



Christine's
Coastal Treasures
&
Art Studio

October Newsletter

It's October! The month of beautiful colors, pumpkins, and cooler air for many of you. Hopefully, you have all stayed safe and busy in your homes during this 7 months of Covid. Now, more than ever, I believe Art is therapeutic. Art relieves stress and anxiety, relaxes us and increases our self esteem. Be sure to check out my stress relieving suggestions below.

I'm going LIVE every Tuesday and Thursday night at 7:00 on [facebook.com/ChristinesCoastalTreasures](https://www.facebook.com/ChristinesCoastalTreasures) to inspire and teach you during this stressful time. I myself look forward to those LIVES's, to connect with all of you and to be a part of a community of creatives. I think that's also very important, and therapeutic. I hope you'll join me.

If you're interested in Project Boxes to be sent to you, check out my website, www.ChristinesCoastalTreasures.com.

Stay Safe and Creative,
Christine



De-Stress this Fall with these Five Tips:

- Block time for yourself to create and stick to it. Let others in your home know this is your time. No interruptions please!
- Create an area to create. Maybe in your favorite room, and in an area you don't need to clean up all the time.
- Turn on your favorite mellow music.
- Try a defuser with lavender or lite a nice smelling candle.
- Try something new, but not stressful!