

# Strawberry Moon

Issue 5: Self Care

MAGAZINE

juicy reflections on art journaling



Cover artwork by Luba Carlson

LISTEN TO YOUR HEART



*a daily*  
**PRACTICE**

online community  
small group workshops  
1:1 coaching

Looking for  
meaning outside of  
motherhood AND the  
energy to pursue it?

Join us in A Daily Practice. An online community for midlife moms.

Here we create daily practices and habits to achieve a life of MORE.  
More time. More energy. More creativity.

So that we can...  
find value and meaning in a role of our choosing,  
say yes to what matters most, and no to what doesn't, and  
become a better mom, wife, friend, and community member.

It's a new kind of playgroup. Join today!  
[jenessadurrani.com](http://jenessadurrani.com) | [adailypractice.mn.co](http://adailypractice.mn.co)

Welcome to Issue 5: Self-Care.

The theme for this issue was set over a year ago when I received a submission for Issue 2—I loved it, but it wasn't quite right for the issue. I made the executive decision that a future issue would be focused on self-care, so that I had the perfect place for this particular article. When I opened submissions specifically for this issue, I found that I had apparently struck a nerve and was overwhelmed by the quality and quantity of the submissions that I received—all of which are shared here with you, including that original article (from Brittany McLarney) that I have been holding on to all this time.

A theme that you'll see repeated is that self-care is not selfish. Just like the airlines tell us to put on our own masks before helping others, we must take care of ourselves in order to be able to take care of others. I think you will find lots of kindred spirits here, with ideas and inspiration about how you can use your art journaling practice to take care of yourself.

There is a lot of vulnerability on display here in this issue. I'm so honored to be able to share these stories with you. I appreciate and take very seriously the trust that these artists have placed in me.

I can't wait to see what the words and images shared here inspire in you, the reader. I hope you'll share either via email ([hello@strawberrymoon.art](mailto:hello@strawberrymoon.art)) or on social media (@strawberrymoonmag on Instagram).



#### About Suzanne

Suzanne is a multi-passionate artist who lives in Eastern Iowa with her husband. She has two adult children (who happen to be twins).

Professionally, she has been a multi-talented wizard (aka school secretary), longarm machine quilter, stay-at-home mom, bank technology manager, computer network installer, t-shirt seller, and library page. (She shelved returned library books in high school. Favorite job ever.)

She is currently the sole proprietor behind Strawberry Moon Magazine and is always making things, including art, quilts, knitting, and messes.

#### Connect with Suzanne

Instagram: @suzanne\_earley



# Contents

PERSONAL STORIES



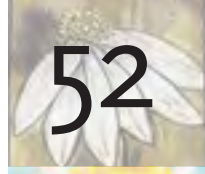
30

Art Journaling Mama  
BRITTANY McLARNEY



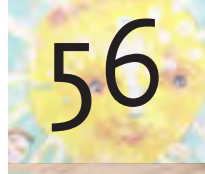
47

At a Table  
SHERI SEARS



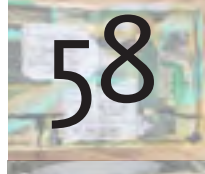
52

Taking Care of You With Art  
JAN GOLDEN



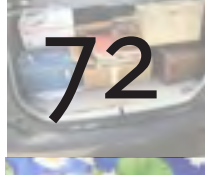
56

Finding Purpose  
AMY ZUZU



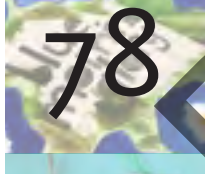
58

Art as Self-Care in the  
Time of Motherhood  
SONYA CHENEY



72

Travel as Artistic Self-Care  
RICKI MIDBROD



78

Garden Stories  
JILL KANE



100

When Sleep is Not All You Crave  
CLEMENTINA KURA-KURA



104

Anxiety Journaling  
LYNDA BASSETT

EACH ISSUE

Letter from the Editor .....1  
Using the Artist Papers ..... 4  
Gallery Artists.....12  
Artist Papers ..... 45, 143, 145, 147  
Page Starters .....46, 142, 144, 146  
Dear Reader ..... 148

Magical Mindfulness  
ANN MARIE CORBIERE-SCOTT

It's All in the Practice  
LOUISE MUZIO

Energetic Alignment  
SARAH LOVATO WOLFE BAILEY

Art Journaling for Self-Care  
IRIS FRITSCHI-CUSSENS

Ignorant Bliss  
ALISON VACLAV

Get Random: Layered Art Journal Pages  
SARAH GARDNER

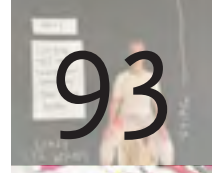
TUTORIALS



42



50



93



96



115

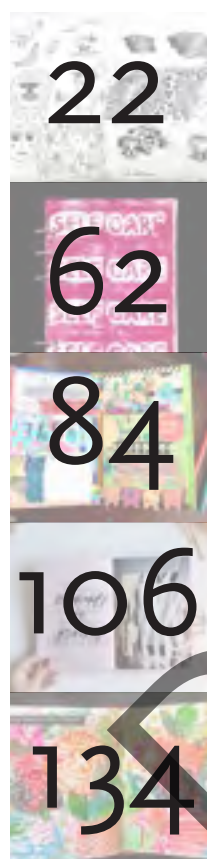


122

**ASK THE ART JOURNALERS**

Meet the Artists ..... 11  
 Best Books Read in 2022.....29  
 Go-To Feel Good Art Techniques..... 41  
 Gel Printing Opinions..... 61  
 Minimalism vs Junk Journaling .....103  
 Art Rituals.....127

**GALLERIES**



22

Illustrate Your Life

62

Monoprinting

84

Junk Journaling

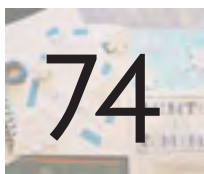
106

Minimalism

134

The Atelier

**BOOK REVIEW**



74

Enhancing Fiber (Paper) with Fiber (Cloth and Thread)  
KASSIE WALTERS

Gratitude Art Journaling  
LUBA CARLSON

14

Art Journaling as Creative Outlet  
JILL RUSSELL

20

Art Journaling and Conscious Living  
MICHELE FAWCETT

26

Finding Hope in Watercolor Circles  
MOLLY ANTHONY

32

Self-Care Art Journaling Hike  
ALISON MYTYCH

38

Scribble Writing  
CAROLYN S. NEHRING

54

Praying with Pencil and Paper  
CAROL L. MYERS

68

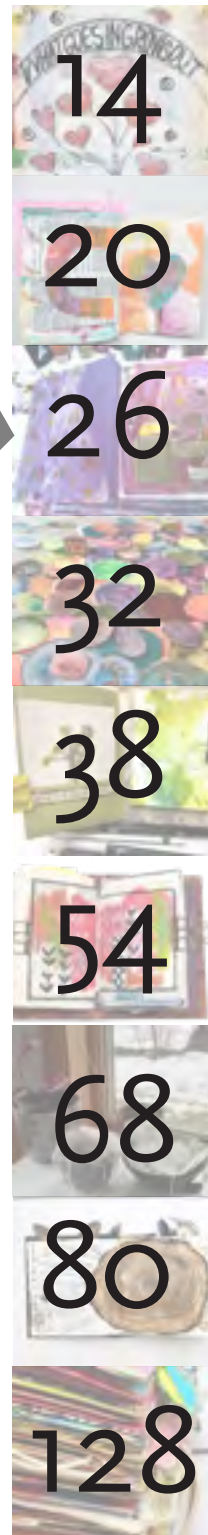
An Ode to Hope  
JESSICA KOVAN

80

An Artful Planner  
JANA FREEMAN

128

**IDEAS AND INSPIRATION**



## USING THE ARTIST PAPERS

I am thrilled to share the page that Ann Marie Corbiere-Scott created for us for self-care journaling pages. She prints her pages on copy paper, covers with clear gesso, and then gets busy adding color!

I wasn't planning on having any other artist papers this month, because I didn't think I had room. When you create a print publication like this, you have to work in sets of four pages and because I can do simple math<sup>1</sup>, I knew I needed to create at least one page, so I put together a bunch of typed quotes with a background from one of my journals.

When I got close to the end of finalizing everything for this issue, I found myself with another spot for I needed to fill, so I scanned some of my many monoprints and put strips on a page. I also wrote the page starters that are on the backs of pages.

And then I discovered that I had NOT been doing the simple math correctly and either had to delete one of the artist papers or add another one.

### DOWNLOADABLE

If you don't want to cut up your magazine, you can download all of these printables from the Strawberry Moon website:

[www.strawberrymoon.art/resources](http://www.strawberrymoon.art/resources) and enter the password YOUAREMAGIC to gain access. You can print multiple copies and use sticker paper to make them even easier to use!

Which is how we ended up with three pages of artist paper from me instead of just one<sup>2</sup>.

I have also added the full pages of monoprints to the website in the resources section, so you can use either the strips or the whole page!

When you use any of the artist papers I hope that you'll share—you can email your work directly to me ([hello@strawberrymoon.art](mailto:hello@strawberrymoon.art)) and if you post on social media, be sure to tag [@strawberrymoonmag](https://www.instagram.com/strawberrymoonmag) and use [#strawberrymoonmaginspired](https://www.instagram.com/strawberrymoonmaginspired). 🍓

<sup>1</sup> This is called foreshadowing.

<sup>2</sup> Because I was too attached to delete them now. Obviously.

## Artist Paper Previews



---

# STRAWBERRY MOON MAGAZINE

Issue 5: Self-care

EDITOR  
Suzanne Earley

COPYEDITING  
Debra Ellsworth  
Sara Israel  
Mary Ann Reed

STAFF  
Sally  
Hobbes

INTERN  
Sammy

CONTACT US  
604 West St  
Traer, IA 50675  
USA  
hello@strawberrymoon.art  
<http://www.strawberrymoon.art>  
Instagram: @strawberrymoonmag

---

## PHOTOGRAPHY CREDITS

Unless stated otherwise, all photographs were taken by the artists.

## COPYRIGHT

Strawberry Moon Magazine is copyright 2023 by Suzanne Earley, DBA as Strawberry Moon Magazine. All artists retain full rights to their own individual artworks and all art is used with permission.

The artist papers are provided for your personal use in personal journaling projects and for items made for gifting and limited sales, such as cards and journals. They may also be used in artwork for publication as long as Strawberry Moon Magazine is credited and they are just one component of your larger work. Do not copy, edit, or redistribute the papers as is.

## SUSTAINABILITY

Strawberry Moon Magazine is printed on environmentally certified and recycled papers from sustainable sources. The ink is vegetable based and the printer recycles all of their waste products.

As the magazine grows, we will continue to evaluate options to further limit our impact on the environment.

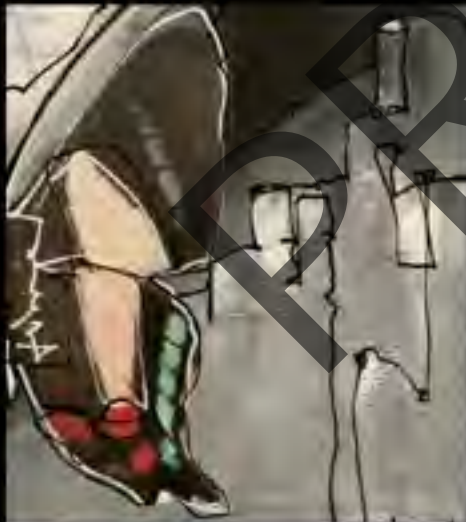


CONNECT WITH THE WISDOM OF THE MOON IN...



# LA LUNA

INTEGRATED SHADOW



- BREATHE
- MOVE
- EXPLORE
- CREATE



SARAH LOVATO WOLFE BAILEY

Artist & Creative Guide  
Create the Way Arts & Wolfe.S Art

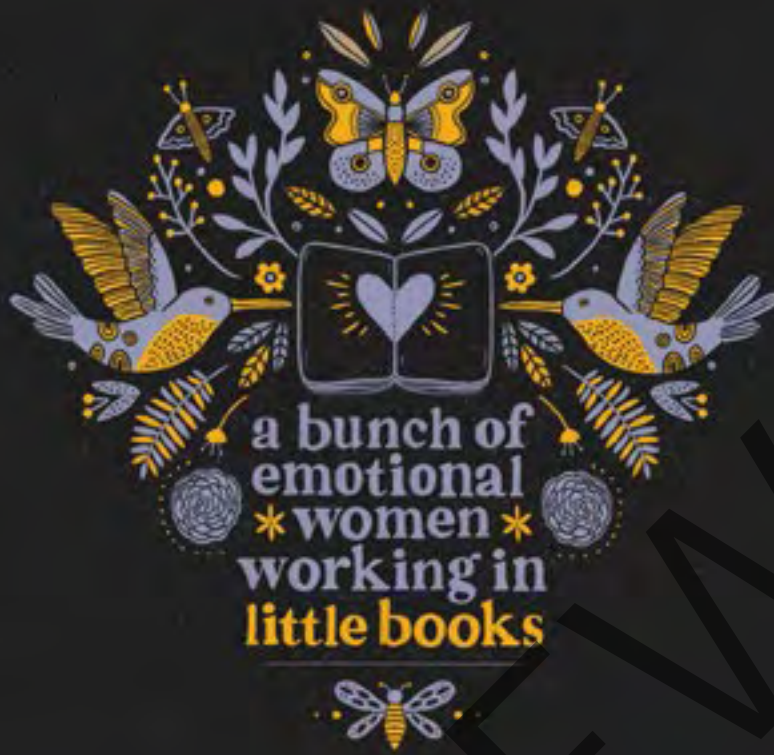
Online workshop  
Intuitive art practice  
Synched with the cycles of the Moon

EXPLORING SHADOW WORK THROUGH PAINT AND MIXED MEDIA



[www.createthewayarts.com](http://www.createthewayarts.com)  
[sarah@createthewayarts.com](mailto:sarah@createthewayarts.com)





JOIN THE ART JOURNAL COMMUNITY AT [GETMESSYART.COM](http://GETMESSYART.COM)




Join the  
**Let's Get Artsy**  
creative community.

For all things Ann and Artsy:

[anncorbierescottdesigns.com](http://anncorbierescottdesigns.com)

 [anncorbierescottdesigns](https://www.facebook.com/anncorbierescottdesigns)

 [anncorbierescottdesigns](https://www.instagram.com/anncorbierescottdesigns)

 [anncorbierescott](https://www.youtube.com/anncorbierescott)

[anncorbierescottdesigns@gmail.com](mailto:anncorbierescottdesigns@gmail.com)



Limited spaces  
available to  
keep retreats  
intimate and  
personable

## Art. Culture. Adventure

Tracy of Be Brave Studio and Theresa of Blue Tulip Designs are bringing the North and South together for a series of Art, Culture, Adventure retreats.

### Art

Planned art projects might include:

- Themed art dolls
- Personalized fine silver
- Jewelry
- Art journaling
- Sketching
- Painting
- Creative writing
- And much more!

### Culture

Learn about the unique retreat location including history, art, food, and more

### Adventure

Customized outings and experiences related to the retreat theme and location



Be Brave Studio



To keep up to date on current and planned retreats visit

[www.TracyBBrave.com](http://www.TracyBBrave.com) or  
[www.BlueTulipDesigns.com](http://www.BlueTulipDesigns.com)

# Sacred Makers

SOUL RETREAT  
@ SQUAM LAKE  
<http://sacredmakers.com>

A 4-day heart-centered retreat for creative souls, seekers, mystics, healers & makers who are ready to explore the sacredness of their gifts.

@sacredmakers



TWO SESSIONS  
SPRING & FALL



FIBER ARTS



MIXED MEDIA



CREATIVE  
WRITING



# ASK THE ART JOURNALERS

Each issue, we put together a list of questions for art journalers and invite anyone who wants to participate to answer the questions and submit a photo. We don't stick just to art journaling questions and it's always fun to see the range of answers. Here are this issue's panel of art journalers. I'm so grateful they joined the fun! You'll find the questions and answers spread throughout the magazine!



Sheri Sears | Rick Midbrod | Ali Flukes | Jill Kane

Alison Mytych | Ann Marie Corbiere-Scott

Brittany McLarney | Nicole Austin | Nina Fickett | Serena Kaba

# Gallery Artists

## Nicole Austin

[www.kinueko.com](http://www.kinueko.com)

Nicole is a mama, artist, and instructor living and making art in the Arizona desert. She has a passion for making messes and teaching others that it's ok to connect to their innate curiosity and creativity.

## Frieda James Bailey

Frieda James Bailey is a 5th Grade student at International School Bangkok. She LOVES making art because she says it 'takes her mind off things' and reduces stress. Her current favorite medium is Tombow markers. In addition to making visual art, Frieda also loves singing, dancing, learning new instruments and all things musical.

## Debbie Bamberger

*Instagram: @debbiebamberger*

Debbie Bamberger is an art journaler and a nurse practitioner in Berkeley, California. She recently left Planned Parenthood after many years and is providing telehealth care. She art journals every day.

## Karen Dawn

[creativesouljourneys.com](http://creativesouljourneys.com)

Karen Dawn specializes in facilitating creative learning experiences in Visual Art Journaling and Mixed-Media exploration. Her focus is on personal empowerment using intuitive creative alchemy. She's been teaching Visual Art Journaling since 2015 which has given her a lot of insight into how people interact with creativity. Her dream is to bring this same inner-journey to life for you in a way that makes change easy and fun.

## Nina Fickett

*linktree/nina\_fickett*

Nina Fickett is a second-generation artist living in Arizona with her husband and three of their four adult children. Nina graduated with a Bachelor of Fine Arts in Graphic Design which led her on a lifelong journey of artistic discovery. In 2015 she discovered the world of mixed media and a passion for following the texture.

## Alexis Flack

[www.wildgrown.art](http://www.wildgrown.art)

*Instagram: @wildgrown.art*

New Jersey based nature artist, Alexis Flack, creates tree print paintings from encounters with the natural world by printing cross sections of fallen trees. She transforms these prints into paintings that tell stories using acrylic and watercolor paints, as well as the cyanotype process. Her tree print paintings often feature gardens, gatherings of plants and insects or birds, and figure drawings, to encourage people to actively connect with the Earth, sea, and sky.

## Ali Flukes

Ali is a weekday social worker and a weekend artist. She is the sometimes proud owner of two poorly behaved (but occasionally affectionate) cats, and otherwise likes to spend her time drinking coffee and watching the Premier League. She is ~~obsessed with~~ passionate about the Harry Potter books (she's 86% Gryffindor, 68% Hufflepuff, 64% Ravenclaw, and 22% Slytherin) and uses art journaling to express all the (many) things that she can't put into words.

## Caylee Grey

[getmessyart.com](http://getmessyart.com)

[cayleegrey.com](http://cayleegrey.com)

Caylee is the South African artist who created Get Messy Art in 2014. Her creative adventure began as a way for her to get messy, ditch perfectionism, stay accountable, and consistently create art. Other artists wanted the same in their creative practice and a business and a community were born. Behind Get Messy's digital doors are thousands of creative sparks taught by more than 100 teachers and a supportive group of fellow artists who love sharing their artwork.

## Audrey Goldman

Audrey Goldman is finishing her first year at James Madison University, where she focuses on studying Media Arts and Design. After years of observing her grandmother, whom she calls Bubbie, make beautiful art, Audrey knew that she, too, wanted to become an artist. This year, Audrey exhibited her art in a brewery, won the Madison Center for Civic Engagement's "I Voted" sticker competition, and launched a Red Bubble storefront called "Simply Smiley Shop."

### **Kaitin Jones-Muth**

---

Kaitlin Jones-Muth turns emotions, ear worms, and coffee into mixed-media art in Minneapolis, MN.

### **Serena Marie Kaba**

---

*Instagram: @Creatively\_Serena.Marie*

Serena Marie Kaba is a Canadian artist, teacher, and storyteller exploring creativity through curiosity and experimentation. Mindfully repurposing, diving deep into paradox, and seeking meaning in the liminal, she loves to express emotions and ideas through her art. Oh, and she loves kayaking!

### **Victoria Holgate Kelly**

---

*www.victoriaholgate.com*

*www.facebook.com/artistorikelly*

*Instagram: @artistorikelly*

Victoria is an artist and life coach whose passion is all things female transformation and brave creativity. She teaches art journaling to at-risk kids, teens, and women both online and one-on-one. She lives in the beautiful state of Colorado with her best friend and husband. When she's not in her art studio, she loves being outdoors and playing Pickleball any chance she gets!

### **Diana Mahar**

---

*Instagram: @art.is.medicine.is.art*

Diana Mahar is an artist and physician in Northern California. She has found visual journaling, mixed media and bookbinding to be a balm for the stresses of daily work as a doctor and an enjoyable way to use both sides of the brain.

### **Claire Mercado-Obias**

---

*Instagram/Twitter: @blahtotada*

*Blog: blah-to-tada.blogspot.com*

*Website: www.clairomercadoobias.com*

Claire Mercado-Obias is a writer based in New Jersey. Crafting has always been her love language, form of creative expression, and method of healing.

### **Lauren Macintire**

---

*Instagram: @laurenmacintire*

Lauren is an artist who is enthusiastic about helping others enjoy creative expression. She specializes in mixed media art journaling. She lives in St. Augustine, Florida with her husband and chihuahua.

### **Arlyna So**

---

*arlyna.com*

*Instagram: @abshanghai*

Arlyna is a lifelong artist who has always been into painting and anything art-related since she was young, following her passion for her career as a graphic designer while being an entrepreneur. She enjoys documenting her life in Shanghai through urban sketching and journaling. Her art journals serve as her free space to create freely and expressively and a respite from the hustle and bustle of life with twin teens.

### **Judy Wood**

---

*Instagram: @abrushwithangels*

Judy Wood is a mixed media artist and poet living in the Arizona desert. Judy's poetry has been featured in several local publications. Recently "Lazy Lizard" (co-written by her husband, David) was featured in the book *Arizona 100 Years, 100 Poems, 100 Poets*.

Judy has self published several poetry books, and one photography book titled #Skywatch. Her poem; Winter Moon was her first national publication. Her recent collaboration is Moonglow, a book of poetry featuring the moon and the night sky. Available on Amazon and Barnes and Noble.

Most days, especially early in the morning, you'll find her happily painting in her home studio. She has shown her artwork in several local galleries including two solo art shows and enjoys painting and drawing trees, forests, and other magical places.

Judy has been a volunteer at the i.d.e.a. Museum in Mesa, and is often busy teaching watercolor to teachers and staff at local schools! She has a BFA in Painting from ASU and a Masters degree in secondary education from University of Phoenix. Judy is a dreamer and enjoys spending time with her family and friends.



## GRATITUDE ART JOURNALING

By Luba Carlson

An act of self-care

Luba's colorful—and relatable—journal spread was perfect as the cover image of an issue dedicated to self-care. Hopefully this issue will give you lots of ideas for how to focus on yourself, express your gratitude, and get some extra sleep, too.

The holidays have come and gone by now, and our stress levels should have come back down. At least a little bit, right?

January is when most of us try to recover from overspending. But it's not only the overspending that shows up on our credit card statements. It is the overspending of our emotions, memories, and subconscious expectations.

The beginning of a new year is a time of vision boards, words of the year, goal setting, and taking inventory of the year before. But it can be a time of immense dismay, too, as we look back and see that only a few of the things we wanted so badly last year have come true. We might be disappointed with ourselves for not cooking as many healthy meals as we intended to. Not taking our dogs for a walk as often as we planned to. Not spending as much time with our loved ones as we thought we would. Not taking an opportunity, or taking on so much that we couldn't complete it. Being scared to commit. Being too tired. Being overwhelmed. Being put on the back burner.

Worse than that, to me, is to find that I'm heading into spring already and none of my grandiose ideas have taken hold. When I look back I see that maybe I simply forgot something was important or I did not make time for it. Maybe I was too tired. My nature tells me I was too lazy. The habit of looking for what didn't work has me in its trap once again. It has me spiraling downward, blaming myself and everything else in the world for the feeling of failure.



### Everything that went wrong

When we look for what went wrong during the audit of our previous week, month, or year, that is exactly what we find. We find EVERYTHING that went wrong. I believe it's important to examine our past in search of things that could be done differently and maybe better. However, there's a big difference between looking for what went wrong and searching for what could be improved.

Proverbs 11:27: *If you search for good, you will find favor; but if you search for evil, it will find you!*—New Living Translation (NLT)

*Those who look for the bad in people will surely find it.*—Abraham Lincoln

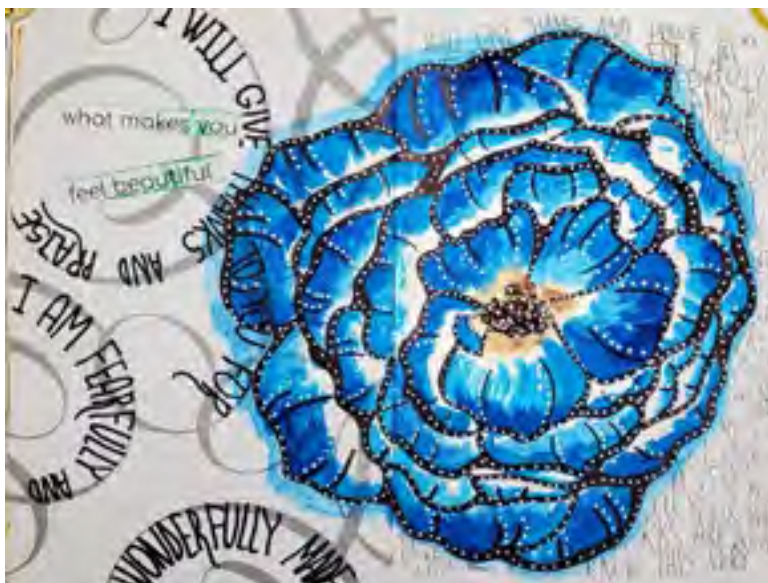
What if instead of looking for the negative, we looked for what worked? Looked for accomplishments and wins, and celebrated them? What if we found what we did well and amplified it?

### Everything that went right

Have you ever needed to shop for a car? You research the makes and models. You choose the color you want. You start looking for it at dealerships or online or asking your friends and coworkers to help you find one for sale. The next thing you know, you start to see that car everywhere. This isn't magic. When you are intentionally looking for something for a period of time, your brain starts to pay more attention to that particular thing. As a result, that thing seems to be everywhere. It turns out this phenomenon can be traced to a specific part of your brain called the reticular activating system, a collection of nerves that creates a filter for the things you focus on. It goes through the information you consume and highlights only the pieces important to you.

Consequently, if we consciously look for positive things that work in our lives, we will start to see more positive things that are working well. We're rewiring our own brains to focus on the good, better, and best.

Most of us agree that New Year's resolutions don't work unless you work on them. The same goes for vision boards, words of the year, pretty planners, and fabulous goals. In Ukraine we have a saying: *Water does not flow under the rock that just lies there.* It means that having goals and dreams is great, but we also need to act upon them. »





### **I have an idea!**

A couple years back I stumbled on an idea. An idea of amplifying what works well, adding a good amount of gratitude, pouring in a hefty portion of grace, and putting it all in a journal format so I could see progress and change. I tried to keep a regular diary but realized that I really am not a person of many words. Empty lines scare me and since I speak Russian, Ukrainian, and English, it can be hard to express ideas on paper without having to rewrite them a few times. Soon it became a chore. I turned my gaze to bullet journaling. It worked for a bit, but I knew I wanted to spend more time reflecting on my gratitude and not only making a list of it.

### **Welcome to Gratitude Art Journaling**

This is how I started my first ever gratitude art journal in 2021. I used a dotted notebook a friend had gifted me a few months back. My very first entry was a hand-lettered statement with doodles around it. I allowed myself to not seek perfection. I allowed myself to just be in the moment of creating that gratitude page. Even if I only had fifteen minutes, I would open that notebook and doodle and love on what I was thankful for. In just two weeks I started to notice more positive things around me. I felt tremendous relief from stress. I started to see the fog lifting. My thoughts became clearer and it got much easier to focus. Soon enough I was finding myself jumping into the flow almost as soon as I started my page, and my pages started to evolve. I added collage, paint, and scraps of fabric. My heart and my art were growing.

### **It's a boy! Ahem, a *practice***

The consistent practice of gratitude, through art in particular, has improved my life in so many areas. Keeping a gratitude art journal is not only good for managing my stress and expressing my feelings, but has helped me find my flow in art and connect with a higher power on a level I could never have imagined.

I believe someone or something is responsible for things happening and I think it is important to know who your appreciation goes toward. Whether it's



God, or the universe, or some sci-fi energy being, I found that the more I showed gratitude, the more things I noticed that I wanted to be grateful for. I feel more loved now than ever because I see all the beautiful blessings I am gifted.

There are a multitude of ways to express gratitude. Keeping a gratitude journal is one of them. As I kept growing in my gratitude art journal, I learned a few tips and tricks that have helped me stay consistent.

#### **Know your why**

What motivates you to open a journal and start reflecting on your gratitude? What are you trying to gain? What would you like to get rid of? Why do you think this kind of practice may be important and beneficial to you?

Answering these questions will help you keep your gratitude journaling practice consistent. When I feel that my practice is falling through the cracks of life, I remind myself of my why.

#### **Keep it simple, easy, and small**

For a very long time I believed each page I created should be a small piece of art on its own. I believed that to be considered an art journal, it needed to be perfect. But I learned from the last few years that none of that really matters. Sometimes my

gratitude page looks like childish scribbles. Sometimes it's put together a bit better. It truly doesn't matter what your page looks like in the end. What does matter is that you did it with a heart full of thankfulness and an intention to spend some of your precious time in gratitude.

I like to keep my journal where I can see it. I love to pull it out and only use what I have on my table at that moment as I create. Sometimes I stop there, and sometimes I keep adding layers, color, collage. The sky's the limit, truly.

#### **Schedule it**

Create a reminder on your phone, add it to your planner, or put a sticky note on top of the box with your favorite supplies to make sure it doesn't slip your mind. If you do miss a day, get right back on that horse. Your gratitude will find its receiver right there and then.

#### **Get out of your head**

Comparison is the killer of joy. Stop comparing what you create with what others do. I suffered from this a whole lot and then I cleaned up my social media feed. I did it with the true energy of "it's not you, it's me." It's not how these artists shared their work; it's how I took it through my prism of comparison. It's how I decided I was »



not worthy, my art was not worthy, my work was not worthy, because I could never measure up. And you know what? It doesn't matter. It's my journal and my gratitude, and the only person I need to measure against is myself.

### Connect yourself to a community of like-minded individuals

This is my favorite! These people will help you stay accountable, they will support you, they will encourage you to keep trying. Even more important, you will be able to support and encourage them too. I understand that not everyone is social media savvy, and finding a community may be a challenge. Ask your local library if you could start a group like that. Tell your friends about it and get together once in a while to work in your gratitude art journals.

The most important thing to remember is that there is no right or wrong way to keep a gratitude art journal. You can use a notebook, a collage book, or a sketchbook. You can repurpose an old book that was to be thrown out anyway. Or you can make your own journal out of scrap paper you have lying around. Try to be consistent. Add your heart to it. Be honest and create. Get into the flow and feel the peace wash over you. Feel the love being poured on you. Then go and share it with others.





#### About Luba

Luba Carlson is a teaching artist residing in Omaha, NE. Her passion lies within helping others to discover their creative side. Luba loves sharing her teachings via online and live art classes. Her art classes are always beginner friendly whether it is an adult paint class, children art class, or art journaling class.

#### Connect with Luba

Website: [www.lubacarlson.com](http://www.lubacarlson.com)

Facebook: [LubaCarlsonArtist](https://www.facebook.com/LubaCarlsonArtist)

## More gratitude ideas from Luba

Free guide to gratitude art journaling with 50 prompts  
<https://www.lubacarlson.com/product/guide-to-gratitude-art-journaling/>

10 days gratitude art journaling challenge on YouTube  
<https://tinyurl.com/LubaCarlsonGratitude>



# ART JOURNALING AS CREATIVE OUTLET

by Jill Russell



I have always believed that the simple act of making, sharing, or receiving something creative benefits our mental health. As a former elementary school teacher, I observed firsthand how art could access hidden parts of students where language could not. Making and appreciating art while sharing the results with others in a safe environment contributes to our growth and happiness.

Art journaling has been an essential part of my own self-care as I use it to record my insights and gratitudes. Creating art allows for self-expression. It also helps me deal with perfectionism as I focus on the process more than the result. Plus, mixed media art journals are the perfect place to experiment with new materials.

I make sure to set aside time every day for some form of creative art journaling. It can take the form of cutting paper for collage, gel printing, drawing, painting, stitching, or writing. For collage paper I like to use recycled maps, book paper, parchment, deli, and tissue paper. The time I spend creating varies from 10 minutes to an hour, but the key is that I make something every day.

Participating in the 100 days of art journaling project on Instagram is a fun way to get inspiration from other artists and also share your work. What I love most about this project is that it encourages me to set aside my daily household tasks and use my creativity to create art that is beautiful to me. I make my small art journals out of scraps of paper—book pages, magazine pages, envelopes, fabric, and recycled paper. I stitch the pages and cover together for the binding.

In my art journal I can experiment with all sorts of colors, styles and techniques. Every day, I open my journal and allow myself to add to the pages without a set plan in mind. Because I make my own art papers in advance, I have a jumpstart when I am creating a new journal page. More often than not, the pages “create themselves” in surprising ways once I select my materials.

A daily art journal practice is a perfect creative outlet and a wonderful way to take care of myself. 🍓



#### About Jill

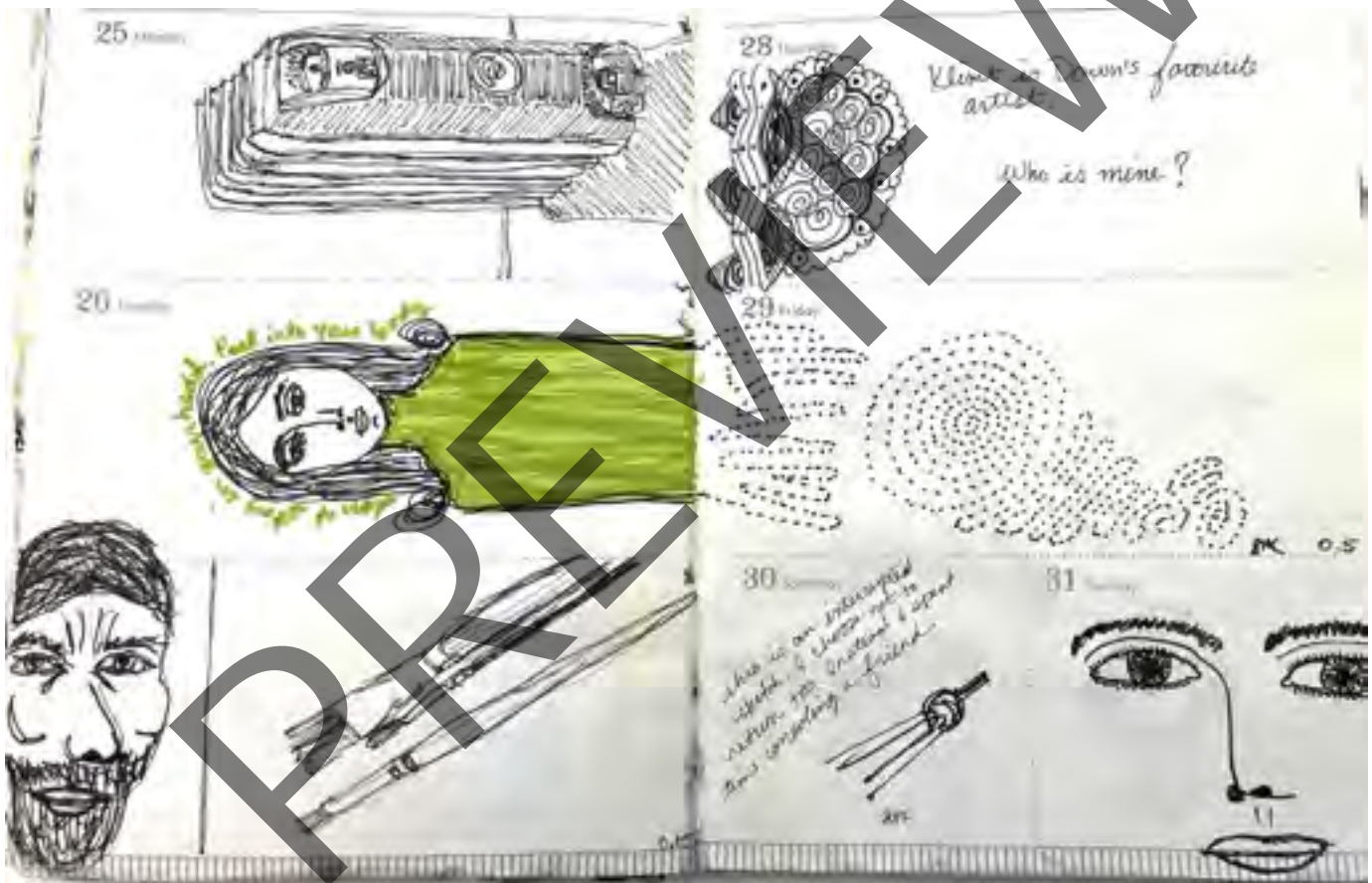
Jill Russell is a mixed media artist, educator, and librarian from Alameda, California. She loves to take what she has on hand and transform it into useful, colorful and beautiful art. She enjoys the process of creating collage layers in her art journals using a variety of handmade and collected papers. Being a lifelong stitcher, both hand and machine stitching often add the finishing touches.

#### Connect with Jill

Instagram: @jillrusselldesigns

# Illustrate Your Life

I believe everyone has a story to tell and finding ways to illustrate the story of your life can be a great way to build a daily art habit.



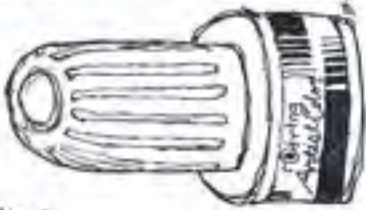
I love sketching while traveling, while out and about, or just—like here—a mundane object, thought, or doodle from my day. While it may not be obvious or even exciting, each daily entry brings with it memories and feelings I can come back to again and again.

## SKETCHING A DAY

SERENA MARIE KABA



18 Monday



Stoddler pigment liner  
0.1

21 Thursday



0.5

19 Tuesday



0.5

Picasso inspired

22 Friday



reflecting on...  
23

24 Saturday

20 Wednesday



wash face and...  
disinfect



8 Monday



monsters



10



potent  
DREAMS

13



14



Los Cochinos



## WHAT EXACTLY IS FREEDOM?

DIANA MAHAR

This spread uses magazine images, mark making and handmade stamps to explore the different facets and meanings of the word freedom. The flower on the lower left was inspired by the "Wonky Bits" course from Willa Wanders.





**ART IS THE MIRROR TO YOUR SOUL**  
KAREN DAWN

Art journaling is how I create an opening to explore the stories that live just below the surface. Bringing these stories into the light, through a daily self-care creative practice, has helped me crack open the possibilities for changing my world from the inside out.

# ART JOURNALING AND CONSCIOUS LIVING

By Michele Fawcett

*There's just something about paper.*

**T**he feel, the sound, the way it's available to catch a slow, carefully written sentence just as easily as a hastily scrawled note. When paper is joined together in a hard- or softbound book—well, that's where the real magic happens.

Combining the written word with art, mark making, stickers, and collage can transform not only the page in front of us but our mood as well. If we are seeking to live consciously, not just reacting to life but choosing to create it, the practice of art journaling can offer space to release, process, and sort through the goings-on in our minds.

In our journals we are gifted with a space to release the negative and reconnect with the energy of hope and peace as we pick our favorite materials and colors and spread them across the previously blank page. Insights find their way through minds occupied with titanium white and cerulean blue.

As it turns out, the happy feeling we get when we play with our art supplies has some science behind it. Art making can help boost our mood and support our mental health. It can also help us with feelings of stress as we are able to release and process emotions. According to Cathy Malchiodi, PhD, a psychologist & expressive arts therapist:

"The practice of visual journaling, with or without the presence of words or verbal narratives, can be a powerful container for life's more difficult experiences and transitions, a source of mindful moments, and ultimately a method of self-care via the visual language of art."

Plus, it's so much fun!

## **So why are our journals empty?**

Maybe we are overwhelmed and don't know what supplies to buy or even what to do in an art journal. Or we might be so busy that while we would love to art journal daily, we just don't have the time. There can even be a bit of fearful thinking: "I'm not an artist."

But art journaling is less about making amazing art and more about taking time for ourselves and our creativity each day. An art journal is a safe place where you can unburden your fears and worries and also share your dreams and desires. It's forever

patient and always there when you need it.

So let's dig into the amazing practice of art journaling and how we can find time for it in our daily lives in a gentle and enjoyable way, and not break the bank in the process.

## **What can I use as an art journal? What supplies do I need?**

What I love about art journaling is how versatile it is. A plain composition notebook and some colored pencils or just a pen is perfect. There are no

For more from Dr. Malchiodi on the topic of visual journaling, you can visit the article this quote came from at: [www.psychologytoday.com/us/blog/arts-and-health/201604/visual-journaling-reflective-practice](http://www.psychologytoday.com/us/blog/arts-and-health/201604/visual-journaling-reflective-practice)

rules and you do not need a ton of supplies to start creating. A glue stick and some junk mail can yield words and quotes. Crayons or markers can add color.

A piece of cardboard cut to size, covered with copy paper or paint and can become an art journal page. Bound together with string or ribbon, several cardboard pages yield a journal that is visually appealing as well as tactile. See what you have on hand and let your creativity start with choosing materials.

### Finding time to art journal

When we think about taking time for the self-care practice of art journaling, it can feel a bit like a dream. An image of what our practice should look like can stop us before we start. Focusing on small, sustainable changes that can be incorporated into our existing routines is a wonderful place to start.

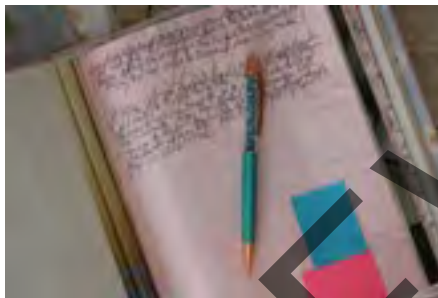
What time do you already have when you could work in a journal? With your morning coffee? During your lunch break? Can you write out your feelings in the morning over coffee and add some colored pencil at lunch and then maybe some collage in the evening? We don't need an hour-long art journaling session with all of our materials. Pen, paper, and some words can get us started in small five-minute sessions. This has the added bonus of providing us with support as we go about our day.

To give you some visual inspiration, I am using a journal I made with a combination of book pages, dyed copy paper, and scrapbook pages. I started by scribbling some anxieties



I was experiencing. I love to use illegible writing, especially if I am writing out some fear or anxiety. I get the thoughts out of my head and onto the page, and now they are ready to be transformed by doodles and paint. It doesn't have to be a long practice—just two or three minutes.

Here, I added some writing to the page about how I am working on shifting



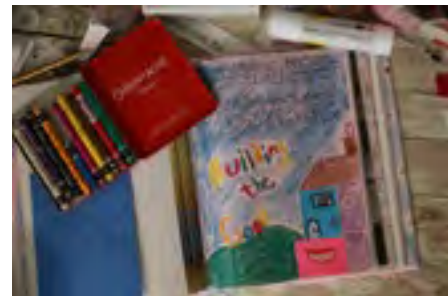
from a place of anxiety to focusing on the good I am building. I glued some sticky notes to the page because it was torn, and I thought they looked like the start of a house, so I sketched it out and decided to make doors and windows that looked like a face. Then I added a little hillside. I did all this in pencil and it only took about five minutes to sketch out. Sometimes I



have to remind myself that I am doing this for fun, to keep my mind and my heart focused on the important thing—living with intention. This helps me not be too critical of my pages and focus instead on how I feel when I am making art.

Over time I added color and collage, and kept building and layering until the page felt finished.

Remembering that a practice can be done in small little bits of time



throughout the day can take the pressure off. Using simple materials can also make art journaling really portable.

### So we've found some time...what do we journal about?

Staring at a blank page can be a bit of a stumbling block. Sometimes, a prompt is just what we need to start journaling. Here are ten prompts to get you started:

1. Think of five favorite things that you did, saw, or heard this week. You could write them out, sketch them, or glue down photos from magazines.
2. Fill the page with squares of color. Use your three favorite colors in your favorite medium, such as acrylic, colored pencil, crayon, marker, or collage.
3. Pull out your three least-used mediums and fill up a page. See how inks react with your markers or how stencils can add texture when used with modeling paste. Don't think of drawing a particular image so much as filling the negative space with color.
4. Practice your handwriting. Why not try out some fun new ways to write? You can use box letters, cursive, bubble letters, or other hand lettering.
5. Keep a list of your favorite quotes. If you find a quote that inspires you, write it on a dedicated page in your journal. Or create a page with a favorite quote and then add paint, collage, or sketches to capture in imagery what the quote means to you. »



6. Sketch out a recent book you read. You can draw the cover, then write out some favorite lines or even a review of the book.
7. Sketch a picnic. Draw some of your most loved snacks or the lunch you have been enjoying all week.
8. Add your word of the year. If you take part in this yearly practice, why not give a page of your journal to your word? You could glue down images that embody how you want to feel and how your word is directing you to this way of being. I have a whole journal dedicated to my word for this year.
9. Draw a self-portrait. These can be challenging, especially if you don't see yourself as an artist. They also can be lots of fun! Try filling up a page with doodles of yourself. You could even glue down a picture—or several—as your inspiration
10. Write out song lyrics. What's your favorite song of the moment? You could cover your page in color and then

write the lyrics on top, emphasizing the ones that really speak to you.

One of the most important things when art journaling is allowing yourself to show up as you are and create however you create. When we allow ourselves space to be messy, incomplete, and frustrated, our art journals can help us release those feelings as we scribble over a page in our least favorite color. We are restored when we cover that color up with bright images or words of love and peace. When used with the intention of self-care, an art journal can become a place that holds magic, calm, and peace. I wish all of this for you! Happy creating. ©



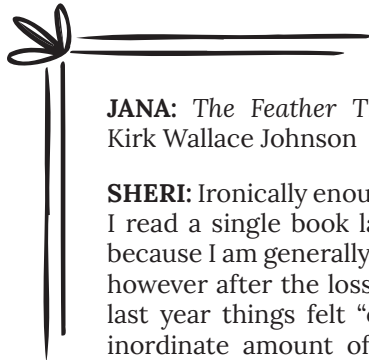
#### About Michele

Michele is a writer, artist and creativity coach living in North Western NJ. Inspiring others to express themselves with art and the written word is one of her greatest joys—second only to spending time with her husband, their three young children and menagerie of pets.

#### Connect with Michele

Website & Blog:  
[www.dreamingdilettante.com](http://www.dreamingdilettante.com)  
 Substack: [tdilettante.substack.com](https://tdilettante.substack.com)  
 Instagram: @DreamingDilettante

## What was the best book you read in 2022?



**JANA:** *The Feather Thief* (again) by Kirk Wallace Johnson

**SHERI:** Ironically enough I don't think I read a single book last year. Ironic because I am generally an avid reader, however after the loss of my brother last year things felt "off". I spent an inordinate amount of time painting and losing myself in trashy reality shows.

**NICOLE:** *Life of Pi* by Yann Martel

**BRITTANY:** Well, I only managed to read one. It is called *Hook, Line, and Sinker* by Tessa Bailey. A fun rom-com type book.

**JILL:** *The Midnight Library* by Matt Haig.

**RICKI:** Is *Strawberry Moon Magazine* considered a book? Because that was definitely my favorite! (editor's note: who

am I to argue?)

**NINA:** I didn't read much in 2022, however, the best of what I did read was *The Bookshop of Yesterdays* by Amy Meyerson.

**ANN:** *The Comfort Book* by Matt Haig

**ALI:** *The Opposite of Butterfly Hunting* by Evanna Lynch. She describes creativity better than any other writer I've come across and writes so beautifully.

**SERENA:** Always asking the tough questions! I'll go with the book I wish to return to and which is enticing me to learn more about: *Nonviolent Communication* by Marshall Rosenberg, PhD. But from a more artsy perspective, I'll add an honorable mention: *Kusama: The Graphic Novel* by Elisa Macellari.



# Ask the Art Journalers

# Dear Reader,

Once again, we've come to the end of an absolutely jam-packed issue full of art journaling ideas that I hope you can return to again and again for inspiration. I'm so thrilled to have been able to put together such a wide variety of ideas and perspectives for you. Hopefully you've found something new to implement in your self-care and art journaling practices.

Yet again, there was enough art submitted that I did not have to resort to filling the pages with pictures of my staff, Hobbes, Sally, and Sammy. (The photos I'm sharing below are throwbacks for the older two, to when they were the same approximately age as the littlest one is currently). They continue to be utterly useless as magazine staff, but they get top marks for their comic relief and lap-warming abilities.

One of my concerns when I started the magazine was that I would eventually run out of ideas for themes, but the opposite is clearly true. For issue 6, I can't wait to share as much as possible about one of my great loves: making books. From the simplest pamphlet to the most elaborate handmade journal, I hope to share tons of information and ideas with you.

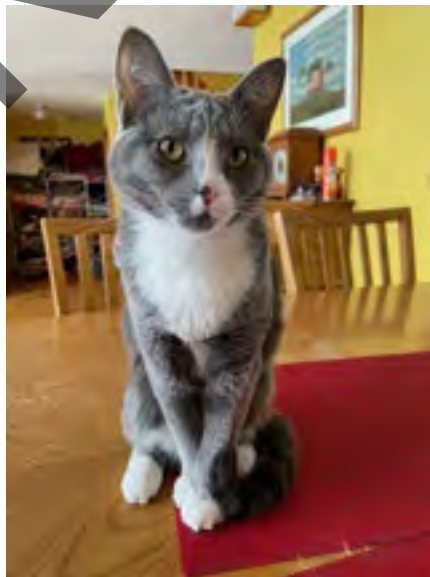
And issue 7 will be another great one, with a guest editor—we'll be taking a deep dive into the magic of the natural world. I know this topic will resonate with so many of you and I can't wait to see the beautiful artwork that we'll get to share in this issue!

Before I put the final touches on this issue, I need to make sure I thank every single one of the people that came together to make this issue happen. If I'm counting right, there were 50 humans involved in this issue. In addition to the artists and sponsors, I have to thank Sara, who is an amazing copyeditor, plus my mom and sister who help proofread and are the best cheerleaders. And even though he's not one of the 50 I counted, I have to thank my husband, Mark, for being a far better partner than I deserve.

*Suzanne*



*Hobbes, 2017*



*Sally, 2021*



*Sammy, 2023*



# What's Next?

**ISSUE 6: BOOK MAKING**

**ISSUE 7: THE MAGIC OF THE  
NATURAL WORLD**

Visit [www.strawberrymoon.art](http://www.strawberrymoon.art) to learn more about how you can submit articles and art for the galleries.

Sign up for the email newsletter at [www.strawberrymoon.art/contact](http://www.strawberrymoon.art/contact) for publishing updates and specials for email subscribers!

## Issue 5: Self-Care

### ARTISTS AND AUTHORS

Molly Anthony  
Sarah Lovato Wolfe Bailey  
Lynda Bassett  
Luba Carlson  
Sonya Cheney  
Ann Marie Corbiere-Scott  
Michele Fawcett  
Iris Fritschi-Cussens  
Jana Freeman  
Sarah Gardner  
Jan Golden  
Jill Kane  
Jessica Kovan  
Clementina Kura-Kura  
Brittany McLarney  
Ricki Midbrod  
Louise Muzio  
Carol L. Myers  
Alison Mytych  
Carolyn S. Nehring  
Jill Russell  
Sheri Sears  
Kassie Walters  
Alison Vaclav  
Amy Zuzu

### GALLERIES

The Atelier  
Junk Journaling  
Minimalism  
Illustrate Your Life  
Monoprinting

### COLLAGE PAPER ARTISTS

Ann Marie Corbiere-Scott  
Suzanne Earley

