

crowdfundr

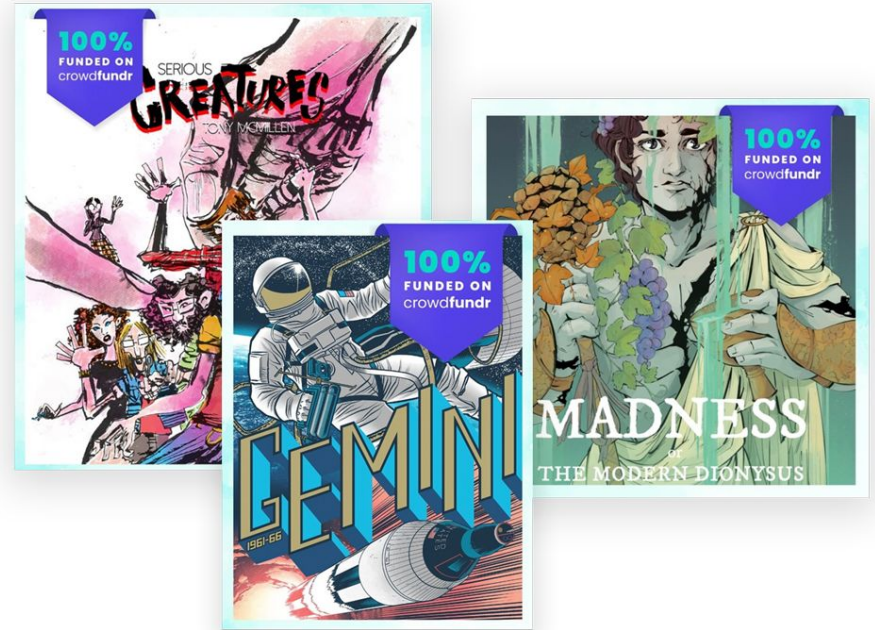
Self Care as a Freelancer

Best practices for artists to avoid burnout & stay creative

08.31.2022 | Robyn Warren, M.S. Ed. | geekgirlstrong.com

Creator-friendly crowdfunding platform

- **Yup, free!**
- **Powerful functionality**
- **People and planet first**
- **Get started right away**
- **Any size campaigns**



crowdfundr.com

Exclusive
webinars

Networking
Events

Forums +
toolkits

CREATOR HUB by CROWDFUNDR

- Welcome, start here!
- ← Crowdfunder Home

COMMUNITY

- Activity Feed
- Forums
- Groups
- Members
- Live Events

ACADEMY

- Toolkits
- Exclusives and AMAs
- Live Training

CONTACT US

- Feature Requests
- Bug Reports
- Support

Collaboration Crowdfunding Promotion Production Fulfillment

Search Sign in Sign up

creative projects

Friday, Aug 12, 2022 11:00 AM
Timezone:
America/Vancouver

Chris posted an update in the group Comics
5 weeks ago

Howdy, all! My Will Eisner postcard set, with NEW quotes by Neil Gaiman, Diana Schutz, Mike Allred, and others, launches on July 1st! Here's a sneak peek: https://fnd.us/e21i38?ref=ab_2ALfB4_sh_5BJl84

Will Eisner: A Life in Postcards



Celebrate the life and work of pioneering comic book creator, graphic novelist, and creator Will Eisner in this limited postcard set. Made in conjunction with the Will Eisner Estate.

Agent_Smith, deena and 1 other like this · 7 Comments

View previous comments

David 4 weeks ago
Chris, this looks so great! I'm excited for your launch tomorrow. Do you want to put estimated shipping on all of the items? You have it on only one of them. Best of luck with the campaign and let me know how I can help!

Chris 4 weeks ago
Thanks, David! It was a little tricky for me, but I think I got it figured out. I hope to launch around high noon tomorrow, if not sooner! 😊

Chris 4 weeks ago
AND Will Eisner Postcards JUST launched. I have to admit, I'm used to getting more than one pledge after two hours of launch. Please feel free to share with your backers, and I can do the same for you!

blackeyebooks 4 weeks ago
Away from KS, your own promotion is 1000% necessary, especially with Crowdfunder being so new. I'm confident the platform will attract more attention, but beat the bushes, use your mailing list, social media, etc. to make some noise!

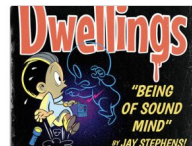
Recent Discussions

- Retry failed payment** by blackeyebooks
- Questember Plans!** by JenVaughn
- The Unexplored Hoard** by Kage
- Shipping Info on Digital Rewards & Updating Payment Info** by markostack
- Digital Fulfillment Options** by PossibleWorldsGames
- Crowdfunder stickers for your campaign** by David
- So, you've launched your campaign. Now what?** by deena
- Editing/Creating rewards issue/bua** by Simon

Join the community: crowdfunder.com/creatorhub

Thank you!

Check out and support all the amazing campaigns running on Crowdfunder



Dwellings Vol. 4: "Being of Sound Mind" by Jay Stephens

by Black Eye Books
Toronto, ON, CA

The fourth volume in Jay Stephens' ongoing cute-as-hell horror anthology series!

\$6.2k Raised 29 Days left



Ricochet and the Fangz: Roller Derby Vampire Comic Book

by Daid Gremlin Comix
Kansas City, US

A team of hard-hitting roller derby players find themselves in an illegal underground

\$2.2k Raised 28 Days left



The Dirty Goat Roadhouse wants to go home! Can you help us?

by Tracy Starr
Reno, NV, US

A true labor of love, The Dirty Goat Roadhouse art car has been accepted to

\$3.4k Raised 12 Days left



One Tin Soldier: Remember When...

by The Mast! Toys
Bolinas, CA, US

Remember When... is an homage to childhood memories, a prelude to part of a whole called One Tin Soldier that brings a

\$5.2k Raised 4 Days left



That Distant Fire: A Dystopian Sci-Fi Graphic Novel by J.R. Hughto & Curt Merlo

by Black Eye Books
Toronto, CA

In a near-future dystopia, a young couple is on the cusp of inventing a breakthrough!

\$15.6k Raised 43 Days running



Support The Mind's Eye - a 25ft 'dali-esque' monument by female steel artist

by Launa Eddy
Boise, US

The Mind's Eye is a 25ft steel sculpture that is one month away from completion. It has

\$2.8k Raised 16 Days left



OCINDO x Fractal Droid Burning Man Fundraiser

by Ariana Filice
San Francisco, US

Welcome to the world of OCINDO: an interactive, large-scale ascension portal; a connection point between all that was, all

\$4.1k Raised 30 Days running



Tales of the Black Devil Comic Book by Zachariah EM Roane

by Zachariah Roane
Los Angeles, CA, US

Tales of the Black Devil: Chapel at Sundown Part 2

\$4.8k Raised 16 Days left



Tremolo, a Burning Man Art piece.

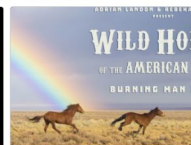
by We Are Denver
Denver, CO, US

Tremolo is a field of windmills at this year's burn (up to 50 miles) which hum when the wind is blowing. Each windmill is

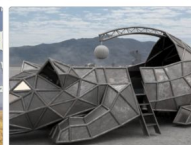
\$4k Raised 20 Days left



Don't go into the Woods at



Get Wild Horses of the



Harvey: Disco Kitty Art Car



Hello

I'm Robyn Warren

Certified Health Coach and Educator; B.S. in Physical Education, M.S. Ed. in Health Education, NY State certified teacher, Accredited Xpert Pole Instructor, ACE certified Health Coach, PN certified Nutrition Coach, and Founder of Geek Girl Strong.

You can reach me at robyn@geekgirlstrong.com

Today's agenda

- Early signals of burnout and how to slowly curate your everyday to navigate what creative freelancing requires
- Tips and best practices on how to stay creative & productive, and be a good boss to yourself
- How to ask for help and resources to tap
 - hint: you can't self-care your way out of burnout

Early Signals of Burnout

Early signals of burnout

Feelings of energy
depletion or exhaustion

Reduced professional
efficacy

Increased mental
distance from one's job,
or feelings of negativism
or cynicism related to
one's job

Bonus: Decision paralysis
and exhaustion

Curate Your Life

- “Curate” was first used in relation to Clerics helping to cure souls.
- Later used in relation to being in charge of selecting and caring for objects to be shown in a museum or art galleries etc.
- Now also used in terms of selecting everything from festivals to internet content to your favorite streaming service’s algorithm.

Curating your life

SOCIAL MEDIA

Social Media curates what reaches us based on our activity, how can we continue to do that for ourselves?



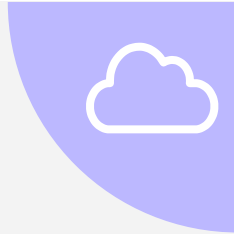
SLOW LIVING

Aim to be a “unitasker”!



Find opportunities for ‘Niksen’, a Dutch verb meaning “to do nothing”

NIKSEN



“I write sometimes”
vs.
“I’m a writer”

WHO DO I WANT TO BE?

“

It is watching clouds pass by, not scrolling through Facebook. It is letting your mind wander, instead of reading emails or even making plans for the future. Purposelessness is an important aspect of nixsen. Nixsen, therefore, is doing nothing despite the health, productivity, and creativity benefits of rest and leisure—not because of them.

Curating your life

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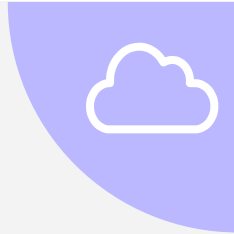
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WHO DO I WANT TO BE?

“ *Meaning in life is made by engaging with something larger than yourself.* ”

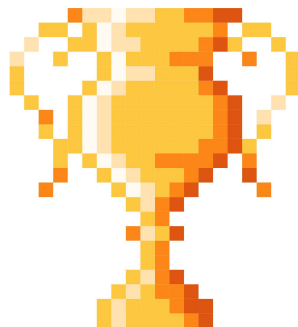
How to be a Good Boss to Yourself

Be a good boss to yourself

Lay out your expectations - *clearly!*

If we don't know what's being asked of us we can't live up to it, and we won't know if something is actually successful or not.

Create opportunities for success

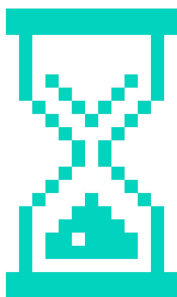


Create opportunities for inspiration!

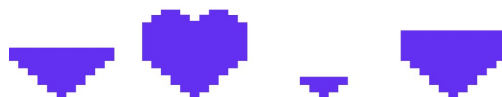
Readers of literary fiction are more creative and can process information in more effective ways.

Be a good boss to yourself

**Take breaks and/or
time off.**



**Your best/productivity
looks different each
day.**



**What happens when
you don't succeed?**

- Take time to mourn
- Check in with your expectations
- Look at your plan of attack & score it using $+$, $-$, $=$

Complete the Stress Cycle

Complete the Stress Cycle

- Species are slow to adapt; we still think we're being chased by a predator
- How do we cope? Fight, Flight, or Freeze
- How to complete the stress your body is experiencing
 - Physical activity
 - Breathing
 - Positive social interaction
 - REAL laughter
 - Long hugs
 - Creative expression

“

There's only so much energy in the world, right? It can neither be created nor destroyed. Everything you make that's made out of your energy is partially made out of you, and it's made out of whatever experiences you've had.

Choose your coping mechanisms wisely

- Think about your stress level like a device charge percentage or points in a game.



How to Ask for Help

- You can't self-care your way out of burnout!



Resources

Low-cost or free therapy options

- Hotlines
- Directories
- Health Clinics
- Universities

IRL & internet communities



Group therapy

Like NAMI Connection

Accountability Groups

Check out Meetup.com!

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones

By James Clear

Burnout: The Secret to Unlocking the Stress Cycle

By Emily Nagoski, PhD
and Amelia Nagoski,
DMA

Resources

Curation: The Power of Selection in a World of Excess

By Michael Bhaskar

Niksen: Embracing the Dutch Art of Doing Nothing

By Olga Mecking

Hello, Habits: A Minimalist's Guide to a Better Life

By Fumio Sasaki

The Lost Art of Doing Nothing: How the Dutch Unwind with Niksen

By Maartje Willems and Lona Aalders

Hold Me Tight: Seven Conversations for a Lifetime of Love

By Dr. Sue Johnson

Tricia Hersey

The Nap Ministry

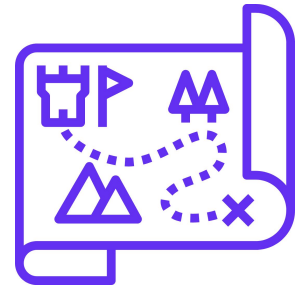
track.toggl.com

For time tracking & Pomodoro!

Conclusion

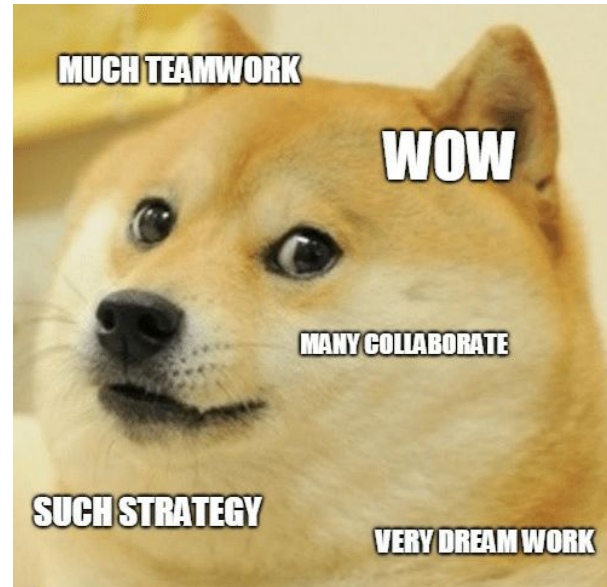
Let it be an **Adventure**; Reality is **COMPLEX**

- Think of 3 words you'd like to use to describe your life
- Think of one sentence you'd like to use to identify yourself (as a creator)
- Every decision you make builds the character you've identified, and each step will either get you closer to or farther from your (3 word) destination.
- You can also take a break, camp out, refer to your map, your fellowship, rest and allow someone to keep watch for you...
- Remember that progress happens in small increments
- The way that we continue to stay engaged is through continually stepping up to small challenges, but without support there's no sustainability.



Just like crowdfunding...

- Self care needs us to call upon our community
 - Family
 - Friends
 - Colleagues
 - Social Media followers



Thanks!



Any questions?

You can find me at @GeekGirlStrong
& GeekGirlStrong.com