**Creative Block and How to Overcome It**

**Introduction**

J: You’re listening to New Moon, Luna Negra’s podcast series where we discuss different aspects of literary and visual arts. Each episode, two different hosts from our team will discuss various unique topics as they speak on their own experiences, opinions and commentary from other sources.

P: Hi everyone, I’m Peyton. I’m an English Professional Writing major and I am Luna’s Digital Media Manager!

J: I’m Jordan, I am one of the graphic designers for Luna Negra. I am a studio arts major with minors in design and art history!

* In today’s episode, we will be discussing creative blocks and some different ways to overcome them, especially tips that have worked in our own lives.

T1:

P: I know that, at least when I creative write, I have such a hard time coming up with dialogue and coming up with practical scenarios for my characters to be in. That’s where my biggest obstacles are when it comes to writing. I’m in my first ever creative writing CLASS and it is genuinely so difficult for me to think of spaces where my characters will interact and how they act.

J: I think that can even be applied to visual art too honestly, we are kind of dealing with the same elements, just in a different mediums, I guess? Last year I was in an illustration class where we had to come up with several character designs that all worked together to form a line, and they had to be in a situation where they were in line waiting for something. It was really hard for me to come up with unique character designs that were each a stand alone character. You have to think about the clothes they wear and the way the clothes lay on the figure and how that all contributes to their character, it’s a lot!

* Now, since Peyton is a writer and I’m a visual artist, we are both going to talk about some strategies we specifically use to overcome creative block.

T2:

P: Usually, I just wait out my writer’s block, I know that’s not good advice! But usually when an idea strikes me, I make sure to write it down either on a document or in my Notes app. I really just like to see where the idea takes me and how I can use my writing style plus the idea to create different metaphors and imagery for each scene I’m setting!

J: Yeah, I feel like I tend to wait out my creative block, too. I know some people think pinterest is cliche or not a good source of artistic inspiration but I really like using pinterest. Even if I don’t use any of the ideas I find, it helps me feel a little more inspired! Also for me, I try to follow a lot of artists online so that I have a good source of contemporary art and I can see what my peers are making. That helps me a lot, too.

* So, I know that we both still struggle with creative block even though we’ve come up with a few ways to help us get through it. So we have a few resources we’ve found that give good tips about overcoming creative block!

T3:

P: A blog on branfolder.com has some pretty useful tips for overcoming a creative block. The author suggests getting away from your work for a bit, maybe taking a walk, and getting a change of scenery. I feel like these ways are very similar to how writers are portrayed in movies and TV. Even in Wes Anderson’s *The French Dispatch*, Tilda Swinton’s character tells Bill Murray’s that she had to get away to write her article even though it was, funnily enough, being paid for by him. You could even think of Emerson needing to get away from bustling life in order to write *Walden*, as a more “famous” example.

J: I think that advice is given to a lot of visual artists, too. Getting away from your surroundings and putting yourself in a new environment can be really good for gaining inspiration!

* So, I found this article on Artsy that gives 5 different techniques for getting out of a creative block, but one they mentioned was really interesting to me. One of their suggestions was to copy other artists’ work. Usually, I feel like that is portrayed as a bad thing, for obvious reasons. But sometimes I feel myself just wanting to create something that looks like something else, or I want to emulate a piece by another artist. But I stop myself from doing that because that just feels too easy? And it feels like I’m not creating my own work. This article says, quote “Copying can require the same technical skills as making new work, but it carries less of the anxiety” unquote. That really struck me and just made a lot of sense. Creating your own unique work can feel impossible sometimes, and this just gives you the permission to copy someone else to start moving forward.

**Closing**

J: This has been a brief, but great, discussion on creative block and some strategies Peyton and I use to overcome it. We’ve also talked about some ways other artists and writers overcome the creative block, which has hopefully given you some strategies to use next time you’re confronted with a creative block!

P: We would just like to thank you for listening today, and you can see more from Luna Negra on our website at www. L u n a n e g r a m a g .com and our Instagram page, @ lunanegramagazine (all one word). And look out for our yearly Spring issue of Luna which will be hitting the shelves in about a month!

J: Articles mentioned in this episode of the podcast are:

* 20 Ways to Overcome Creative Block written by Tom May for Creative Blog

<https://www.creativebloq.com/graphic-design-tips/20-expert-tips-to-beat-creative-block-123523>

<https://brandfolder.com/blog/overcome-creative-blocks>

* 5 Ways Artists can Overcome Creative Block by Ingrid Christensen for Artsy

<https://www.artsy.net/article/artsy-editorial-5-ways-artists-overcome-creative-block>

References

May, T. (2017, June 19). 20 ways to overcome creative block. *Creative Bloq*. <https://www.creativebloq.com/graphic-design-tips/20-expert-tips-to-beat-creative-block-123523>

Christensen, I. (2019, January 4). 20 Ways Artists Can Overcome Creative Block. *Artsy*. <https://www.artsy.net/article/artsy-editorial-5-ways-artists-overcome-creative-block>.