

SavvyPainter

Ten Tips to Beat Artist's Block

10 ways to get the creative juices flowing
when you're not feeling it.

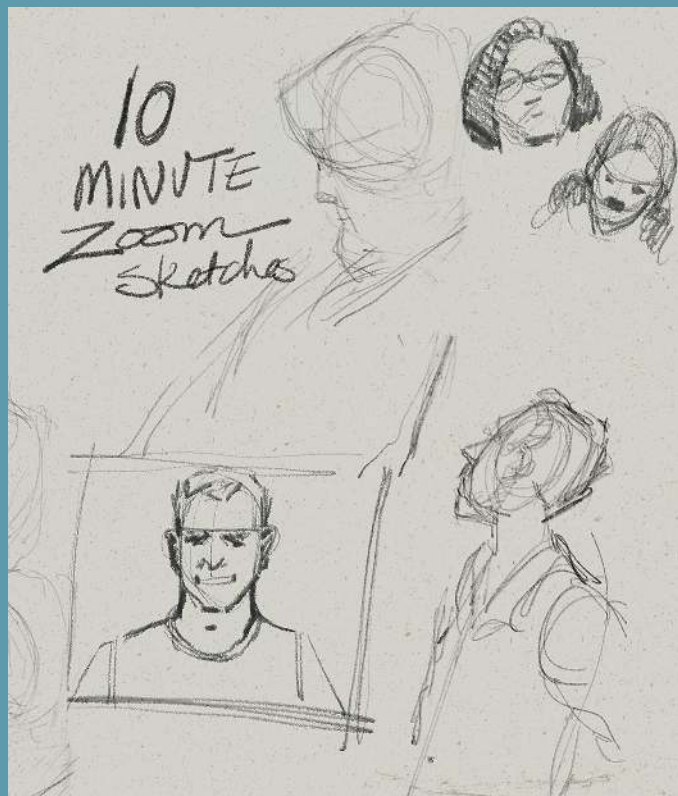


Journal, Journal, Journal

Sometimes it helps to just get it all out.

When I'm stuck, I take a tip from [Julia Cameron](#) and write out three pages of whatever is in my head. Writing clarifies my thoughts and stops the squirrels from running rampant in my head. It is often just verbal vomit (eeew!) and rarely makes much sense but getting it out of my head and on to paper means I don't have to think about it anymore!

Its a simple process but unbelievably helpful!



10 minute sketch

Draw for ten minutes, then put the pen down. You're done.

Just moving my pen over paper and drawing whatever is in front of me (puppies!) is a huge stress reliever.

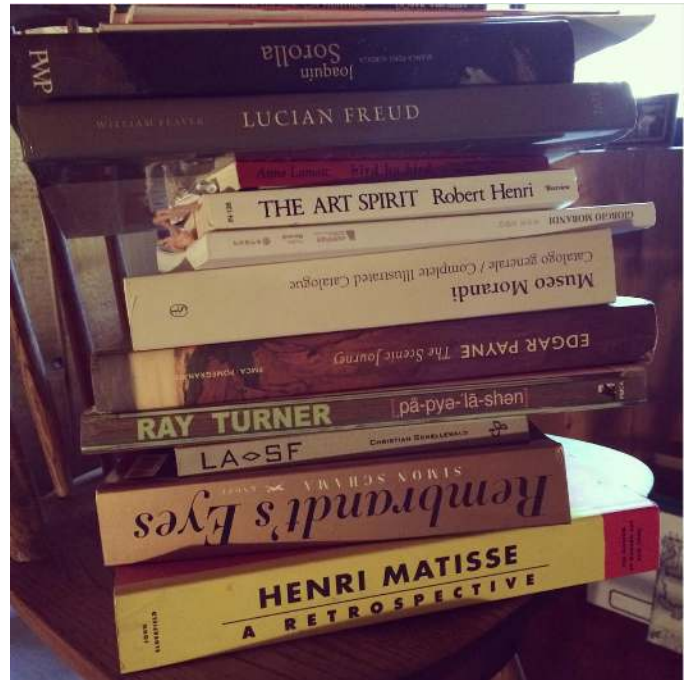
I have sketchbooks that are mine and mine alone. No one will ever see them. It's a contract with myself that relieves any pressure of "is this any good?" It's like a messy drawer.

Flip through an art book

An **actual book**, not your phone!

Idly flipping through an art book is its own kind of relaxation, and I'm all for it! It's rarely a waste of time.

But if you want to take it up a notch, flip through and only look at edges. Or cut a small square from a piece of paper. Place the paper on the image and slide it around the image. Look for passages of abstraction. There's probably more than you think!



Blind Contour Drawing

These are soooo fun. And they make me laugh so it's a double stress relief. Self portraits are always fun to play with. Animals and small children are extra challenging because they rarely sit still. These sketches turn into beautiful abstractions.



Set some boundaries (1 day no news)

**It's hard to turn it off sometimes but
commit to a day without any news.**

Want an even bigger relief? Go
completely screenless - no internet, no TV,
no Netflix.

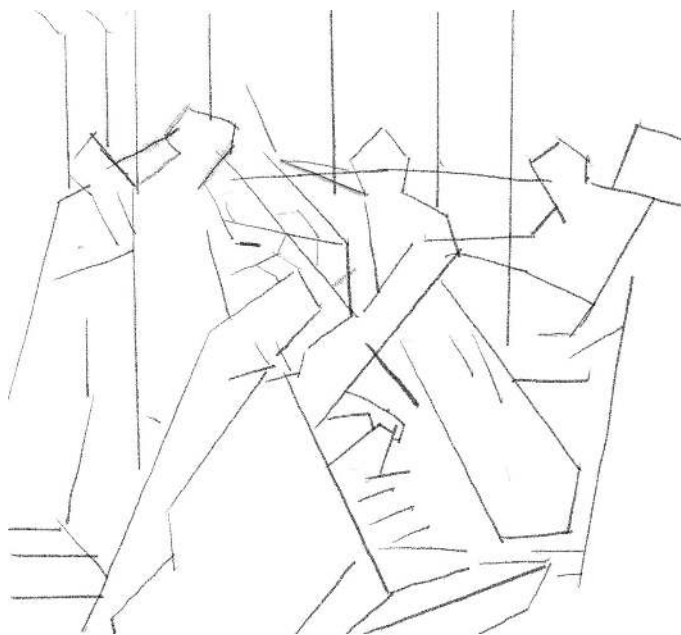


Grab 3 random colors and start mixing

You won't waste paint! Close your eyes, grab 3 tubes of paint and start mixing! Let's say you randomly grab an ochre, Indian yellow, and Turquoise. Sounds like a funky color palette doesn't it? Start with a pure ochre on one side and pure indian yellow on the other. Mix an even 5 or 7 step gradation between the two. Then do it again with Turquoise and ochre and a third time with Indian Yellow and Turquoise. By choosing three random colors, you'll discover colors you never would have thought of before!

Ruler Drawings

This one is a quick and easy way to learn about composition by abstracting master paintings into purely straight lines. Grab a copy of your favorite master painting, a sheet of tracing paper and a ruler. Lay the tracing paper over the image and using your ruler, draw the major angles. Look for the obvious lines, but also notice how repetitive angles push your eye to certain locations.



Switch it up!

Try a method or a genre you don't usually play with. If you're normally a representational painter, try abstract collage. Use one of your own paintings and recreate it in an entirely different medium!

Draw a self portrait with your non dominant hand

It might be frustrating at first but if you relax into the drawing, you will find some happy accidents. This is a great exercise if you want to release perfectionist tendencies! Bonus points if you do a full painting with your non dominant hand :)



Single hue paintings

Pick a color and make a painting using only that hue.

Time to paint!

Now that you've read through these options, pick one (or more!) and get painting!

The goal is to get yourself out of your creative rut and *just start somewhere*.

Looking for a community of artists to help you stay motivated and in a routine? Sign up to join our email newsletter for guidance on routine, progressing in your studio skills, podcast interview extras, and tons of additional resources and content you won't find anywhere else!

SIGN UP HERE!

