**24.06.2024**

**Yeşim employees "Give Life a Break!" with art therapy**

**Yeşim Group organized an art therapy event titled "Give Life a Stretch!" at Yeşim Academy last week in order to ensure balance in business life and support the mental health of employees.**

Acting with the awareness that employees sometimes need to stop, breathe and nourish their souls in the hustle and bustle of daily life and intense work tempo, Yeşim Group recently organized a special event for its employees. Yeşim employees, who had the opportunity to meet the healing power of art, also discovered ways to express themselves better and cope with stress in the event, which took place at Yeşim Academy under the guidance of Specialist Psychologist and Art Therapists Nihan Dikme and Saliha Kaplan, and Art Trainer Ayşe Makar.

With art therapy, which not only supports mental and emotional health but also has the potential to improve quality of life by increasing creativity, participants had the chance to explore and express their inner world through different art forms such as painting, listening to music and dancing. This event not only provided employees with a pleasant break for themselves, but also contributed to their personal development.

Yeşim Group announced that it prioritizes the health and well-being of its employees and that similar events will continue in the future.