



May is Mental-Health Awareness Month, and it's the perfect time to talk about why artists especially should be aware of their mental health.

As an artist, you know that the creative process is emotionally demanding. It requires vulnerability, long hours, not to mention the stressors that come with running your own business.

Your mental health affects every aspect of your life (therefore, your work) so it's essential to make it a priority. Here are 7 ways you can protect your mental health:

1. Get organized: Set aside half a day every week for your admin-tasks. Update your website, make sure your inventory is up to date, communicate with your customers, etc. This will free up the rest of your week to actually make work and do wonders for your stress.

2. Set boundaries: Assess your workload and identify areas causing you anxiety. Taking on too many orders—too many projects at once? Learn how to say no to things that will compromise your well-being.

3. Take breaks: When you're too busy to take a break, that's when to take a break. Give yourself permission to fully turn off from what you're working on by setting a time limit!

4. Seek Support: Support can come from a lot of places: friends, family, even mental health professionals. Know that seeking support or asking for help is NOT a sign of weakness. Rather, it's a sign of strength and self-awareness.

5. Take care of your body: Exercise will increase your mood, so will a healthy diet! Also, get enough sleep (we're talking at least 7 hours). Consider it a part of your long-term success strategy.

6. Connect with your community: Connect with other artists. (Chances are they can relate to what you're going through). Networking with your peers can be an amazing way gain support, motivation,

7. Practice self-care: Take a bath, read a book, or watch a movie. Who knows, you may find some inspiration!

Want more tips for practicing self-care? Take a peek at our blog post: '7 Counterintuitive Self-Care Habits for Artists'. Click the link in our bio to access it! #MentalHealthAwareness #ArtworkArchive #MentalHealthForArtists