



Creative Arts and Hobbies Resources

July 2023

1. US Pain Foundation: [How Expressive Writing Helped me Confront my Pain](#)
2. Kaiser Permanente: [4 Ways Hobbies Can Boost your Health](#)
3. Travel+Leisure: [12 Museums From Around the World You Can Visit Virtually](#)
4. University of Washington: [Art for Self-care and Mental Health](#)
5. Wellness TODAY -YouTube video: [Health Benefits of Fun and Play...](#)
6. NPR.org Podcast and transcript: [You Need a Hobby. Here's Where to Find One](#)
7. PainScale: [13 Simple Hobbies for Individuals with Chronic Pain](#)
8. National Institute of Health (NIH): [Participating in Activities...As You Age](#)
9. YouTube video: [Hobbies Are Important](#)
10. Pathways: [What is Music Therapy and Can It Treat Chronic Pain?](#)
11. WebMD - [Could Looking at a Painting Improve Your Pain?](#)
12. U.S. Pain Foundation YouTube - [Art Therapy: Giving Chronic Pain a Voice Through Creative Expression](#)
13. U.S. Dept. of Veterans' Affairs - [Virtual Reality Meets Creative Arts Therapy](#)