



Release That Stress

I paint to relieve the stress and anxiety brought on by long working hours and the general hectic way life has been and currently is these days.

Art pulls me in and allows me to focus on a single thing; forgetting my worries for that brief moment, to pull something, anything, creative from the depths of my mind. There is a great sense of relief in that moment.



Having struggled to deal with, and continuing to do so, the recent death of my son, I find it more important than ever to try and find the slightest release from grief in order to focus on something else.

Art is a wonderful tool for this, and I would encourage anyone to have a go.

Even if you think you cannot draw, cannot paint, cannot sculpt, or create in any other way...you can.

Take the time and go in with the expectation of it ending up being dreadful. You will be pleasantly surprised!

Have a go, have fun.



If you would like to buy a piece of my art, please contact me.

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Promoting Creativity As A Coping Mechanism For Disability