

WHO je izdala publikacijo o vplivu kulture na duševno počutje z naslovom »[Arts and health: supporting the mental well-being of forcibly displaced people](#)« (Umetnost in zdravje: podpiranje duševnega počutja prisilno razseljenih ljudi)

WHO published a publication on the impact of culture on mental well-being entitled "[Arts and health: supporting the mental well-being of forcibly displaced people](#)"

English below



World Health Organization

Ko nimaš kaj početi, ko ni upanja na obzorju, izgubiš svoje ustvarjalne sposobnosti. Z gledališko skupino pa smo spet postali ustvarjalni. Nehali smo biti tako depresivni, saj smo razmišljali naprej do naslednjega srečanja in se pogovarjali o tem, kaj bomo ustvarili. Gledališče nam je dalo nekaj ur svobode. Spremenilo je naše duševno in fizično zdravje. (Noureldin Musa, prosilec za azil iz Darfurja, Sudan)

Ključne točke

Po ocenah je bilo leta 2021 po svetu prisilno razseljenih 84 milijonov ljudi. V prvi polovici leta 2022 je moralo samo zaradi vojne v Ukrajini domove zapustiti več kot 11,9 milijona ljudi.

Umetniške dejavnosti lahko igrajo vlogo pri psiholoških, vedenjskih in socialnih procesih, ki so povezani z izboljšanim duševnim blagostanjem, kot je ohranjanje osebne identitete, dediščine in izkušenj.

Ukvarjanje z umetniškimi dejavnostmi lahko pozitivno vpliva na prisilno razseljene osebe in njihovo gostiteljsko skupnost s spodbujanjem socialne vključenosti, socialne kohezije, družbene sprejetosti in pripadnosti.

Umetniško izražanje je pokazatelj in prispeva k živahnim, vzdržljivim in zdravim družbam. Zato vlaganje

v umetnost pomeni vlaganje v blaginjo in socialno kohezijo tako prisilno razseljenih ljudi kot njihovih gostiteljskih skupnosti.

When you don't have anything to do, when there's no hope on the horizon, you lose your creative abilities. But with the theatre group, we became creative again. We stopped being so depressed, because we would think ahead to the next meeting, and talk about what we would create. The theatre gave us a few hours of freedom. It changed our mental health and our physical health. (Noureldin Musa, Asylum seeker from Darfur, Sudan)

Key points

Globally, an estimated 84 million people were forcibly displaced in 2021. In the first half of 2022, more than 11.9 million people have had to leave their homes because of the war in Ukraine alone.

Arts activities can play a role in psychological, behavioural and social processes that are linked with improved mental well-being, such as supporting the preservation of personal identity, heritage and experience.

Engagement in arts activities can positively impact forcibly displaced people, as well as their host community, by promoting social inclusion, social cohesion, social acceptance and belonging.

Artistic expression is an indicator of and a contributor to vibrant, resilient and healthy societies. Therefore, investment in the arts means investment in the well-being and social cohesion of both forcibly displaced people and their host communities.”



Slovenska cesta 1, SI-1000 Ljubljana
+386 (0)1 242 0812
+386 (0)41 674 060
info@k-ramovs.si



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