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***EFFORTS TO REDUCE ANXIETY LEVELS  
DISASTER RESIDENTIAL COMMUNITIES  
SOIL SLIDING METHOD  
ART THERAPY***

***SUMMARY***

***Background :*** Anxiety can be triggered by various kinds of events a person experiences, one of which is by the occurrence of landslides which can trigger anxiety. The number of landslides in Indonesia in 2010-2019 was 4,481 cases, in Central Java there were 4,669 cases, the number of these incidents can trigger anxiety. Anxiety can occur because of excessive worry, fear, and depression which can interfere with a person's daily life activities so that one way to reduce anxiety is needed, one of which is by means of art therapy. Art therapy is carried out as an effort to reduce anxiety, such as drawing that can be done by anyone, which is intended as a means of transferring uncomfortable feelings and those that cannot be expressed by verbal communication or words can be expressed through a picture work. The media used is the poster media. ***Objective :*** To provide knowledge and insight to the public and readers related to art therapy. ***Method :*** With the media poster, "The Right Tricks to Reduce Anxiety with Art Therapy". ***Conclusion :*** The poster is the right trick to reduce anxiety with art therapy. It is hoped that it can be useful for various parties, both the public and readers as a medium of knowledge information to reduce anxiety levels, and it is hoped that art therapy can be applied to reduce anxiety independently.

***Keywords: Art Therapy, Anxiety, Landslides.***