

People

# Feeling Overwhelmed? 16 Artists Share Their Best Self-Care Tips, From Eating Cookies to Walking in Graveyards

If the pandemic has stressed you out, take note.

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“Self-care” has become the buzzword of the day—a quick internet search for the term brings up everything from tips for better sleep to lymphatic massage, eye masks and TikTok fitness, ice cream, face masks, and something called Zoom reiki.

The need to care for our mental and physical health has never been more important as the boundaries between work and home remain blurry and the pandemic drags on. So we asked some folks that are used to working alone in small studios and have honed specific ways of keeping an even keel during the most turbulent times: artists.

## Paula Crown: Find Time and Space to Focus



Courtesy Paula Crown Atelier.

“My daily six-pack of priorities kept me grounded during Covid, which has nothing to do with beer, nor the state of my abs,” artist and entrepreneur Paula Crown says. Her simple guide to a happy life is: 1) meditate 2) exercise 3) sleep 4) eat healthily 5) connect with family and friends and 6) make art. “When I complete this list I can add to it, but each morning starts anew with these six crucial steps.” Crown also says that finding time and space for deep uninterrupted work is essential. “Our lives are fractured with interruptions that affect our cognition,” she says. “The morning is the optimal time for me in terms of flow and focus. This is when I research and test ideas and am open to the spaciousness of serendipity.”