

A few days off a painting by Amanda Morales.

The day I painted this I was tired. I remember coming home from work filled with stress from the day and feeling irritated that it was only Wednesday. I was nowhere close to a vacation and felt defeated by my never-ending to-do list. About a week earlier I had bought an art set with the goal of picking back up painting as something I could do for myself to relax. That night, looking at the art supplies still in the shopping bag, I decided to take some time to paint. I unwrapped everything, pulled up a Bob Ross video (one I'd told my friend I would paint for her when we bought the supplies) and started painting. I got into it. Like really into it as I repeatedly stopping and restarting and pausing the video, trying to take in Mr. Ross's words and technique as I slowly created this picture, making lots of happy little mistakes along the way. I realized at one point I was no longer tired, that my shoulders were no longer tight, and that I had, through painting and Ross's calming voice, begun to relax, and the tiredness and stress had slipped away. It was nice. During the three or four hours it took to paint this I felt like I was on a mini vacation in my own little world surrounded by light and beauty and happy little trees. Bob Ross was known to say that "It's so important to do something every day that will make you happy." I hope that viewing this exhibit brings you some joy today. Thank you for taking the time to check out my and everyone else's work.