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Role of artists in crisis, healing

Art's power to nurture emotional resilience, collective renewal

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**OPINION
EXCLUSIVE**

Artists hold a unique power to shape public perception and emotional resilience through their creative visions. In times of crisis, be it war, natural disasters, pandemics, or other upheavals, they can help societies process trauma and navigate uncertainty. Through their work, artists offer not only emotional solace but also help foster psychological well-being, resilience, and communal engagement.

By connecting deeply with audiences and embedding relevant messages within their art, artists provide tools for interpreting pain and reducing the

impact of collective wounds. Art becomes a channel for expressing suppressed emotions, helping individuals find motivation, hope, and strength to endure challenging times.

Moreover, artists can play a crucial role in facilitating communication, raising awareness, and promoting constructive social messages—thereby contributing to the prevention, management, and healing of crisis-related harm.

While the contribution of artists cannot be boxed into rigid scientific categories, several key aspects help illuminate their role in cultural and crisis management:

Emotional expression and reflection

Art creates a safe space for emotional release. In the face

of crisis, artists give form to their inner responses through works that consciously draw from the subconscious. These expressions, across various artistic disciplines, allow for a meaningful portrayal of shared distress.

Raising awareness and dialogue

Art can spotlight the consequences of crisis, spark public discourse, and encourage collective action. Artists become facilitators of dialogue between different parts of society, nurturing empathy and informed engagement.

Strengthening social resilience

Art binds communities. By drawing on shared human experiences, artists cultivate a sense of belonging and sol-

idarity. This unity becomes a driving force in rebuilding the social fabric after disruption.

Joy, hope amid hardship

Amid adversity, art reintroduces beauty, imagination, and possibility. Its presence can uplift spirits, restore joy, and inject hope into fractured communities.

Lasting impact

Even after the immediate crisis subsides, artists can continue to play a restorative role. By promoting cultural growth and supporting the community's spiritual recovery, they leave a long-term imprint on the collective psyche.

Archiving

Artists serve as chroniclers of crisis. Through enduring works, they capture their lived

experiences and reflections, preserving lessons for future generations. Art's long arc of influence can also shift public consciousness, inspiring behavioural change that helps avert future crises.

Dialogue with policymakers

Artists can serve as intermediaries between society and decision-makers. Their creative approaches help convey public sentiment and grassroots insight to officials, aiding in the formulation of policies that are empathetic and grounded in real human need.

Universal language

Art transcends cultural and linguistic boundaries. It creates a shared language capable of bridging divides, fostering unity, and deepening cross-cultur-

al understanding in moments of global or regional tension.

Tangible, intangible support

Artists can mobilize material and emotional aid for crisis victims. By organizing concerts, exhibitions, theatre performances, film screenings, and educational initiatives, they generate financial resources while simultaneously raising awareness. These efforts help both to mend the damage and to keep public attention focused on ongoing needs.

In sum, artists emerge as vital narrators and healers in times of turmoil. Their work not only helps individuals and communities endure and recover but also shapes a more compassionate and resilient society long after the crisis has passed.