

Sarah Blumenschein, president of Pastel Society of New Mexico, copied a letter from ChatGPT about getting out of a creative slump for her April monthly newsletter. It is worth repeating here. So here goes.

This letter addresses “How to get out of a creativity Slump”. I have been suffering from this for a few weeks, and having a terrible time collecting myself to get anything done. This occurred after going on a weeklong ski trip in Colorado and deciding that maybe I would rather become a ski bum than continue as an artist. The malaise led to my delay in writing my monthly president letter, as I could not think of a topic to write about (since that requires a level of creativity too). As a last resort, I decided to ask ChatGPT for HELP!! What I got back was rather helpful...

“For painters, creativity slumps can feel like insurmountable barriers, leaving canvases bare and inspiration fleeting. Fear not, following is a collection of strategies to reignite your passion and propel you past these creative roadblocks.

Firstly, embrace the freedom of experimentation. Break away from routine and explore new techniques, mediums, and subject matters. Whether it’s dabbling in abstract expressionism or tackling portraiture for the first time, the act of pushing boundaries fosters growth and invites fresh perspectives. Remember, every stroke of the brush is an opportunity to learn and evolve as an artist.

Secondly, seek inspiration beyond the confines of your studio walls. Engage with diverse art forms, immerse yourself in nature’s beauty, or wander through bustling city streets. The world is a boundless wellspring of creativity waiting to be tapped into. Take note of intriguing color palettes, captivating compositions, or poignant narratives that stir your imagination. Allow these encounters to infuse vitality into your own artistic endeavors

Lastly, practice self-compassion and patience. Creativity ebbs and flows like the tides, and periods of drought are as natural as the changing seasons. Rather than succumbing to frustration, view these moments as opportunities for introspection and renewal. Be gentle with yourself, celebrate small victories, and trust in the cyclical nature of the creative process. Remember, the most extraordinary works of art often emerge from the depths of perseverance and resilience.” I particularly like the last point, to “practice self-compassion and patience”. I will remember that when I am skiing in Colorado again next week! Fortunately, this time I follow-up my skiing with the Lorenzo Chavez workshop, which I think meets the second suggestion. ~ Sarah B