Finding Your Chill

How to de-stress through art
**Step One**

Gather Materials

- **Paper**
  Scrap paper, computer paper, watercolor paper, journal, class notes—whatever you like.

- **Writing Utensils**
  Pencil, ballpoint pen, art pen (Micron/copic), colored pencil, marker, or... whatever you like!

- **Optional**
  Colored pencils, paints (kids watercolor set, acrylics), stuff to trace (like using guitar picks and cups), ruler or other straight edge.

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**Step Two**

Find a spot

Pick a spot that you love! A place where you feel comfortable and relaxed.

- Pick your favorite room.
  I like sitting at the kitchen table because it’s so nice to look out of the window!

- Go to a coffee shop.
  Get yourself a yummy drink, enjoy the tunes and relax.

- Go outside!
  I can’t tell you how many creeks I’ve painted by, or how many trees I’ve drawn under. Even if you’re at a coffee shop or something, sit on the patio and soak up the vitamin B4.

**Pro-tip:** If you are socially awkward (like me) and you want to socialize—go draw at a bar. Nice people will inevitably strike up a conversation!
GET IN THE ZONE

When I'm drawing to de-stress, I treat myself to something that helps me focus or be more creative!

This is the best part! You can draw however you want, but I'll tell you what I do if you don't have any ideas. When I'm feeling particularly stressed, I just draw the first thing that comes to mind. I draw simple shapes and repeat patterns. Not only does it look nice, you don't have to think about it. Just go with the flow. It's important not to beat yourself up over "mistakes." It's fun to make mistakes a part of the art anyway. Plus, if you do something detailed - they will be hardly noticeable. Obviously, you don't just have to draw simple shapes and patterns. Sometimes I just smush stuff together-like an insect head and a woman's body. The most important thing is just to relax! Don't get caught up comparing your art to anyone else's. Don't worry about mistakes. Don't worry about anything. This is your time - enjoy it. You can come back later and treat your drawing like a page from a coloring book too. I hope you enjoyed these drawings...and I really hope you enjoy finding your chill! Happy drawing!