



We now bring you pack number 3 which we hope helps you to feel connected through a shared love of art. We value your support and appreciate how important culture and the arts are to a community's sense of well-being. Art can play a key role in keeping us focused on what is important.

During this extraordinary time, we have been creating new content to stay digitally active and increase our online presence. If you're not already a member, please join our facebook group to keep up to date with our digital classes. We welcome you to share your work here. Go to <https://m.facebook.com/profile.php>.

'More Arting' is a series of art zoom sessions being run by Heather every Tuesday at 2.30 p.m. Everyone is welcome to join at any time at <https://us02web.zoom.us/j189119373351>. If you would like to get involved in these fun lessons, contact Heather: 0416 108 476.

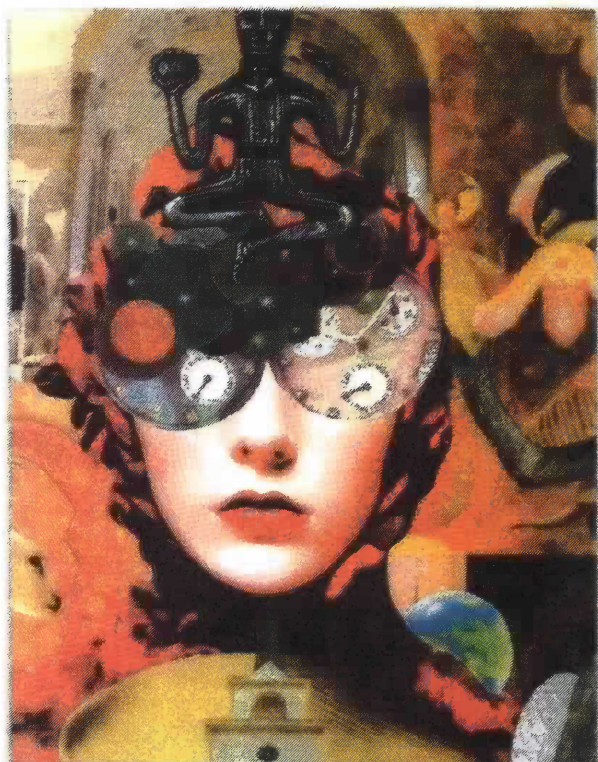
If you are unsure about anything or don't have access to technology, please don't hesitate to contact us and we will try our best to help you.

Keep up the creativity!

From your friends at Artworks



## How to Create an Intuitive Collage



Collage by Shelley Klammer

Intuitive collage involves sitting down with a pile of old magazines and choosing images, textures, and colours without thinking or judging.

It is easy to gather an overflowing abundance of images that can be recycled into opulent, personal works of art. Glue down anything that excites or intrigues you - in fresh and spontaneous ways.

When I sit down in my studio and start to flip through old magazines, I keep my mind relaxed and my eyes soft. My breath is deep and gentle as I look for anything that catches my eye.

I don't ask myself why I am drawn to images of old wooden doors, a red bird, the carved bust of a king, a hot pink lotus flower. All I know is that I am delighted with what I find.

My fingers get sticky with glue and as I lay down the backgrounds and the collage begins to come together like the mysterious pieces of a puzzle. A blackbird drops a seed into a pink flower. Eyes become clocks. A cathedral ceiling evokes the expanded state that I am in.

My collage unfolds with a force greater and more generous than I could ever plan for. The patterns and colours are instantly opulent and richly detailed. I find a warm red Celtic scroll, a verdigris fossil.

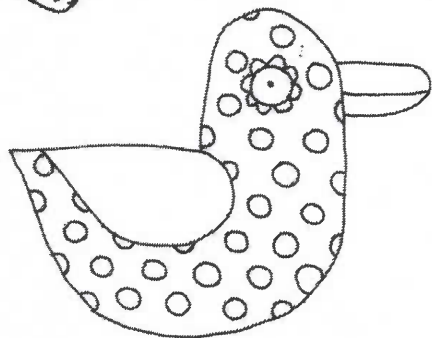
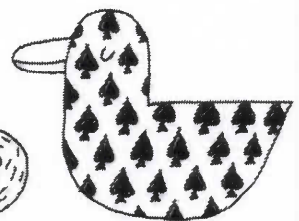
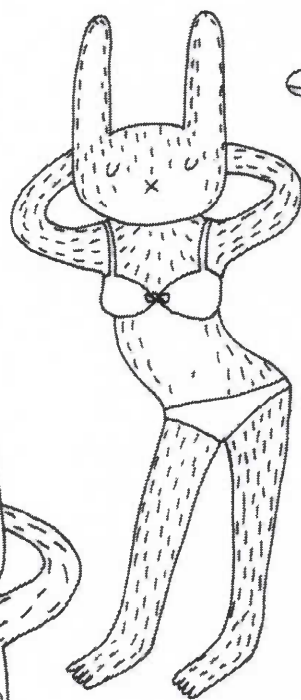
I look for small finishing details, a wing from a bird, a ladybug, a church steeple. Finally, it feels finished and I feel complete, more whole than when I began. I look up at the clock. Where did the last hour go?

I put my collage up on the window ledge and I look at it throughout the day. Insights and ideas come to me as I do other things. I communicate with my collages and with the deeper, more mysterious parts of myself. The carved door feels like a possibility. The king's imperial head feels like strength.

Suddenly, I have an answer to something I have been wondering about. I could act with new strength as easily as I could open up a door and walk through it. Yellow orchids seem to bloom and applaud my insight. My life suddenly feels more vivid and rich with possibilities.

The next time you pick up a magazine try looking at it with soft, relaxed eyes. What jumps out at you? Is it a word, a colour, a shape? Cut it out, glue it down and then add more images. What does it tell you about yourself? What we notice provides clues to who we really are. There is a true self within all of us that is always waiting to be more profoundly discovered. Anyone can touch into their deeper feelings, insights and desires through spontaneous collage.

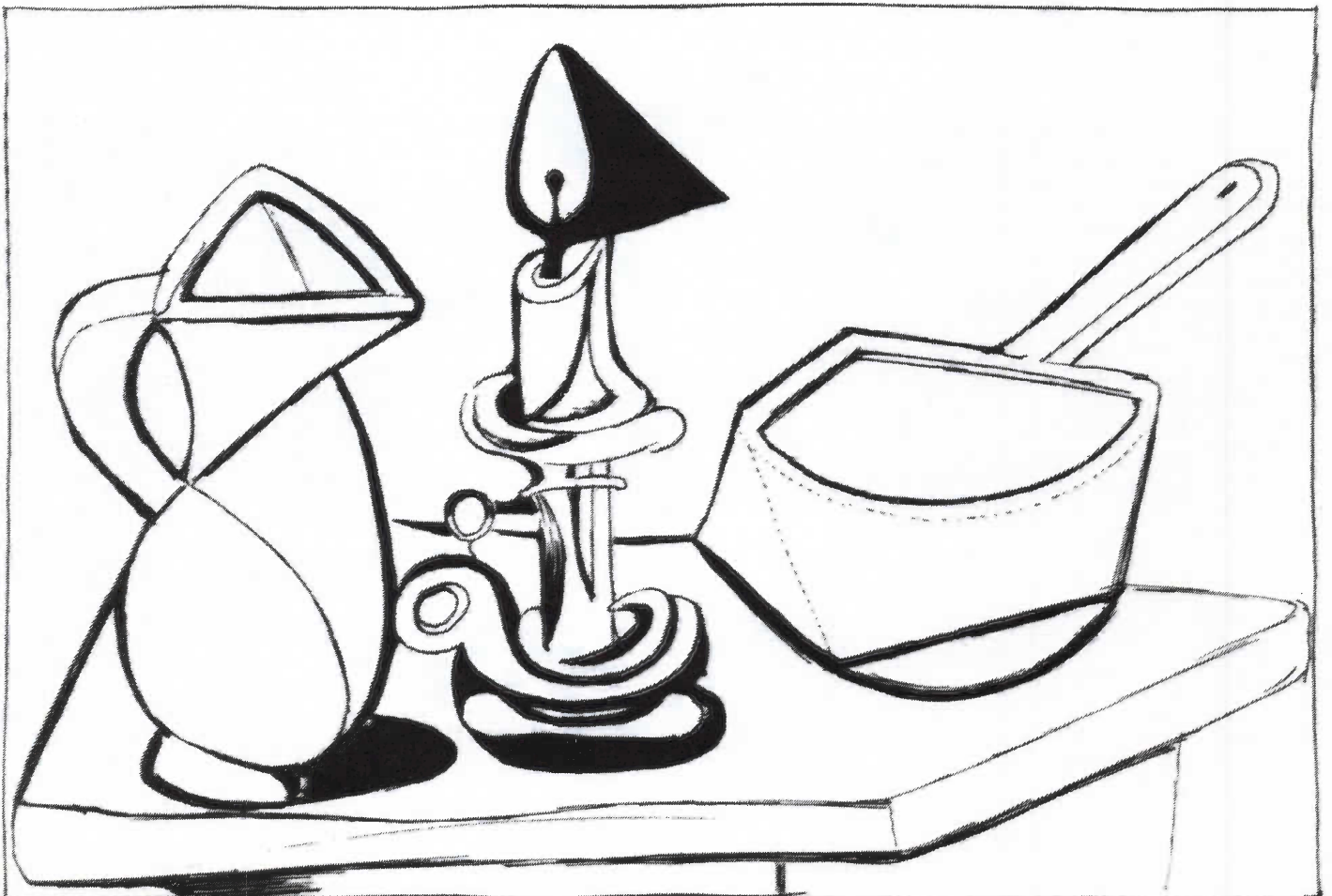








*The Enamel Saucepan*, 1945 (oils). National Museum of Modern Art, Paris (Photo Edistudio C.i.r.i.)



Hello everyone, included in your pack is a photocopy of an outline drawing on watercolour paper. Because this drawing has been printed out using an inkjet printer the ink will run if too much water is added, it will work really well with dry mediums like pencils, pastels and thicker paints like acrylic paint or watercolour pencils with a small amount of water. Hope you enjoy the activity and I can't wait to see what you come up with.

Cheers Kirstie

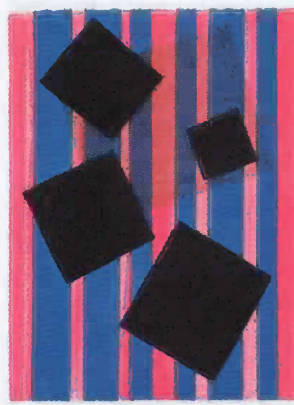
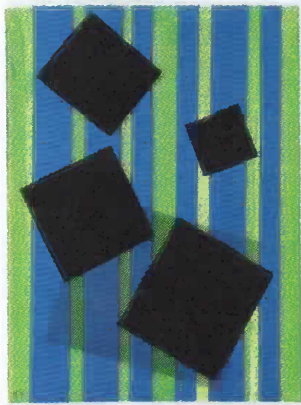




## Printmaking workshop

Melinda Harper is an artist from Melbourne who creates colourful, abstract works using screen-printing techniques.

Check out more of her work in the [Heide Collection](#)



Melinda Harper  
*Untitled* 2016  
watercolour, screenprinted  
gouache and graphite on paper  
40.5 x 30 cm  
artist's proof  
Heide Museum of Modern Art  
Gift of Melinda Harper 2016  
© Melinda Harper

In these works, Harper has used the Art Elements of **COLOUR** and **SHAPE** —printing geometric square and rectangular shapes over bands of bright colours. She has also used **VALUE** by printing squares in black and a lighter shade of grey, to create a shadow effect.

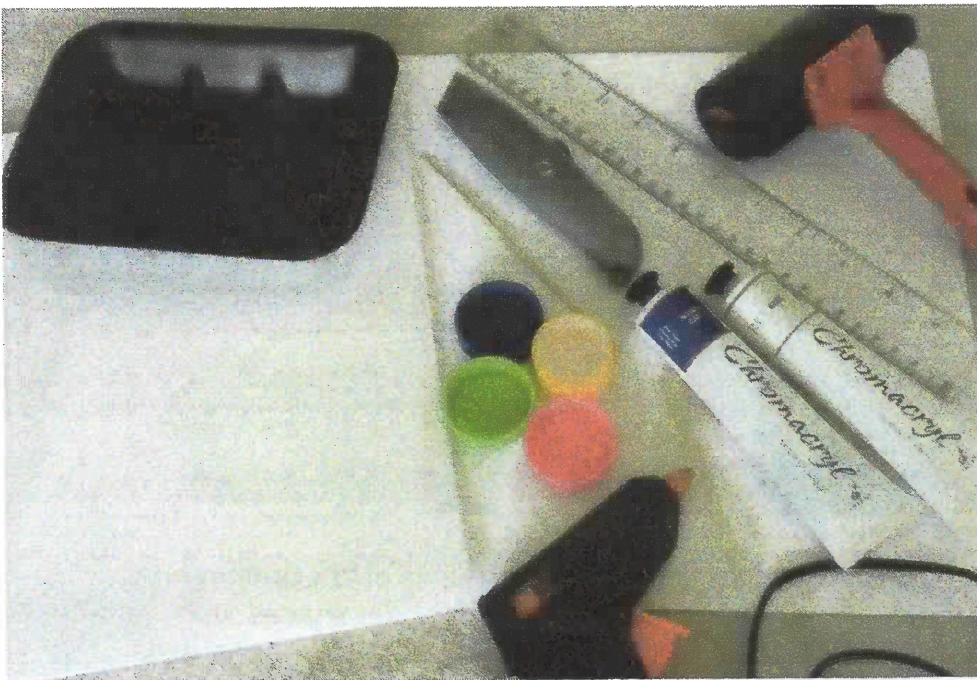


Melinda Harper  
*Untitled* 2007  
screenprint: 2/10  
76 x 56 cm  
Heide Museum of Modern Art  
Gift of Melinda Harper 2006  
© Melinda Harper

In this work, she has used **NEGATIVE SPACE** by removing circular and organic oval shapes, and then printed brightly coloured bands over the top.

Follow these directions to make your own patterned paper, inspired by Melinda's work.

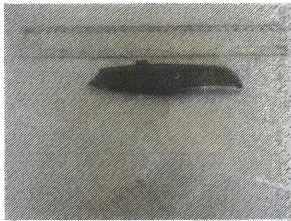
## Materials



- A piece of printing foam (or a styrofoam tray from the supermarket)
- A3 sized paper
- Paints
- Paint roller (or a paintbrush)
- Craft knife
- Hot glue gun (or sticky tape)
- Plastic lids
- A wooden or metal skewer
- A drop sheet or newspaper to protect your table



## Directions



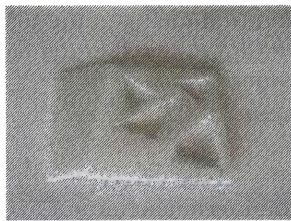
Use your ruler and knife to measure and cut small squares from the printing foam. You'll need at least two. If you don't have printing foam, a styrofoam meat tray from the supermarket works just as well. We made ours 8cm x 8cm, but you can make yours any size you like.



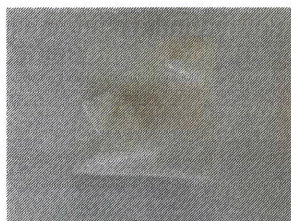
On one piece of foam, use a skewer to experiment with **LINE**.



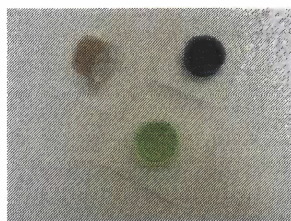
On another foam square, work with **NEGATIVE SPACE** by cutting shapes out with a knife. Then glue this piece onto another foam square as backing.



Melinda Harper's works used **SHAPES** such as circles and squares. We chose to work with the geometric shape of triangles.



Using the pieces of foam you cut out, arrange the SHAPES on another foam square and glue them in place.



Use the hot glue gun to attach plastic lids onto the backs of your foam squares to create handles for your stamps. If you don't have a hot glue gun, use tape to stick a piece of a toilet roll onto the back—it works just as well.

# HEIDE

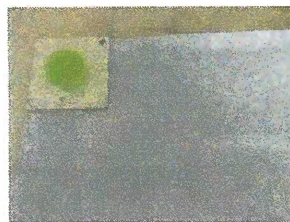
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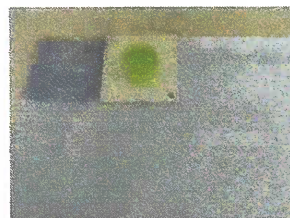
Make sure your table is protected with a drop sheet or pieces of newspaper, and decide which **COLOURS** you want to use. We decided to use blue, and to play with **VALUE** by using a light blue, mid blue and dark blue in our prints.



If you have coloured paper—great! If not, you can paint your own. We mixed a light blue using a ratio of about 1 part blue paint to 5 parts white. Using the roller, paint several sheets of paper and let them dry. A paintbrush works just as well if you don't have a roller.



Choose another colour for your first print. We mixed a darker blue by adding more blue paint to the shade we used to paint the paper.



Choose one of your stamps. We chose to start with the line-based stamp, and created a design using quarter turns. Look at the diagram to see how to turn your stamp to make a circular looking pattern, and repeat this all over your paper. It helps if you mark one corner on the back of your stamp so you can use it to position your stamp. Think of it like a clock, and the dot starts at top right, then moves clockwise in a full rotation.

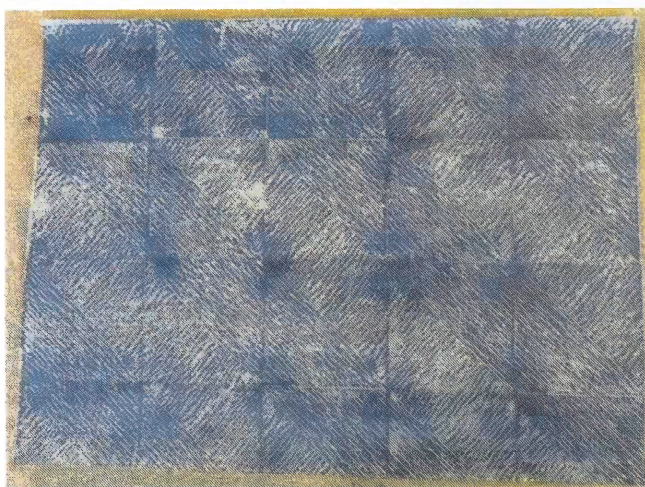
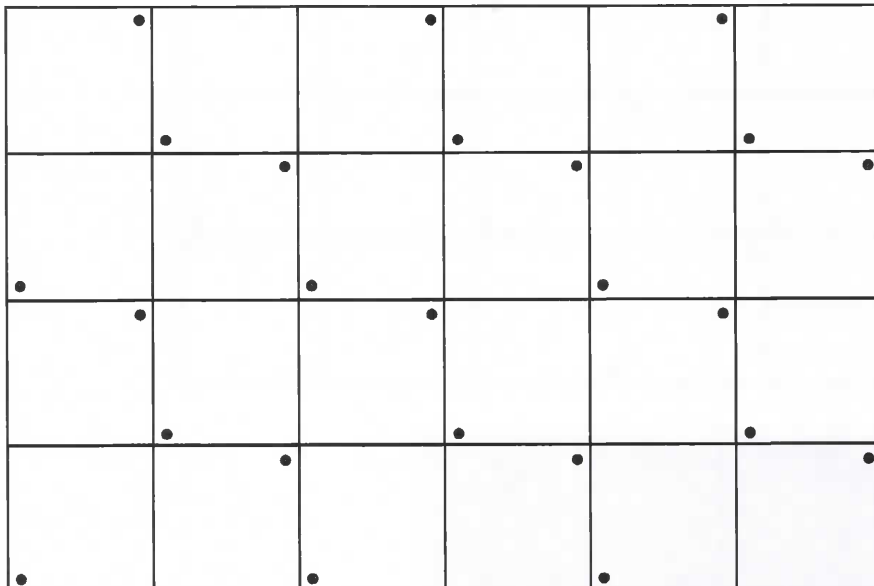




Try a different pattern by using half turns (this means turning your stamp upside down). It helps if you work in rows to create this pattern, alternating the way you start each row.

Let your prints dry.

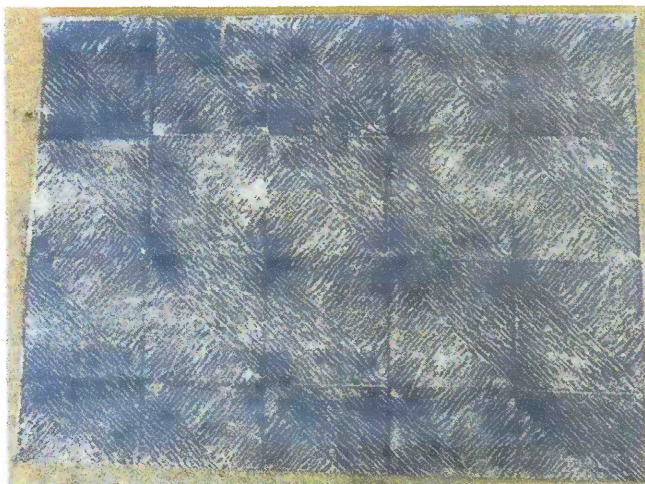
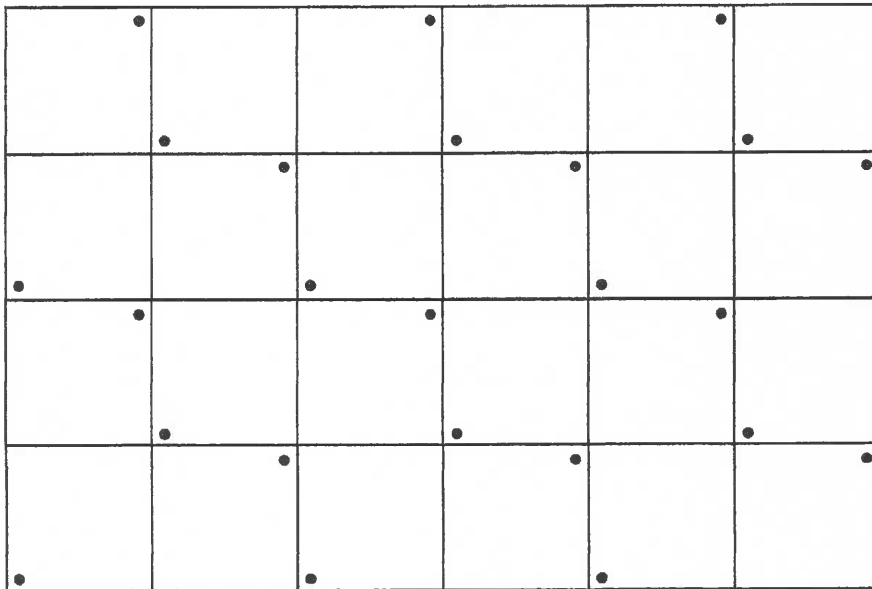
## Half pattern



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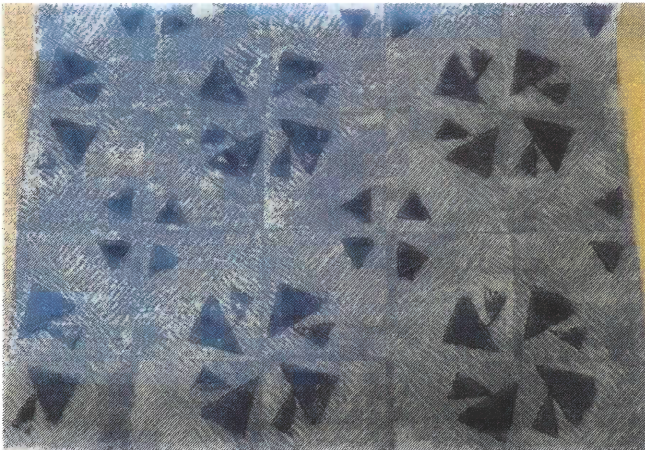
## Half pattern



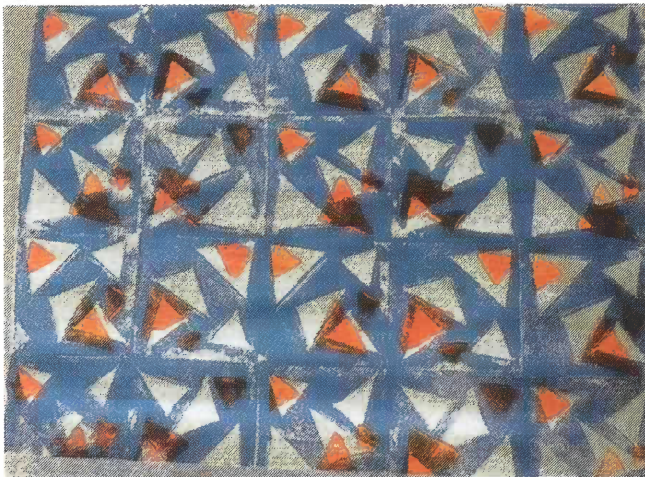


# HEIDE

#heideathome



Choose another colour for another layer. We liked the pattern we made using quarter turns and chose to use the same pattern with the stamp with triangles on it. We used a dark blue straight from the tube for our last print, so our design layers shades of blue from light through to dark.



Be creative and experiment with different patterns and colour combinations. This is another print we made on white paper, using the **COMPLEMENTARY COLOURS** of blue and orange with different stamps and patterns.

Use the hashtag #heideathome or send your prints to [programs@heide.com.au](mailto:programs@heide.com.au) to share with the Heide community.

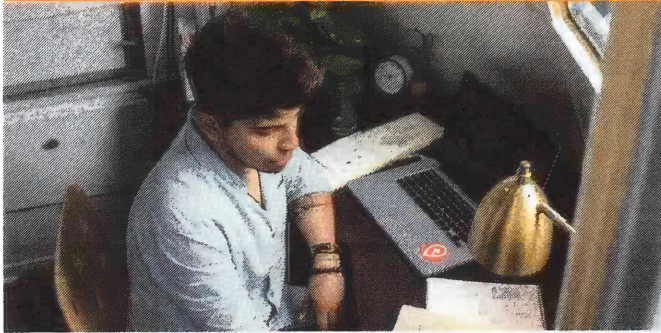
[heide.com.au](http://heide.com.au)







# Tips to manage anxiety during times of uncertainty



## What this fact sheet covers:

- Tips to manage anxiety
- Where to get help for anxiety

Feeling anxious in certain situations can help us avoid danger, it's how we've evolved to keep ourselves safe. Even if you're not typically an anxious person, it's common to feel some anxiety during periods of change or uncertainty.

Here are some practical ways that you can keep feelings of anxiety at bay if you are starting to feel overwhelmed.

### **Channel your anxiety into action: Get informed, plan and prepare**

Follow practical advice from trusted sources and make a plan for what you need to do to look after yourself (and your family) over the next few weeks.

### **Limit or avoid unhelpful media and misinformation**

We might think we are staying informed but if watching TV, listening to radio, scrolling through social media is making you more anxious then limit your exposure.

### **Cut down or stop the behaviours that are fuelling your anxiety**

Notice when your anxiety increases. If it's related to certain things you are doing (like

searching on Google, panic buying, or talking about your concerns with particular people) then limit or stop these.

### **Be aware of negative thoughts and don't give them too much power**

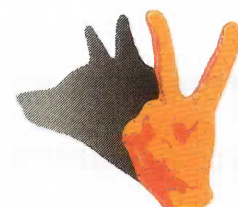
Just because we're thinking something, doesn't always mean it's true. When you notice yourself worrying a lot, take a step back, and try to let worries pass by without focussing on them too much.

### **Stay focused on the here and now - take each day step by step**

Try to focus on the here and now- not the past and not the future. Live in the moment and take one day at a time.

### **Look after your body - get enough sleep, exercise and eat well**

Make sure you are getting enough sleep, exercising, eating well and avoiding unhealthy habits (like smoking and drinking too much). You will be looking after your mind and your immune system too!



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## Stay connected with others, so you're not socially isolated or lonely

Try to stay connected to supportive people in your life so you feel less isolated and lonely. You might need try new ways of connecting that you haven't before.

## Help other people, be kind and compassionate

When we help other people, it can also make us feel better. We are all in this together so let's try our best to be kind and compassionate to each other.

## Remember to breathe – take slow, deep breaths to induce the calming response

When you feel overwhelmed take a few slow, deep breaths to help you calm down. If there are other things that help you relax (e.g. a walk, or listening to music) you could try these too.

## If you feel like you are not coping, seek professional advice

After trying these tips, if you're still feeling really overwhelmed you might want to think about getting in touch with a mental health professional. It's okay to ask for help and there are a lot of options so you can choose what suits you best.

## Who can provide help for anxiety?

As well as your GP, there are other health professionals who can help with anxiety, including psychologists and school counsellors. A detailed list can be found at: [www.blackdoginstitute.org.au/clinical-resources/anxiety/seeking-help](http://www.blackdoginstitute.org.au/clinical-resources/anxiety/seeking-help)

There are also a number of free digital tools and available on the Black Dog website, such as:

- **MyCompass** - an online self-help program for people experiencing mild-to-moderate anxiety and depression.
- **BiteBack** - an online positive psychology program for young Australians between 13-16 years old.
- **iBobbly** - a self-help app for young Aboriginal and Torres Strait Islander people aged 15+
- **Online Clinic** - an anonymous assessment tool for common mental health conditions that provides you with a personalised report to discuss with your GP.

## Key points to remember

- Anxiety is the most common mental health condition in Australia.
- It's important to seek help to manage severe anxiety. There are many effective treatments for anxiety, and you can feel better.
- Focus on what you can control, such as practicing good hygiene and implementing physical distancing measures as instructed.

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For information: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



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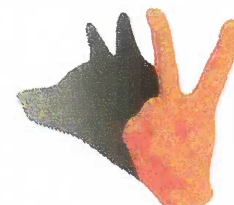


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Creating a mentally healthier world