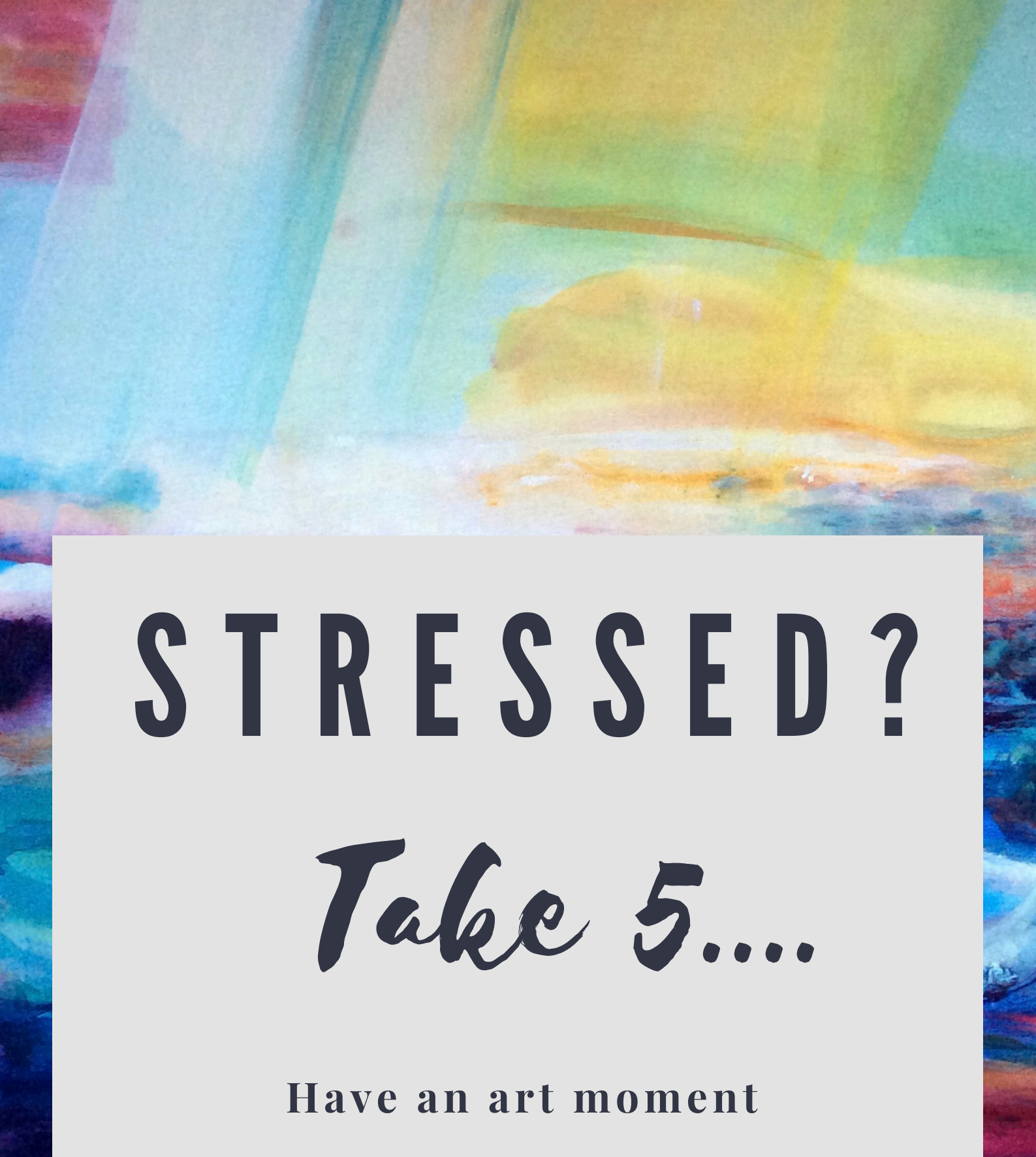


STRESSED?

Take 5....

Have an art moment

Take a moment for yourself and try this...

On the following pages there are five paintings carefully selected to awake peaceful and joyful emotions.

Try this:

1.Pick one of the paintings

2.Look at it

3.....no, ***really*** look at it

What does it remind you of?

For you personally, where does it take you?

How does it make you feel?

Is your eye drawn to any particular part?

4.Now ***dream***... and be there for a moment....

Pick one of these paintings

1.Singing Light

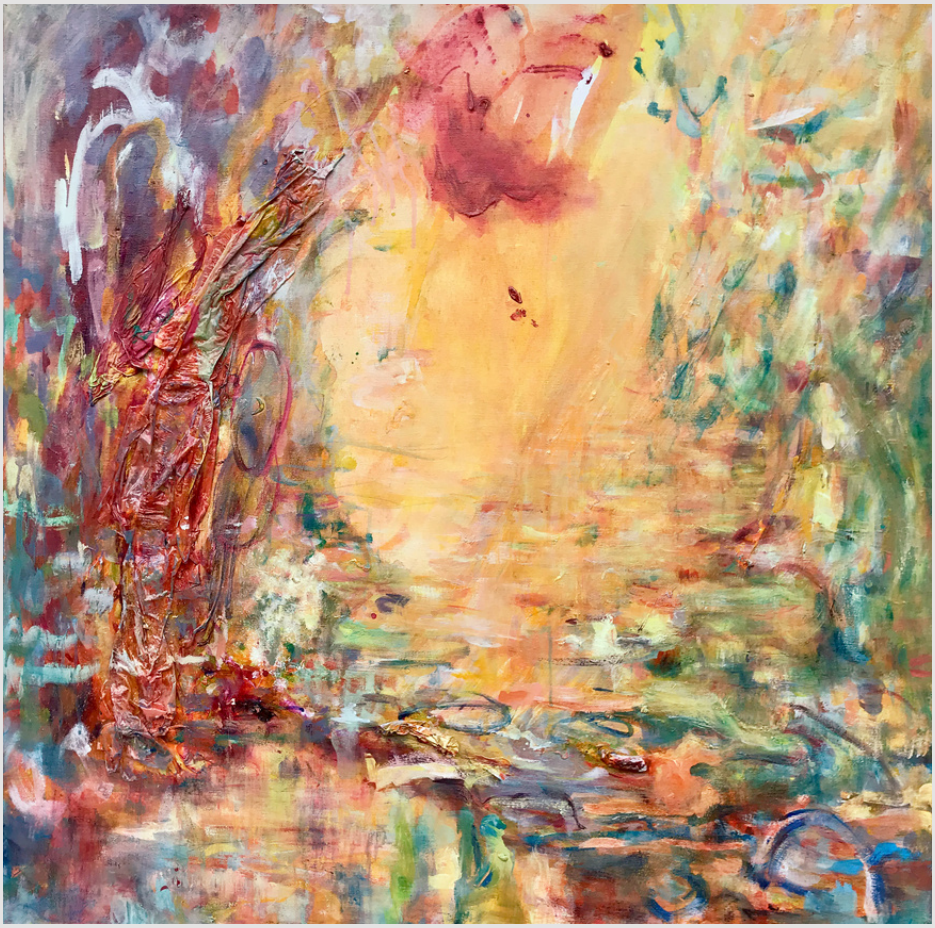
(can you feel the sun on your face? can you smell the warmth?)

2.Pulling my socks off, running in...

(can you feel your bare feet on the cool ground? And the light changing the colour of the water?)

3. Sunday

(do you fancy a dip in this water? Is it warm or cool?)



4. Light Pouring in

(Can you feel the bright sunlight on your eyes?
And what is up ahead?)

5. Blue Spray

(can you feel the spray? and imagine the arm swings that I made creating this?)

Do let me know how you got on.
I would love to hear about your experience and what you thought.

Which was your favourite painting?

- 1. Singing Light ☐
- 2. Pulling my socks off, running in... ☐
- 3. Sunday ☐
- 4. Light Pouring In ☐
- 5. Blue Spray ☐

What did it make you think of?
And most impotantly did you enjoy it?

Whatever the outcome, this exercise will have given your brain a bit of time out and helped your imagination. I hope this has helped a little.

email me your results: roberta@tetzner.com

For more details about my art work visit:
https:// robertatetzner.com

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