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NOTES FROM THE SELF-CARE COACH

Dear Friend,

Welcome to the premiere issue of "Everyday Artist", a newsletter featuring self-care articles and resources especially for creative artists.

When I was leaving York University to pursue my second degree, this time in Music Therapy, some of my fellow music students asked me, "Does that mean you're going to help musicians?". Well, it's been 10 years since I left York and after building a successful music therapy practice it **is** now musicians and other creative artists who are the focus of my work.

I'm so excited to have declared creative artists as my ideal clients. I'm committed not just to coaching creative artists individually and in groups, but to creating a community of creative artists who can connect with each other and access resources, information and services. Many of these resources are free (such as this newsletter)!

I hope you'll be able to make use of some of these opportunities - please visit the brand new Genuine Coaching Services website at www.genuinecoaching.com to find out more.

And thank you for forwarding this newsletter to others in the arts who might find it useful.

Today's article explores ten reasons why creative artists should think about self-care. I'll also give you five tips that will improve your self-care starting today!

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THE GENUINE SELF-CARE MODEL

S = Surroundings and Systems
E = Emotions & Thoughts
L = Lifestyle habits
F = Friends, family and peers

The Genuine Self-Care Model is now a book!

For more information visit:

<http://www.genuinecoaching.com/esc-workbook.html>

NEWSLETTER ARCHIVES

View past issues of the Everyday Artist newsletter and the Genuine Self-Care newsletter at:

www.genuinecoaching.com/newsletter.html

Your next issue will be delivered to your inbox on August 23rd - June's issue was delayed by a summer cold (that and a little dose of perfectionism! Can you relate?), so I'm sending July's early.

Enjoy the article, keep in touch and be well!

WHY THINK ABOUT SELF-CARE?

I've been writing about self-care for a year now, in my original newsletter, Genuine Self-Care (www.genuinecoaching.com/newsletter.html). And who needs self-care more than creative artists? Here are ten reasons why I believe this is so.

1. To be more comfortable in performance situations – performance anxiety usually stems from a variety of causes – physical, mental and emotional. Maintaining your overall health and wellness, including keeping your stress at a manageable level, managing your negative thinking tendencies and getting the emotional support you need, will diffuse some of this anxiety before you hit the stage.
2. To connect more and isolate less – other creative artists can provide you with inspiration, understanding and support. Looking at your social and communication habits can help you to deepen these relationships and allow them to enrich your life.
3. To have enough energy for everything you want to do - healthy habits will give you a fresh spark of energy and a clear mind.
4. To relax – relaxing, letting go and gaining some perspective on the creative process can help you to ease into it, and to let what's meant to be expressed come out naturally.
5. To use your physical environment to make you more creative – paying more attention to your physical surroundings and how they affect your creativity and well-being can have infinite rewards, once you take the steps to create your ideal environment.
6. To find time for what's important – learning how to say "no" to things that are draining your time and energy, in order to say "yes" to yourself and your art.
7. To deepen your creative experience - self-awareness and personal growth will add depth to your creative expression.
8. To stop sabotaging your own efforts – more awareness into the choices you're making will help to shine a light on your hidden and destructive self-sabotage patterns.
9. To take the power away from your inner critic – learning to recognize, hear and then dismiss the voice of the inner critic will increase your confidence and give you back a sense of empowerment.
10. To have easier access to your muse – whether it's speaking to you as your own higher self, a higher power greater than yourself, or through someone else's music, art or words, it's sometimes necessary to "set the stage" for these important conversations. Why make your muse compete with your inner critic,

your busy schedule, your late-night adventures or the many other users of your time and energy?

FIVE WAYS TO IMPROVE YOUR SELF-CARE TODAY

Start. Have you been procrastinating about something? Do you need to update your resume so you're ready for that next audition or show? Edit the last chapter of your book? Call that gallery owner? Learn that new piece? Well, just start. Set your timer for 15 minutes and remind yourself that as soon as it goes off you can stop.

Stop. Today, just for five minutes, STOP. Stop and listen to what your inner muse might be trying to tell you (if it could just get your attention). This process will be easier and more effective if you consciously relax your mind and body first – a few deep breaths might be enough, or a few minutes listening to your favourite relaxing piece of music. If you have the time, try a progressive relaxation exercise where you imagine a ball of light traveling through your body and relaxing each muscle as it passes.

Turn around. Turn around your negative perceptions. When you start beating yourself up for procrastinating, remind yourself that you worked for 15 minutes on that project today! If your inner critic is telling you something else, try this method from my "Performance Readiness" worksheet (see "Resources"). Write down everything your inner critic is saying to you. Now, imagine it's saying those things to a small child. Then, for every statement, write down what you would say to comfort and encourage that child and show them another way of looking at things.

Play. Speaking of children, just for today, approach your art as child's play. Paint with your non-dominant hand, play a new instrument or write a story using only words that start with the letter "d". Let me know some other playful things that you tried and I'll pass them on in the next issue. Email linda@genuinecoaching.com.

Rest. Do whatever it takes to get a good night's sleep. And, just for today, rest when you feel tired. Not getting enough rest and sleep is one of the most direct ways we sabotage ourselves and our health. When's the last time you bounced out of bed in the morning, eager to start the day and feeling completely rested? For tips on getting a good night's sleep, see my Genuine Self-Care article at www.genuinecoaching.com/aug2003.pdf.

SUBSCRIPTION INFORMATION

If you received this newsletter from a friend and would like your own copy delivered on the fourth Tuesday of every month, [click here](#) and add your name to my mailing list. You will automatically receive an email asking you to confirm your subscription, and you **MUST** reply to that email in order to be subscribed.

RESOURCES

Performance Readiness Worksheet - Be better prepared for your next show with this free resource from the Self-Care Coach. Visit the Resources page at <http://www.genuinecoaching.com/resources.html> for your copy, plus other free and low-cost self-care resources.

Creative Website - For a fascinating look at the thoughts of well-known artists, on such diverse issues as courage, parenting, failure and organization, check out Talent Development Resources at www.talentdevelop.com.

Everyday Self-Care Workbook - Want to see your creativity flourish once you've stopped sabotaging yourself? Do you want to set self-care goals that you can finally stick to? Check out this new book by Linda Dessau, the Self-Care Coach. Visit www.genuinecoaching.com/esc-workbook.html for more information, or visit the "Resources" section of the website.

PASS IT ON

Please feel free to share this newsletter with people who might find it useful. You can use the "forward" function in your email program and I ask that you please send the entire newsletter and not just a section of it.

READER FEEDBACK

Friend, I'd love to hear from YOU. What challenges do you face in the pursuit of creativity? What would you like to learn more about? Do you have a question about self-care that I could answer in this section? Email me at linda@genuinecoaching.com

GENUINE COACHING SERVICES

Linda Dessau, BFA, MTA, CPCC is a singer, musician, writer, speaker, music therapist, coach and teacher. She is accredited by the Canadian Association for Music Therapy and is certified by the Coaches Training Institute.

As the owner of Genuine Coaching Services, she helps creative artists enhance their creativity by focusing on their unique self-care issues. Learn more about her products and services at www.genuinecoaching.com.

To read what clients are saying, [click here](#).

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