



Routledge International Handbook of Wellbeing Arts

Arts and everyday aesthetics as positive
psychology interventions

Edited by Andrea Giraldez-Hayes, Mandy Seligman
and Jolanta Burke

ROUTLEDGE INTERNATIONAL HANDBOOK OF WELLBEING ARTS

The *Routledge International Handbook of Wellbeing Arts* focuses on the research and practice of arts and everyday aesthetics through the lens of positive psychology. Drawing together international experts and interdisciplinary perspectives, including culture, psychology, education, sociology, health, social work, or neuroscience, this ground-breaking book introduces a new concept of Wellbeing Arts, offering fresh insights and practical strategies for using creative expression to enhance wellbeing.

Through an exploration of cutting-edge science, this volume explores how engaging with the arts and everyday aesthetics can cultivate strengths, foster positive emotions, promote meaningful relationships, facilitate engagement and achievement, help individuals to find meaning and purpose, and act as a transformative force for. The first section provides the foundation for wellbeing arts and the integration of arts, everyday aesthetics, and positive psychology. The second section demystifies the idea that the arts are reserved for an elite and makes the case that the arts are for everyone. Section 3 presents a series of possibilities for integrating arts, everyday aesthetics, and positive psychology using various art forms and descriptions of successful programmes in different contexts. Finally, section 4 presents a series of chapters describing arts and wellbeing policies and projects.

This is essential reading for academics and practitioners in positive psychology, arts and culture, health and mental health, social work, and education, as well as anyone seeking to tap into the power of the arts for a more fulfilling life.

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‘Aesthetic experience is a central part of living and being happy – not just arts participation but everyday singing, listening, looking. So if you want to improve your wellbeing, read this fascinating and deeply thoughtful book.’

Richard Layard, *Co-director of the Community Wellbeing programme at the Centre for Economic Performance at the London School of Economics*

‘This book is an important contribution to the world of positive psychology as well as the art world, to teachers and to students, to scholars and to practitioners. Wellbeing art can not only elevate our spirits and bring us together, it can inspire us to action and heal our communities.’

Tal Ben-Shahar, *Founder of the Happiness Studies Academy*

‘From singing to cinema, the arts provide opportunities for entertainment and expression. But, do they impact wellbeing? The contributors to this volume provide a deep discussion of the science and theory behind artistic creation, broadly defined. This book provides the scientific evidence of what we all know to be true in our hearts.’

Dr. Robert Biswas-Diener, *author of Radical Listening*

‘When I first became introduced to the relatively new field of positive psychology, I was intrigued and excited, but also puzzled about the somewhat paradoxical absence of music and the arts as core underpinnings of the related evidence-base. I am absolutely delighted to see this new edited volume out as the definitive critical bridge between these worlds. This is a remarkable anthology of works, by world-leading experts in the numerous intersecting fields, skilfully edited by Andrea Giraldez-Hayes, Mandy Seligman and Jolanta Burke. I welcome this important contribution to our multidisciplinary field and wish to thank and congratulate all contributors for sharing their work. I am confident that this handbook will become essential reading for developing scholars and researchers.’

Prof. Evangelos Himonides, *Professor of Technology, Education, and Music, University College London*

‘This is an important addition to the bookshelf of anyone with an interest in the links between human creativity and human flourishing. The positive impact of artists, cultural organisations and creative activities on the lives of audiences, participants and visitors is well known to those of who work in the creative industries. This book shares that knowledge and understanding with a wider readership. Packed full of practical examples rooted in the discipline of positive psychology, this exciting new book highlights the science of how and why that engagement with creative professionals and artistic participation makes such a difference, enabling more of us to lead happier, healthier lives.’

Dr Darren Henley CBE, *Chief Executive, Arts Council England*

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ROUTLEDGE INTERNATIONAL HANDBOOK OF WELLBEING ARTS

Arts and Everyday Aesthetics as Positive Psychology Interventions

Edited by Andrea Giraldez-Hayes, Mandy Seligman, and Jolanta Burke

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Designed cover image: Mandy Seligman, The Red Dot.

First published 2026
by Routledge

4 Park Square, Milton Park, Abingdon, Oxon OX14 4RN

and by Routledge
605 Third Avenue, New York, NY 10158

Routledge is an imprint of the Taylor & Francis Group, an informa business

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British Library Cataloguing-in-Publication Data

A catalogue record for this book is available from the British Library

ISBN: 9781032637259 (hbk)

ISBN: 9781032637266 (pbk)

ISBN: 9781032637297 (ebk)

DOI: 10.4324/9781032637297

Typeset in Sabon
by codeMantra

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