

Using expressive art in the form of mandalas to reduce teachers' stress at Taconic Hills CSD, Craryville, NY

Ali Conway

Taconic Hills High School, Craryville, NY

Teachers experience large amounts of stress daily. Expressive art is commonly used to cope with illness, traumatic experiences, or the stress of daily life. This study asked teachers' at Taconic Hills High School to complete expressive art, in the form of mandalas, to see if it would reduce their stress. Art kits and stress surveys were delivered to the teachers. They were asked to complete a pre and post stress questionnaire and to color in a mandala for 5-10 minutes each time they participated. They were asked to participate 2-3 times per week, but could do as little or as much as they were able to. Expressive art caused an average decrease in stress of 4.01 points ($p < 0.0001$). 87% of the expressive art entrees had a decrease in stress scores. Teachers didn't need to complete extensive amounts of time to achieve this stress decrease. This is important due to the fact that teachers have a very stressful job. Teachers have very limited time in their day to relieve this stress leading to a decrease in their overall health and wellness. Expressive art is a tool for teachers to use to decrease their stress. Not only can this lead to the benefit of the teachers, but also to the students and the school.

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1. As a part of this research project, the student directly handled, manipulated, or interacted with (check all that apply):
 - human participants potentially hazardous biological agents
 - vertebrate animals microorganisms rDNA tissue

2. This abstract describes only procedures performed by me/us, reflects my/our own independent research, and represents one year's work only.
 - yes no

3. I/We worked or used equipment in a regulated research institution or industrial setting.
 - yes no

4. This project is a continuation of previous research.
 - yes no

5. My display board includes non-published photographs/visual depictions of humans (other than myself)
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6. I/We hereby certify that the abstract and responses to the above statements are correct and properly reflect my/our own work.
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