**Art’s Role in a Time of Crisis**

Art can play different roles in helping us through times of crisis. What role, if any, does art play in helping you through difficult times?

**Art as a Navigation Tool**

Art speaks a language we can all access, reducing barriers and helping us connect to a more universal human experience. Viewing and making art helps us process our emotions and experiences and offers much needed strength and comfort.

During the COVID-19 pandemic, people who might never describe themselves as creative have become amateur artists expressing themselves by drawing, dancing, cooking, etc. and then sharing videos of their endeavors.

**Art as a Restorative Agent**

Art provides solace and facilitates mental, physical, and spiritual health. Art facilitates emotional awareness, allowing us to communicate and manage complicated emotions. In times of uncertainty, art beckons us to live in the moment.

**Art as a Public Service**

Art helps to quickly communicate ideas through memorable and effective visuals.

In a crisis, art can be used as a directive tool to benefit our wellbeing and makes a statement about what a community values.

**Art as an Agent of Change**

In times of unrest and social injustice, art can be a call to action that has the power to bring people and ideas together.

Throughout history, when humanity is tested, artists have responded in powerful and persuasive ways.

As poet Toni Morrison says, “This is precisely the time when artists go to work. There is no time for despair, no place for self-pity, no need for silence, no room for fear. We speak, we write, we do language. That is how civilizations heal.”

By challenging the status quo and speaking their truth, artists show us that there are other ways to co-exist. They help us envision a better future.

**Art as a Common Cause**

Crises disrupt the status quo and offer the opportunity for us to reimagine the world in a better way.

The COVID-19 pandemic will likely change the way we view life and art forever.

However, years must pass before we truly gain perspective.

Until then, art will sustain our spirit as we move through these challenging times, and it will be there once we find our footing again.