

Paintertainment

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ARTIST SELF CARE

by Gretchen Fleener

July is almost over and I'm just now getting this newsletter out! It's not unusual for me to get behind on some things during the crazy busy summer months with all the gigs I'm busy with, wrapping up another issue of Wet Paint Magazine that's due out in just a few days, and shipping out supplies from my shop to fabulous artists all over the country. However, this month I'm a little behind for another equally important reason, a reason that inspired the subject of this month's newsletter: self care! I am a tad behind because I just went on a 12 day road trip with my family out west to Devil's Tower, Mount Rushmore and Yellowstone, among other stops! Being a one woman business, family vacations mean literally shutting down my store. And being a parent, big family trips tend to happen in the summertime.



minimum, your basic needs are taken care of! This can be HARD, especially if you are the only one working at a long festival with endless lines. How do you eat? Get enough water? Go pee? You just DO! Angry, waiting customers may forget you are human but that doesn't mean you have to be that. Take 2 minutes to stand up, stretch, and get a drink of water. Put out a "be back at 1:00" sign and leave for a sanity break. Schedule a friend or family member to come watch your stuff if you can't lock it up. If you have to, make it about the customer. "Oooh my, look at how dirty my water is! You wait right here and save your spot while I go get fresh, clean rinse water so the white on your unicorn is extra sparkly and bright!" Now high tail it for the restroom and enjoy a few moments to yourself!

wouldn't want your boss calling you up on vacation dumping work situations on you, so why would you do it to yourself when you have 100% control?

We've all had those gigs where entertainment was way underbooked for the crowd size. The important thing is to learn from these events. Next time, don't put yourself in that position. Only give quotes that include the number of artists needed for that crowd size. If they insist on underbooking and you just can't say no, make it the client's job to cut off the line.

Further Reading

I've written several related articles, all available on the newsletter page for download. Are you just not loving your job anymore? Read my article in issue #53 (Feb 2017). Finding it challenging to balance work and family? Check out issue #62 (Dec 2017). Back to back gigs? Read issue #43 (March 2016). Trouble with crowd control? Check out issue #37 (Sept 2015). Still have questions? Email me! I love to help fellow artists! Happy painting, and take CARE! 🌟

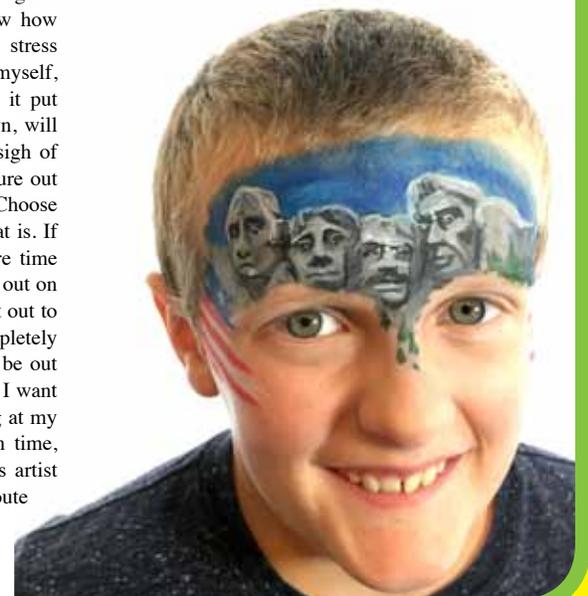
Nobody likes to work for a crabby boss who is stressed out, overworked or completely distracted by what's going on at home. But it's even worse when that boss is you. It boils down to this: **When you're your own boss, if you aren't looking out for your own well being, nobody is.** And the other part that nobody likes to hear is also true: if you're the one making all of your business decisions and you are unhappy, you have nobody to blame but...you guessed it... **yourself!** Think about it...why is it so easy to blame an external boss for our unhappiness at work, yet so hard to blame ourselves when we're the boss? As the saying goes, whenever you point your finger at someone, three are pointing back at yourself. It's not always easy to point the finger at yourself, but once you do, it can be incredibly liberating and empowering! Here are a few suggestions to make sure you're taking care of yourself!

Apply your own mask first

The airlines know that if you don't give yourself oxygen first, you'll pass out and be completely useless for helping others. Make sure, at a bare

Overloaded & Overworked

Having more gigs than you can handle is a good problem to have, but not if you don't know how to accept them without adding too much stress to your life. When I'm offered a gig I ask myself, will I be excited to accept this gig or will it put me into a scheduling panic? If I turn it down, will I be disappointed or will I breathe a huge sigh of relief because I now don't have to try to figure out how to squeeze it in with my family plans? Choose what's best for you; only you know what that is. If a gig is so far away that I'm spending more time driving than painting, and causes me to miss out on a previously planned family event, I'll hire it out to someone else. I even will turn down a gig completely (or recommend a competitor) if I know I'll be out of town on vacation. When I'm on vacation, I want to be on vacation. I don't want to be looking at my watch wondering if the artist showed up in time, answering calls from panicked clients who's artist hasn't shown up, or artists who are lost en route to the location. To me, it's not worth the stress, and I respect my own time off. You



What's News?



On the Blog

Check out a recap of my latest belly painting, a Finding Nemo theme for an Ellen fan!



NEW in the Shop

- New BAM individual stencils and sets are now available and ready to ship!



Wet Paint Magazine

The fall issue is coming August 1st! We'll be featuring blacklight painting and sugar skulls to prepare you for your fall season!



RACE CAR TRACKS

You can use a flat brush to hand paint small checkers, or check out the new checkered stencil now available in our shop! Find the tire track stencils in the shop as well!



July Coupon Code!

10% off

Enter code **ILOVEME** at checkout. Shopping cart must total \$25 or more before shipping and taxes. Offer expires 8/31/18.