



brain dumps

a quick guide
by:



R4SkeA ART

unearth yourself

more about me, Tamara



I am a South African Mixed Media Artist. Who now lives in Warsaw Poland.

I used to work a corporate job, and was doing well career-wise, but that was where the happiness ended for me.

I was suppressed, angry, stressed out, and defeated on the best of days. Then I discovered art, and it allowed me to start healing, uncovering myself, and generally become a better human!

i love to use art to 'unearth myself', enjoy making weird work, vlogs, and being experimental in my art.

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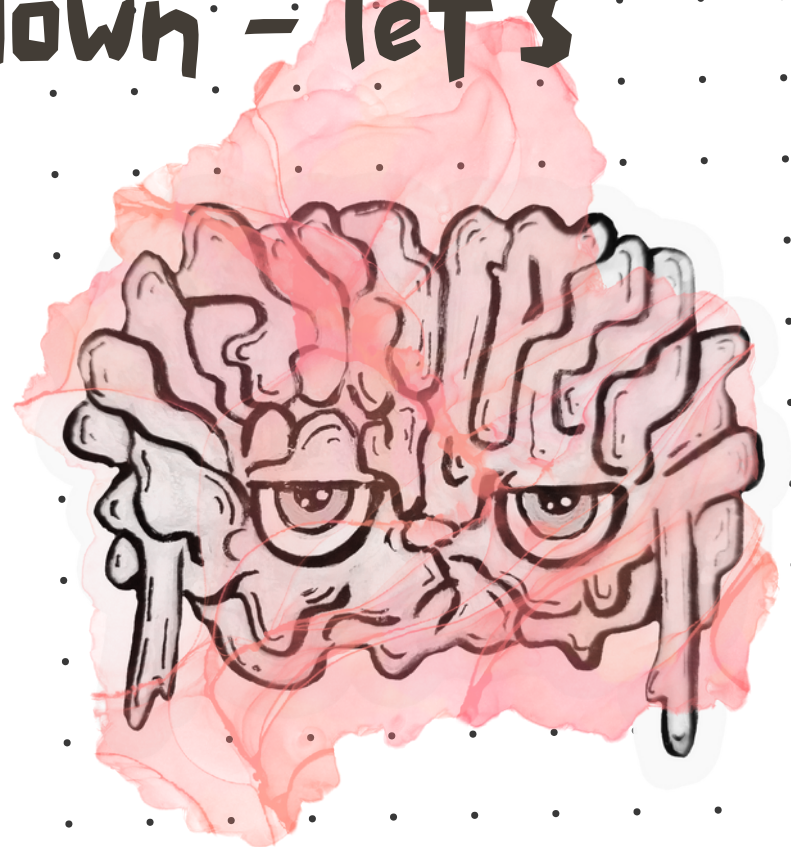
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how to

- Take a blank sheet of paper, and in the middle write down/draw or stick down "brain dump".
- Draw arrows from the image/phrase, outwards, and then write down anything and everything that's in your brain.
- Remember this is your personal space, so don't self-censor, or bother about spelling.
- Use bullet points to remind yourself to keep it short, this isn't a journaling session (yet)
- There's no need at present to analyse or action what you have written down - let's just focus on writing!



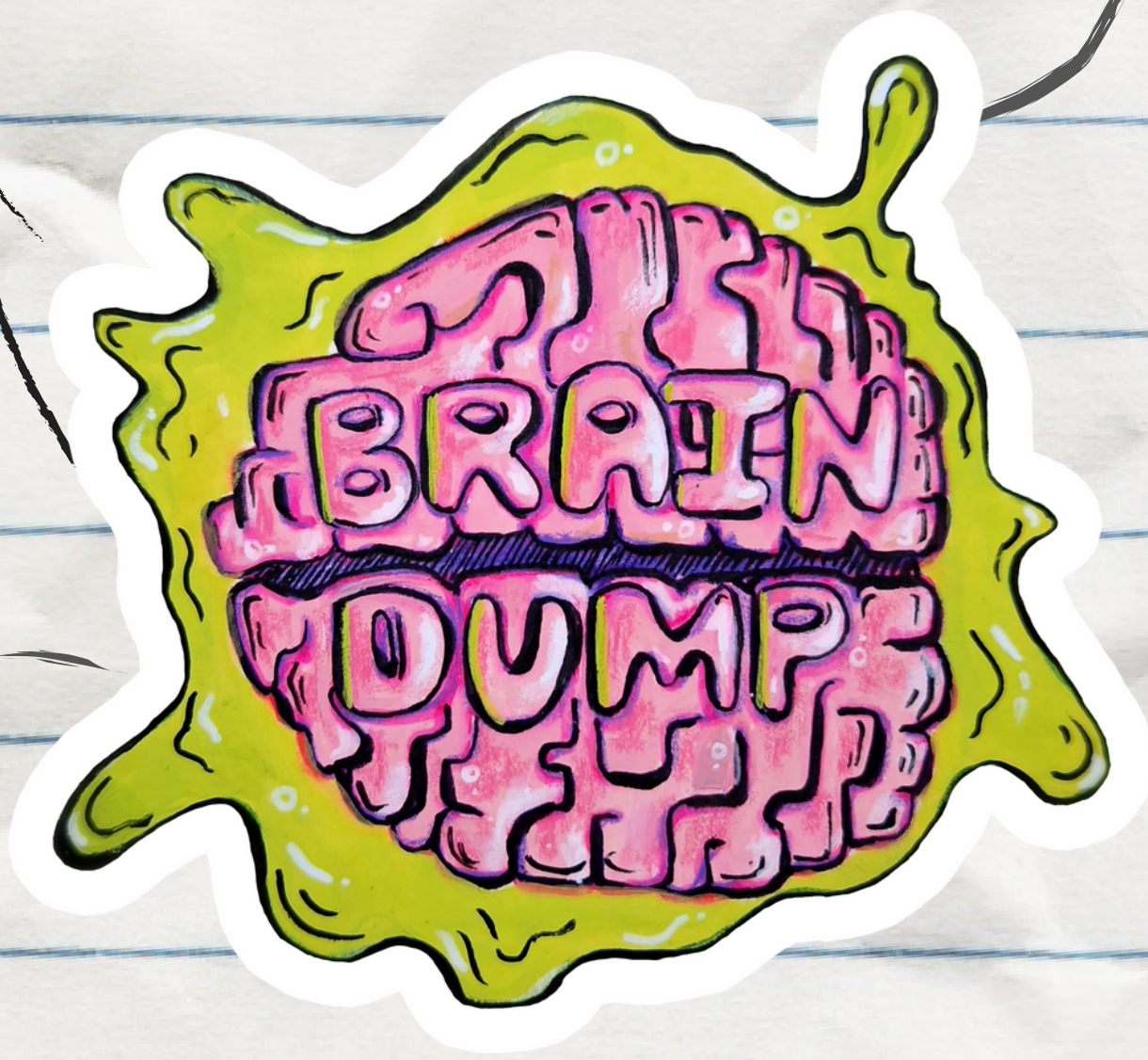
example

perhaps
inspiration
lies here?

use bullet points to keep
it concise and quick

- feel tired
- course deadline
- call mum!

• dreaming
about eggs!



you can
still be
creative 😊

- book dr. appointment
- really need to eat spinach
- popeye ate spinach

dump everything, the
important and the silly.
don't self correct or censor

how does this help?



- creates headspace by giving your thoughts a place to exist outside your head.
- de-escalates the sense of urgency of your thoughts - "this is not now's problem".
- teaches your brain that you ARE taking it seriously, and that it can trust you're listening.
- sometimes we can get inspiration from a thought, something we couldn't do before, because it was too noisy to even hear it, or we hadn't articulated it.
- when we're done with our art session, we can go through the list and action, analyse or discard!



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UNEARTH YOURSELF

How to use?

Print out and use the brains in your own braindumps.
Or use these them for journal fodder or collage work.

● BRAIN DUMP DIGITAL DOWNLOADS ● FOR PERSONAL USE ONLY ●

