

25 WAYS TO GET OUT OF

A Creative Rut

1. Clean and tidy up your work area. Clutter clouds the creative mind, and a clean work area is like a new slate. (*Caramelaw, aka Sheena Aw, Autumn 2019 Issue*)
2. Go back through the archives. Instead of pressuring yourself to create something new, revisit past work that made you feel truly alive. Remember how you came up with it, remember the joy you felt in creating it, and allow yourself to feel that progress. (*Laura Niblack, Autumn 2019 Issue*)
3. Give yourself a pep talk and just start. (*Lindsay Campbell, Summer 2019 Issue*)
4. Rotate between three different projects to keep a fresh perspective. (*Flora Bowley, Winter 2020 Issue*)
5. Slow down. Pay attention to the beauty in everything. Inspiration can be found in the tiniest details. (*Carmen Larsen, Winter 2020 Issue*)
6. Help other artist friends in their studios. (*Charmaine Vegas, Autumn 2018 Issue*)
7. Going to exhibitions to see artists' work up close is always so much better than seeing it on a screen or smartphone. (*Flora Jamieson, Spring 2019 Issue*)
8. Play with a different medium, like painting, clay, or embroidery. (*Lindsay Campbell, Summer 2019 Issue*)
9. Being outdoors surrounded by nature is great for problem solving. (*Flora Jamieson, Spring 2019 Issue*)
10. Immerse yourself in that which inspires or has inspired you. It could be an art book, a visit to a museum, a documentary, or a hike in the woods. Let yourself soak up the inspiration without any expectations — simply enjoy it! In time, it will naturally inform your process and your artwork. (*Laura Niblack, Autumn 2019 Issue*)
11. Rearrange your collections. Nothing beats playing with what you love most! (*Caramelaw, aka Sheena Aw, Autumn 2019 Issue*)
12. Create in silence once in a while, eliminating external influences. See what surfaces from the calm and quiet within. (*Carmen Larsen, Winter 2020 Issue*)

13. Go out with friends and have fun, which is so important for the solo artist.
(Charmaine Vegas, Autumn 2018 Issue)
14. Use untraditional painting tools like veggies, utensils, and materials found in nature.
(Flora Bowley, Winter 2020 Issue)
15. Call a friend. *(Lindsay Campbell, Summer 2019 Issue)*
16. Take photos of nature, capturing shapes, colors, and textures to use in your art.
(Corinne Haig, Spring 2019 Issue)
17. Just make something ... even if you don't want to. This can be difficult when you're feeling creatively empty, but it is crucial to regaining your rhythm. Discipline yourself to create a piece from start to finish; something simple, or a classic piece you've crafted countless times before. Then do it again. Muscle memory will help connect you back to your inspiration, and from there creativity inevitably will spark and the ideas will begin to flow. *(Laura Niblack, Autumn 2019 Issue)*
18. Drink tea and eat a snack. Teatime means break time!
(Caramelaw, aka Sheena Aw, Autumn 2019 Issue)
19. Visit other artists' social media accounts and follow their likes to find new sources of inspiration. *(Deborah Humphries, Summer 2019 Issue)*
20. Taking breaks is vital. You will feel better, have more clarity, and be more productive after even a short break. If there is coffee and a cat stroke involved, even better.
(Flora Jamieson, Spring 2019 Issue)
21. Don't be too precious with your work; there is beauty and freedom in the mess.
(Carmen Larsen, Winter 2020 Issue)
22. Browse boutiques and malls to study trends for inspiration.
(Corinne Haig, Spring 2019 Issue)
23. Turn your painting in all four directions to see what new shapes emerge.
(Flora Bowley, Winter 2020 Issue)
24. Look at your own work for inspiration. You may not have worked through an idea all the way the first time, or perhaps you've grown since creating a piece and now want to expand on it. Knowing where you've been can direct where you'll go.
(Deborah Humphries, Summer 2019 Issue)
25. Embrace the unknown and let go of the need to control the outcome.
(Carmen Larsen, Winter 2020 Issue)