As we all know, college can be very stressful for some students and many need a way to destress.

Incorporating art and music outlets on campus can be an easy way for students to ease their stress.

Having a room where art, such as painting or drawing and music are available to students would be a very relaxing and tranquil area for stressed students.

Effects on patients after art music therapy in 2018

All the students interviewed on the lawn, where an art gathering was held, said it made an improvement on their initial mood, and made them feel at peace, and comfortable on campus.