Tips to overcome art block

- ☐ Take some time away from your art work. Come back when you feel a bit more rested.
- ☐ Take some time off from creating if you feel overwhelmed and burnt out.
- ☐ Journal about why your experiencing art block, ask yourself why it is that you are experiencing art block.
- ☐ Start fresh on a blank page in your journal, notebook or sketch book. Sometimes we just need a new beginning.
- ☐ Clean your desk area and make sure it's nice and cozy when you start creating.
- ☐ Get out of your comfort zone! Create something completely different from what you usually create or use completely different materials to get inspired.
- ☐ Try out a new art tool. Nothing gets me more inspired to create than trying out a new marker or brush pen.
- ☐ Go on a website like Pinterest and look for some inspiration. There's so many aesthetic pictures to get inspired by.
- ☐ Try a new art style. Look up some art styles and choose one to try out by finding pictures of this art styles or maybe even follow some tutorials on it.
- ☐ Enter an art challenge! You don't have to participate for real if you don't want to, you can also look up an art challenge and participate in one for yourself. Or even create your own rules!
- ☐ Is there maybe something you feel excited about? Maybe the new school year, a holiday that's coming up? You could create something inspired by that.