



Could Creativity be the Cure for Anxiety ?



Being creative, whether that's writing, gardening or playing an instrument, helps us to relax and de-stress. A US study found that college students who completed creative projects saw a decrease in anxiety levels. This is because when we partake in creative activities we are engaged in what experts describe as a sense of 'Flow'. As psychologist Elaine Slater explains: 'This can put us in a near-meditative state where we lose track of time and feel removed from the stressors of life.'

While you may think that you're happiest when lying on the sofa, research suggests otherwise. Psychologist Mihaly Csikszentmihalyi – who coined the term 'Flow' – argues that our best moments occur when 'a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile'.

With the average person spending 25 hours online a week, engaging in a creative activity provides a much-needed screen break. Spending just an hour or two each week working on a project can offer a deep sense of satisfaction and build self-confidence in a way that Netflix never will. This is what Carrie Barron, author of *The Creativity Cure* calls the 'I did it!' phenomenon. Carrie says: 'So much of daily living in a tech culture involves solving with a click. Longer processes, though they can be messy, unclear and frustrating, also offer opportunities for pride, stretch and personal, concrete satisfaction.'

Not only an excellent way to escape from the stresses of modern life, being creative actually helps us to train our brain to work and think differently.

Shelley H Carson, author of *Your Creative Brain*, says: 'We quit thinking about our own fears and stressors and focus on what is novel and original. If we do this with frequency, we can train our brains to automatically explore rather than avoid.'

(This is an extract from an article originally published on the site Balance Live Well, Jan 5 2018. To read the full article visit [.balance.media/benefits-of-creativity/](https://www.balance.media/benefits-of-creativity/))

this issue

P.1

Creativity and Anxiety



P.2

Art Class: Entering your
First Exhibition

P.4

Get Arty!

P.5 – P.7

Arts Heart Exhibition
Information and Entry
Form

P.8

Curtain Call

Entering your First Exhibition

Many people are hesitant entering their first art exhibition, but no matter what your skill level you really should be giving it a go! If you are just starting out, you probably don't want to be entering national exhibitions, but there are lots of local community art shows and exhibitions that welcome all skill levels. The Selwyn Arts Heart Exhibition coming up from the 5 – 7th April will be a great opportunity for those new to showcasing their artworks to have a go.



Why Enter Exhibitions?

Firstly, it's a great way to become part of a wider art community and meet other like-minded creatives. It is also inspiring to see what other artists are producing and you may discover a new technique. But most importantly, it challenges you to share your creations with the public. It might also push you to actually finish something too!

But what if I don't feel ready ?

It takes some of us a while to feel ready to put our work on public display. But since no one is going to force you to hand in a piece of art, you may just one day have to bite the bullet, throw caution to the wind and just do it. What could go wrong? – Probably not a lot! Some people will like your art, some will love it, and some will never want to hang it on their living room wall. Don't be offended because we all have different tastes. You'll never please everyone, so don't let this be a barrier to taking the next step in your art.



Art Class

Preparing for an Exhibition

- Determine if you are going to frame your artworks. You will need to select frames which complement your artworks but do not compete with them for attention.
- If you are not framing your artworks, then you will need to consider how you will present the edges of your canvas. A common practice is to extend the painting over the edges to give a very contemporary feel. Otherwise you could just paint the edges a flat white or black.
- You will need to prepare your artworks to be hung. The general practice is to use D-rings and wire or cord, but exhibition entry forms will often state any specific hanging requirements.
- Read carefully any instructions for labelling your artwork on the back.



Pricing Artworks

Pricing your artwork can be complex and there is more than one approach. The best way to attack this tricky subject is to read about some different methods of pricing and then work out what feels right for you.

Here are some sites that have some different perspectives on pricing your art:

www.theabundantartist.com/5-art-pricing-lessons/

www.artworkarchive.com/blog/seven-rules-for-pricing-your-artwork

www.artistsnetwork.com/artist-life/a-simple-formula-for-pricing-artwork/



Get Arty!



Lakeland Gallery 80 High Street, Leeston

- A painting group meets every Wednesday 10am -2pm
- A non-tutored art class currently runs on Thursdays 7pm - 9pm
- Life Drawing classes (non-tutored) run on Wednesdays 7.30pm-9.30pm

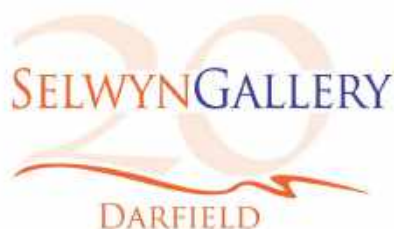
Enquiries for all these groups to Averil
027 820 3045



CentreStage Rolleston

Rolleston's own community theatre group. See their website or Facebook page for upcoming events.

www.centrestagerolleston.org.nz



Malvern Community Arts Council

Receive newsletters, invitations to previews and events. Membership forms can be found on the Selwyn Gallery website:

www.selwyngallery.co.nz/become-a-friend



Selwyn Creative Network

www.Selwyncreativenetwork.com



Nut Point Centre

222 Langdales Road, West Melton

www.nutpoint.org



Arts, Culture and Heritage Selwyn

Facebook.com/ACHSelwyn



Down By the Liffey Gallery

1 James Street, Lincoln

Open Weds – Sun, 10am – 4pm

www.downbytheliffeygallery.com

Email Arts Heart if you would like to be featured on this page.

Arts Heart Exhibition

Thinking of entering the upcoming Arts Heart Exhibition? We have included the entry form on the next three pages for you! Simply fill it out and return it by mail or email. Arts Heart – Selwyn Central Arts Council, C/- The Treasurer, 14 Karnak Crescent, Avonhead, CHCH 8042, or email to artsheartselwyn@gmail.com, Ph 0274347681



ARTS HEART

Selwyn Central Arts Council

16th ANNUAL EXHIBITION OF SELWYN ARTS AND CRAFT

Place: Rolleston Community Centre

**When: 5 April 2019
6 April
7 April**

**Opening 7-30pm – 9pm
10am – 4pm
10am – 4pm**

CONDITIONS OF ENTRY

1. All exhibits to be delivered to the Rolleston Community Centre on Friday 5 April between 3pm and 5pm.
2. All unsold exhibits are to be collected from the Rolleston Community Centre between 4 & 4.30pm on Sunday 7 April.
3. Whilst all care is taken during the exhibition, Arts Heart will not be responsible for any damage incurred to exhibits, or for any exhibits not collected by the closing date and time.
4. Submissions - must be the original work of the Exhibitor. Most must be for sale.
5. Display – All paintings, prints, artworks, etc must be suitably framed ready to hang, complete with cord. Any specific display instructions should be noted on the entry form. Paintings must not exceed 95cm wide x100cm high in size for ease of display.
6. Labeling – All exhibits must have the title, medium, name of the exhibitor and selling price printed on the back and front of each item. The copy on the front can be attached to the screen or wall beside exhibit, or securely attached to the item, we will not be printing a catalogue this year.
7. Wall hung or easel displayed art works are limited to a maximum of 5 per artist.
8. Freight – Freight to and from the exhibition is the responsibility of the exhibitor. Please ensure that all works are protected for handling.
9. Insurance – It is the responsibility of the exhibitor to undertake all insurance.
10. The Arts Heart – Selwyn Central Arts Council reserves the right to refuse submissions for the exhibition.
11. Please ensure that submissions match those listed on your entry form.
12. 15% of the sale price will be retained by Arts Heart – Selwyn Central Arts Council.
13. Entry fee - \$10 for Arts Heart Members (2019 membership must be paid either before your entry or with your entry, \$30 for non-members).
14. Entry fee is non-refundable.
15. Peoples Choice – Items which are not for sale (NFS) will not be eligible.
16. All entry forms with entry fee attached and membership if applicable, must be returned no later than Sunday 24th March 2019.

I agree to abide by the conditions of entry as set by the Arts Heart – Selwyn Central Arts Council.

Signed _____

DATE _____

Arts Heart Exhibition

EXHIBITION OF SELWYN ARTS AND CRAFT

ENTRY FORM

NAME: _____
ADDRESS: _____

(If RD, please state area or nearest township e.g. Halkett, or Prebbleton, etc)

PHONE: _____
EMAIL: _____

Bank Details (we will DC you sales proceeds less commission) -

Entry Fee: attached _____ (Y/N) or paid by direct credit _____ (Y/N)

Member of Arts Heart	\$10.00	Y/N
(If you have not paid your 2018 sub of \$10, please submit it with entry)		
Non-Member entry fee	\$30.00 (it pays to become a member)	Y/N
2019 Membership Sub	\$10.00	Y/N

Cheque Y/N Cash Y/N Internet banking Y/N

Account - Arts Heart-Selwyn Central Arts Council Inc A/c no. 02-0820-0139323-000

Please put your Christian and Surname in the Particulars & Code field so we know whom the payment is from.

	TITLE & DESCRIPTION OF EXHIBIT	SIZE – Width (cm)	SIZE – Height (cm)	SIZE – Depth (cm)	MEDIUM	PRICE
1						
2						
3						
4						
5						

Please note: Paintings must not exceed 95cm wide x 100 cm high in size, for ease of display.

IT IS VERY IMPORTANT THAT WE KNOW HOW YOUR WORK WILL NEED TO BE DISPLAYED.

Please indicate if works require more than one normal picture hook, if you require a table, or if you can provide an easel or other stand.

All entry forms and entry fees must be returned no later than **24th March 2019** to:

Arts Heart – Selwyn Central Arts Council

C/- The Treasurer
14 Karnak Crescent
Avonhead

Arts Heart Exhibition

CHRISTCHURCH, 8042 or send by email to artsheartselwyn@gmail.com, Ph 0274347681



ARTS HEART
Selwyn Central Arts Council

Please complete and return with the Entry form

NAME: _____

Please encourage family, friends, etc to visit the exhibition and the opening.

Friday 5 April Opening

<input type="checkbox"/>	I will be attending. I will be bringing guests _____
	NB Entry is by Gold coin donation for artists & guests
<input type="checkbox"/>	I will not be attending

Saturday 6 April

I am happy to be rostered on the door

<input type="checkbox"/>	10am – 1pm
<input type="checkbox"/>	1pm – 4pm

Sunday 7 April

I am happy to be rostered on the door

<input type="checkbox"/>	10am – 1pm
<input type="checkbox"/>	1pm – 4pm

Reminder – All unsold artworks must be collected by 4.30pm on Sunday 7 April unless you have made prior arrangements with the committee. Arts Heart will not be responsible for any art works not collected.

We want to increase our exposure on Facebook/Instagram therefore we will be encouraging visitors to take a selfie at the exhibition, to be in the draw for a \$50.00 New World Voucher.

By you completing and signing the registration form, you authorise that your exhibits photographs may be shared in our social media and or our newsletter

*Please advise if you do not want your entries to be photographed.
I do not wish to have my art work photographed and shared*

Like us on Facebook

<https://www.facebook.com/groups/Artsheartselwyncentral/>

Curtain Call



Arts Heart Committee

Chairperson / Treasurer:

Wendy Rockhouse

027-434-7681

Secretary:

Suzanne Pickford

Committee Members:

Judith Wenborn

Hilary Barrer

Jill Pickford

Prue Thornton

Janis Wasserman

Margaret White

Contact us:

secretaryartsheart@gmail.com

artsheartselwyn@gmail.com

Join as a member of Selwyn Arts Heart and get this newsletter direct to your inbox. Email for more information.

If you wish to be featured in a future issue send us an email!

Join our Facebook Group

facebook.com/groups/Artsheartselwyncentral

Next Edition



Preparing your Art for Display

Not sure how to present your art? Looking for new inspiration? We will look at different approaches to displaying your art.



Getting creative in New Zealand's Big Backyard

Are you stuck in your studio? Is your dining table covered in your latest project? If so, then this article might inspire you to take your creativity outside or off the beaten track!