



Creative Palette
Feb
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Hello Everyone,

The holidays are over and winter is in full swing. We all need to figure out what we are going to do next. Shows aren't as plentiful now so this is a great time to stock up for the fall & holiday shows. The only problem is motivation

Sometimes creativity can get lost in the New England winter doldrum grey days of snow and sleet with below zero wind chills, no sun, re-shoveling the driveway the plow just filled in. Did I mention the non-ending grey days?

Trying to stay happy and motivated in this weather can be difficult. I am a Rhode Island girl born and raised & I love the shores from Warwick to Newport & everywhere else. Being out on the beach motivates & inspires my creativity. During the winter months I just watch the water from the tv weather forecasts from my couch with a blanket on me. Not very motivating or inspiring.

I found a few ways to help with creativity until we can get back to the warm weather.

**Don't forget your sunblock this Summer
Lora**

Schedule short focused work periods

Seek information from others

In your creative practice you have the benefit of other people around you who you can bounce ideas off of to help you stay motivated. Even if your art practice is independent, getting new opinions on your project can be helpful in finding motivation. Talking through a creative block can be good.

Work on that half finished project. Decide on the amount of time and you can put it away when the time is over. You'll see after a while finding motivation for your project will come more naturally. Focusing on the process of sitting with your task, rather than on the desired outcome of finishing it quickly, feels better. This is why "trust the process " is such an often repeated motivation tip for creators.

Schedule your art/craft

If you have flexibility in your schedule try working on your creative practice at different times of the day or night to see which is best for your motivation. All of these times do not have to be scheduled for specific projects-you need to leave time for free artistic play. We learn through play. It helps keep us motivated.

Acknowledge how much you have accomplished

Challenge yourself

Look at your old portfolios, website, Facebook posts, scrap books and photo albums. Have you received any awards or certificates? Gotten into juried shows? Be proud of what you've done and how far you've come from when you started. You can see how much better your work has gotten from when you first started. It's okay to be proud. Keep going!

Try something new. Some project that you have never done before but always wanted to do. You don't have to invest a lot of money, you can find another artisan that already does this and art/craft and see if you can partner with them. You can also probably find a ton of YouTube videos on the subject to watch for information. Trying something new even if it scares us a little is good for our brains, it's exciting and releases endorphins.



This last one your going to think I'm crazy but it really, really works when you're feeling sad.

****Just blast your favorite tunes and DANCE!!****

I'm an 80's Pop girl so Madonna & Prince for me. Close the drapes & dance like no one is watching (no one but my dogs & they aren't talking) It has been proven that dance lets you feel free and lifts your mood to alleviate anxiety and depression by releasing the happy hormone dopamine.