

THE IMPORTANCE OF TAKING BREAKS DURING ANY ARTISTIC PROCESS

Learning to pause forms a fundamental part of any artistic process and should be treated just as important as the act of creating. Taking a break allows ideas to sit and develop. It also provides an artist the portal towards a more critical and objective viewpoint. Since fatigue can lead any artist to become unnecessarily attached to a particular work, taking a break can provide a more detached and refreshed perspective. It also pays to be patient with oneself and the process. The proper use of this habit can make one a better artist and art appreciator. While taking a break, consider:

- 1. Completely shutting down the senses.** Get away from the work and avoid anything that may bring it's memory. Just forget you ever began what you started...if you can.
- 2. Finding and storing inspiration from other forms of art.** Engaging with subject matter dissimilar to that of your focus can provide interesting insights. One can also find such inspiration from the daily events of life. It pays to write down such experiences, as they pertain to the work at hand. Such notes will become valuable when you return to your project.
- 3. Developing a holistic mental outlook with regards to the process.** Why beat yourself up for taking a break? Nothing worth doing is achieved in a single day: taking a break allows you the opportunity to improve on your process through reflection. By treating the work according to the worth you believe it deserves, you are more likely to be satisfied with the end result.

Taking a break is to allow the mind a certain restitution that induces development. It pays to take your time with the process: One day for Johnson could translate to three years for Juliet. As such, it is strongly recommended that you follow your own biological clock, not that of someone you may admire/respect. If a proper personalized break is allowed, regardless of the duration, the end result will go beyond expectation.

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