

6 Tips to Sustain Balance in Artistic Life

Know your values

Values are what makes life worth living. When we are living in accordance with our values, life appears more meaningful. If we are not living by our values, we can burn out easily. There's nothing of enrichment to sustain us. Make decisions based on your values.

Cross country hike versus a short sprint?

It is often said that we underestimate how much we can achieve in a year, and over estimate how much we can achieve in a day. When we are working on a long-term vision, we need to pace ourselves. This means making time for what inspires us and what relaxes us. When we work on a short deadline or a fast-paced short project, we need tools to kick us into action. The mindset and techniques we use for this approach are unsustainable longer term. Know whether you are working on a cross country hike versus a short sprint and apply the correct pressure: use different techniques to work on your project.

Sphere of Influence

The Sphere of Influence is a great tool to get clear on what we can control and what we can't. Often – particularly when faced with rejection – we gather up the world and its stakeholders and somehow think it's all down to us. We can burn out under the enormity of what we think we can control. We need to let go of this and get on instead with building our sphere of influence.

Seek out nourishment; diminish the drainers

When we are up against it, it's easy to let pleasure go. It's easy to build in quick fixes that might not help us. We need to watch out for when we are doing this, as we can get into a downward spiral that leads to exhaustion. Instead, we need to find out what nourishes us, even if we are not inspired or motivated, and do this. Drainers in life? Friends, situations, comfortable habits? Ditch them, or reduce wherever possible.

Get an **accountability** buddy

We are not islands. It's hard to keeping going solo without becoming disillusioned or facing burnout. Get involved with an artistic community and take care of yourself. Get an accountability buddy. Or both. Perhaps this is not a mate. Perhaps the relationship exists for the sole function of being held accountable, and holding someone else accountable. Don't play nice, hold accountability. And get a mentor, someone you admire and who gets you.

This is serious play. Invest in you.

Dial down social media

A vital part of building an artistic profile is social media. But there's a thin line between having agency as an artist and being a consumer of other people's feeds. Here's a great quote: ***Don't judge your insides by someone else's outsides.***

We all know it: social media is a drain. We compare, despair, lose hope, burn out. So limit time spent on social media. When we are in the process of making work –put the phone down/ off / out of the studio. Turn this into a ritual. Otherwise, it's an almighty distraction.

Make your making space sacred.

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