



# Paintertainment



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## Battling the BLUES

by Gretchen  
Fleener

That last week before school started, I cried. A lot. And moped. And slept. And completely lost my mojo. Not because my babies were getting on the bus, but because they weren't. Spring's distance learning had spilled into fall.

Covid is hitting us all hard right now, and the milestone-heavy back to school time just seemed to accentuate that fact for me! I love summers with my kids, camping and having fun...but like many parents I look forward to those precious few hours a day when I can exhale, focus on my own goals, and not have every moment revolve around everyone else...just for a little while. School was the reminder that I hadn't had that kind of day in over 6 months, and most of my "me" time consists of getting groceries, covered in a mask and sanitizer. Add the fact that my business is at a standstill. I looked back on 25 years of blood, sweat & tears poured into my business, and the tears now poured into my pillow.

After a few days of scary levels of sadness, I picked myself up because I HAD to, to make back-to-school a joyful time for my kids despite the weirdness and help them navigate it all. My only goal is to find the joy in the journey, even if it comes in smaller and/or less frequent doses. Here are a few things that have kept me going so far!

### It's not your fault!

Cue "Good Will Hunting" quote! Your business may have come to a complete halt but remember...it is NOT your fault! The state of your business right now is not in any way a reflection of your passion, your hard work, your skill or your determination.

### It's not forever!

For every zombie mother of an infant who thinks her sleep deprivation will NEVER end, there are at least 10 empty nesters saying, "cherish this time... it goes SO fast!" I know the phrase "this too shall pass" is not comforting in the trenches, but everything does eventually end, even pandemics, and while this feels SO long in the midst of it, when you look back it's only going to be a small fraction of your time on this earth. So if you can just survive and wait it out, events WILL come back!

### It's okay to be down.

Just try not to stay there. Even the most joyful and cheery of us can lose our motivation and happiness for a while. It's important to remember that yes, even though there will always be people who have it SO much worse, you have every right to be sad and mourn your own losses. Heck, your pity party may be the only party you get to attend this year! Take a 5 hour nap, binge watch Netflix and wash down that pint of Ben & Jerry's with a glass of wine if it makes you feel better for a little while... just be sure to re-focus on what makes you feel better in the LONG run. And do NOT hesitate to reach out for help if you are having trouble climbing out of that slump! It is a major sign of STRENGTH to seek & accept help when you need it, NOT weakness!

### Do what makes you happy.

I am never at a loss of what to do with myself. My creative brain is full of a million project ideas at any given moment, and with a little more time on my hands I've allowed those crazy ideas to move to the front burner more often. Yes, even I've had some days where



Your profession is not what brings home your weekly paycheck, your profession is what you're put here on earth to do, with such passion and such intensity that it becomes spiritual in calling.

— Vincent Van Gogh —

AZ QUOTES

I've been too sad to even do what I love. I even signed up for the Inspiration to Paint group this month thinking regular painting would do the trick, and couldn't even get past day two! But I always find myself eventually coming back around while doing something I enjoy or am good at. Whether it's learning a new thing, or immersing yourself in an old passion, do whatever brings a smile to your face, and do it as often as you can! If you can find just a few moments of enjoyment and even one smile in every day, you can get through this! Plan to do at least one fun or relaxing thing for yourself every day. Having something to look forward to, big or small, is a key to happiness! Lord knows everything big we all had to look forward to was cancelled, so those small things are now taking on huge importance.

### Do less of what doesn't.

I've always made dinner for my family most week days, but with the entire family home 24/7 for the last 6 months I began to feel like I was stuck in a perpetual loop of cooking, feeding people, & cleaning up after them. I realized my boys are old enough to learn to cook and contribute to the family, and declared Tuesdays their night to make dinner. It's been awesome! They are taking pride in their new skill, and I'm kicking up my feet to read while they cook for me! Next up: lunches! Start with just one thing you'd like to NOT have to do, and figure out how to NOT do it anymore! You'll be amazed at how good it feels to control a little piece of your anxiety, even if you can't fully control your business right now!

### Focus on others.

I am always surprised at how much this really helps my mood when I'm down. When I'm helping others, not only is my focus turned away from my own problems, but using my time to do good makes me feel accomplished and selfishly fills me up too! Find a way to help out a friend in need. Volunteer at church or school. Offer to pick up and deliver groceries to someone who can't get out. Sent hand written cards to friends & family telling them how much they mean to you. I guarantee you'll find yourself distracted from your problems!

### Separate passion from profession.

Vincent Van Gogh said, "Your profession is not what brings home your weekly paycheck, your profession is what you're put here on earth to do, with such passion and such intensity that it becomes spiritual in calling." The phrase "you aren't your profession" doesn't typically resonate with artists like us who have worked so hard to make our passion into our profession. But we need to remember that the only thing Covid has taken away, temporarily, is that paycheck. We may need to find a paycheck elsewhere in the meantime, but our passion, our talent, our years of honing skills, cannot be taken away by a pandemic. Don't give up on your passion now when you need it most! If you're getting down, it's time to turn your focus from making clients happy to making yourself happy with your art. Your art may have lost it's paycheck but not it's powerful impact!



# What's News?



## Future Face Painters Club

Do you know kids who want to learn to face paint? Check out our new club at [FutureFacePaintersClub.com](http://FutureFacePaintersClub.com)!



## Fall Window Painting!

Check out the blog to see a time lapse video of this fun, fall window painting!



## Wet Paint Magazine

Our fall issue is now shipping & full of great stuff! Check out [wetpaintmagazine.com](http://wetpaintmagazine.com) to order, and sign up to receive email alerts when we are looking for submissions!



# BOONICORN



## September Coupon Code!

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