



THE ARTIST'S TEMPERAMENT: The Emotional Health of the Artist

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The Artist Temperament has an Emotional Tendency

Everyone feels deeply but are you balanced or tortured? Where are you on the continuum? In Crisis...In Hope...In Functional Resiliency...In Purposeful Renewal?

Our Aim is Balanced Equilibrium

Resiliently Responding rather than radioactively reacting to big feelings with fight, flight, freeze response.

Proactive Resilience is Key to avoid Liability.

Resilience: bending without breaking; growing through pain. Any of these resiliency tools/principles or others will help you towards resilience (emotional equilibrium and maturity). Expressing without Stuffing.

Reality Check Do Feelings match reality?

Accept limitations. Does God's will and your idea of success match?

Worship Both expresses feelings and honours God!

"Emotion without truth produces empty frenzy and cultivates shallow people who refuse the discipline of rigorous thought...true worship come from people who are deeply emotional and who love deep and sound doctrine."

Be Biblically Informed.

"Let God's Word permeate our hearts and minds so it can change the way we think" R. Noland. And Michael Card: "engage with scripture with an informed imagination."

Solitude with God.

"The dark night is one of the ways God brings us into a hush, a stillness, so that he may work an inner transformation upon the soul" Richard Foster

Humour & Gratitude

Learn to laugh—even at ourselves – we all know it's healthy for us. Thank God or others for 3 things every day.

Know your Identity in Christ

You are accepted, loved, significant and 30 other things. Knowing one's identity in Christ is key to resilience.

Discover your type of stress or depression

whether it is Situational or Genetic or a Combination, and tend to it. There is no shame in emotion itself...just guilt in where we allow our emotions to lead us to deliberately sin.

Expression.

Find a creative way to express your feelings (writing, acting, singing, playing music, talking, drawing, painting.)

Down Time.

Find activities that calm you down (the arts, a hot bath, a long shower, leisure, down time – not escapism).

Community & Communication.

Find a group of safe people to share and care with.

Don't get JADED (justify, argue, defend, explain, deflect) and set good boundaries.

Proper Self Care.

Rest, Healthy Eating, and Exercise. Because you bless God by doing so. He is delighted when you are able care properly for yourself.

Inventory & Forgiveness & Reformatting.

Take into account both positive and negative traits. Confess. Forgive.

Recalibrate and set measurable goals for new healthy habits. One at a time.

For more, check out

<https://stepsingrace.wixsite.com/groups>