



# MY Creative Block HACKS



## TIP 1 SET A TIMER

Set a timer for an hour and then I tell myself: 'I will just do one hour'. It's just long enough to get into the work, but not long enough to feel intimidating or like you can't spare the time. It almost **always works**. Either you get enough work done and are ready to stop, or you get so into it that you just want to carry on. I feel like this one is about getting ahead of your thoughts and setting the timer before you can decide not to!



## TIP 2 LIST THE BENEFITS (and do a brain dump)

This is a new one for me, but it's been working really well. It's so easy to create loads of resistance about doing something creative, so taking the time to list **ALL** the benefits, big and small, to getting the job done is really helpful! For example: doing some drawing in the afternoon. My list might look like: it will be relaxing, I will have a piece of art completed by the end, it's easier than resisting, it will help me learn, I will have one more piece than before... And if you accompany it with a brain dump (just writing without editing for as long as you want), it can be extra powerful. I read somewhere that saying something out loud, or writing it down moves it from your amygdala (fight, flight, freeze brain) to your prefrontal cortex (the part that deals with executive functions), so by doing all of that, you are calming your nervous system, and it immediately feels less scary and intimidating. Try it. **It really works!**



## TIP 3 TAKE A SIDE STEP

Take a side step - this is such a great one! If you're really stuck, do something else. Preferably in the **creative zone**, which is why I call it a side step. So for me that might be sewing, or printmaking, mark making or simply drawing from observation just for fun. By doing that, you give your brain a bit of time to relax and **de-stress** and allow space for processing. I often find that is when I will have lots of ah-ha moments, and even find the solution to a big creative problem that has been niggling!

*I hope you find these helpful! Let me know by sending me a DM on instagram @ellamorella or email me at ellabeechbooks@gmail.com*