abilities gets better



Arts and creativity can build brain health and wellbeing and help turn the fear and stigma of dementia inside out