



Art and music

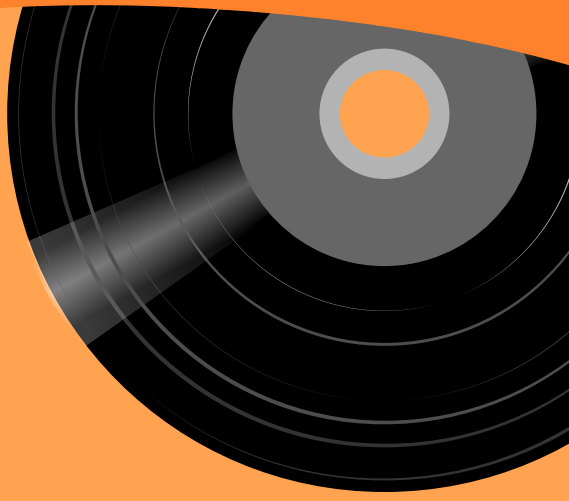
Music

Sharing playlists or finding an underground subgenre helps teenagers build a sense of identity and connect with a global community.



Art as Silent Voice

Art gives you a safe space to process complex emotions like frustration, confusion, or grief without needing to explain them out loud.



EMOTIONAL REGULATION

During the teenage years, the brain processes emotions intensely while the logic center is still developing. Art and music act as a healthy escape. Whether it is listening to a favorite playlist or sketching in a notebook, these creative outlets give teenagers a safe, quiet way to process stress, anxiety, and big feelings when words just aren't enough.



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