

Art

By Monika Popaj

Art.

It's all around us.

Have you ever felt sad?

Angry? Anxious? Excited?

Or any other emotion?

What am I saying, of course you have! Did you know that you can express those feelings through art?

And by “art”, I mean drawing, painting, music, fashion, dance, etc.! And you can make more of the art by expressing your feelings emotions, and yourself! I, personally, think that you can express yourself, your feelings and your emotions through art!





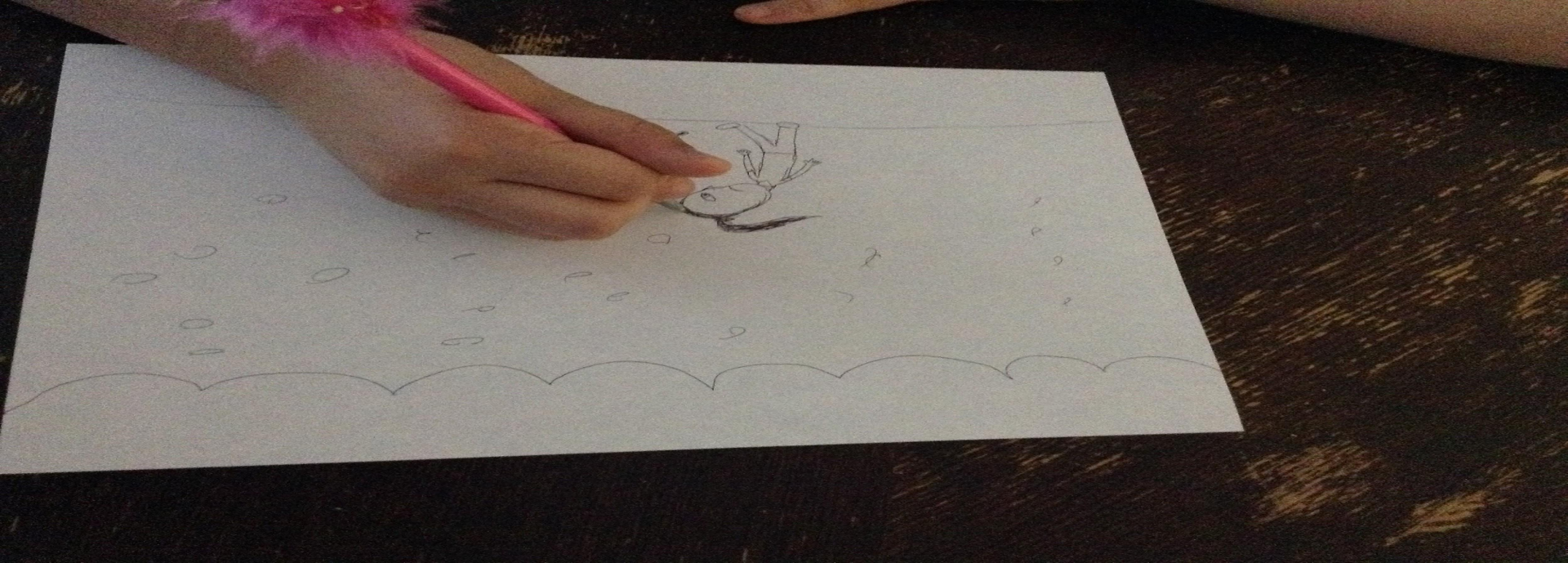
My sister, Kika, playing her clarinet

One way you can express yourself is through music. Yes, music. In an article called *Music Is What Feelings Sound Like* by Courtney Warren it says, “In these tough life moments, music can be a constructive way to express who you are and what you are feeling. If you are feeling particularly sad about a reality in your life, listen to a song that connects to that emotion.” In the same exact article by Courtney Warren, it says, “If you are anxious, turn up the volume in your living room and dance around. If you are angry, grab a pillow and hit it as hard as you can while listening to your favorite lyrics.” These basically say that when you’re feeling a strong emotion, you can make the music connect to that emotion and you’ll feel better.

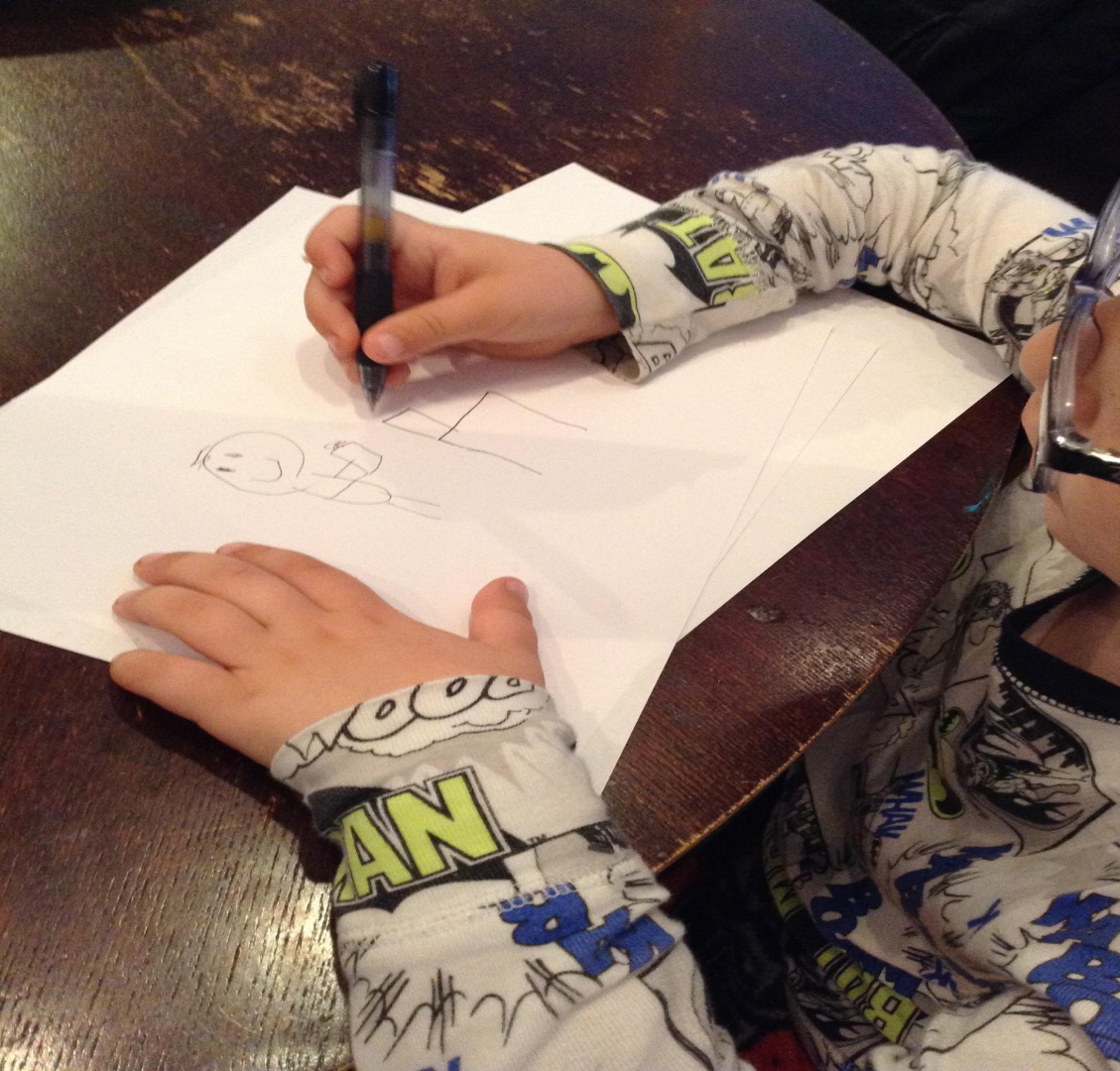
And, in an article called *Why You Should Express Yourself Through Music* by Theresa Ho, it says, “And in the exchange your music syncs up with others and the eternal world. It can evoke certain emotions and sentiments, and realizations you have about life and vice versa, transforming your energy. This is the power of music, it has a magical way of connecting us to our inner self and others.” You see, these are some examples why you can express yourself through music!



My brother, Augie, playing his saxophone



Secondly, you can express yourself through sketching/ painting. First, in an article called *Expressing Emotions Through Drawing*, it says that you should “Draw a picture of how you feel. You can draw yourself with an expression. Or you can draw something that makes you feel that way. Or you can draw anything that expresses your feelings.”



In an interview with Diana Nikic, a Creative Art Therapist, she said, “I think art is very useful in expressing one’s feelings because sometimes words can be limiting, and with art, there are no boundaries and no rules! It’s a truly unique way for someone to express themselves visually without having to use words or explanation. Often times when we make art, it makes the artist feel better because they’ve transformed their feelings into something creative.” So if you ever have second thoughts about expressing yourself through music, read this and think again!

And finally, you can express yourself through dance. Yes. Hip-hop, ballet, tap, jazz, contemporary, that dance. One time when I was going to Funky Jazz, a lunch club I was in, I was upset about something. Then when we learned the dance, it was very calming and relaxing, so, I felt better after dancing. According to *Expressing Your Feelings Through Dance* by Impressions Agency, “Body language can be exaggerated and abstracted in dance to project an infinite number of feelings, subtle moods, and emotions.”

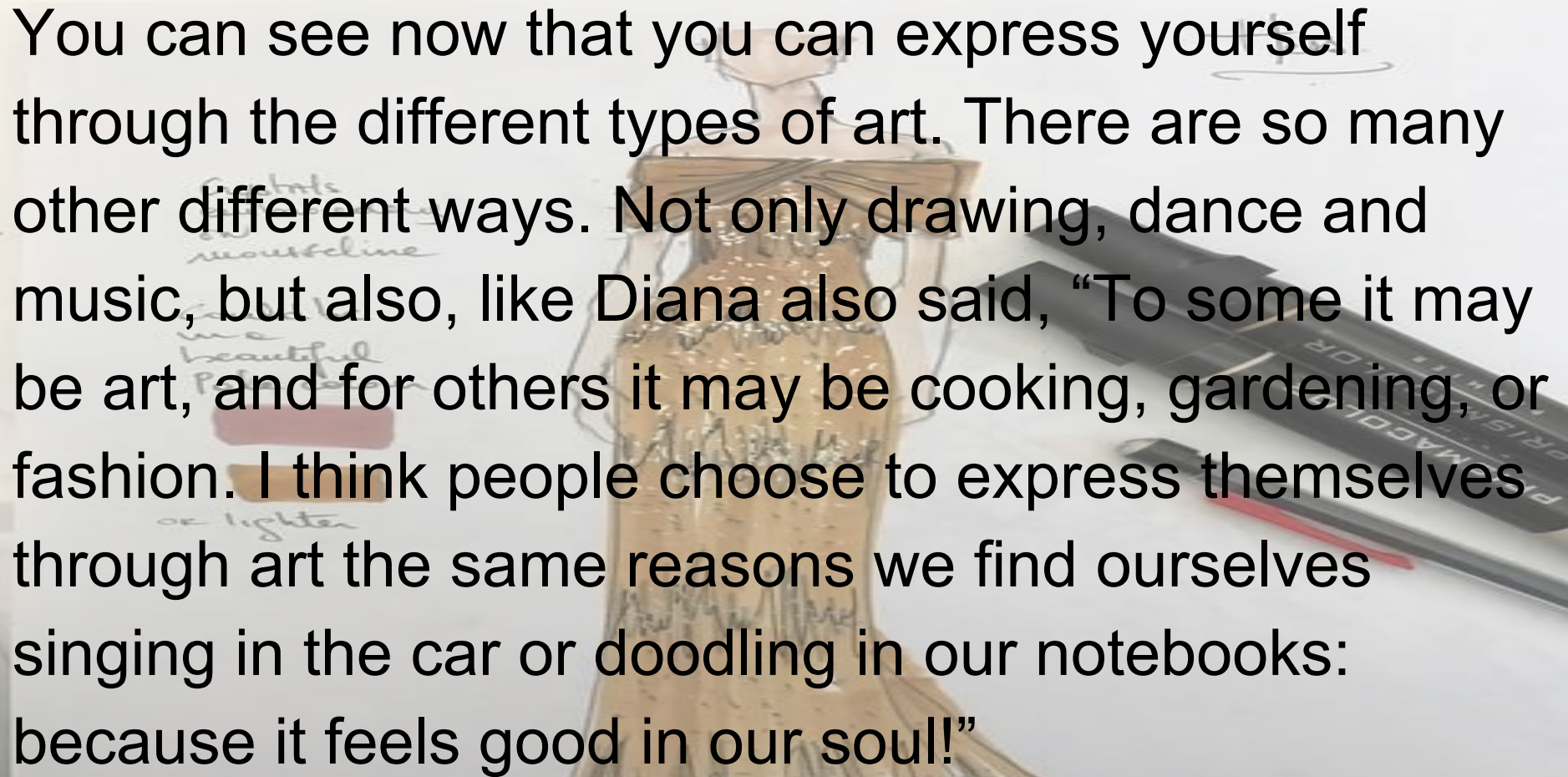


My dance teacher, Angelina, teaching a new dance to the older group.

Two
Albanian
dancers,
Roseanna
and Sebi,
dancing
Albanian at
a concert/
festival



Also, when I dance in *Rozafati*, an Albanian dance class I go to, one time I was upset that I had to go to dance instead of my friend's birthday party. When I started dancing, I let my emotions out and after about 3-4 rounds of dancing, I felt SO much better. You see? When you let your emotions out through dance, you feel a LOT better!



You can see now that you can express yourself through the different types of art. There are so many other different ways. Not only drawing, dance and music, but also, like Diana also said, “To some it may be art, and for others it may be cooking, gardening, or fashion. I think people choose to express themselves through art the same reasons we find ourselves singing in the car or doodling in our notebooks: because it feels good in our soul!”