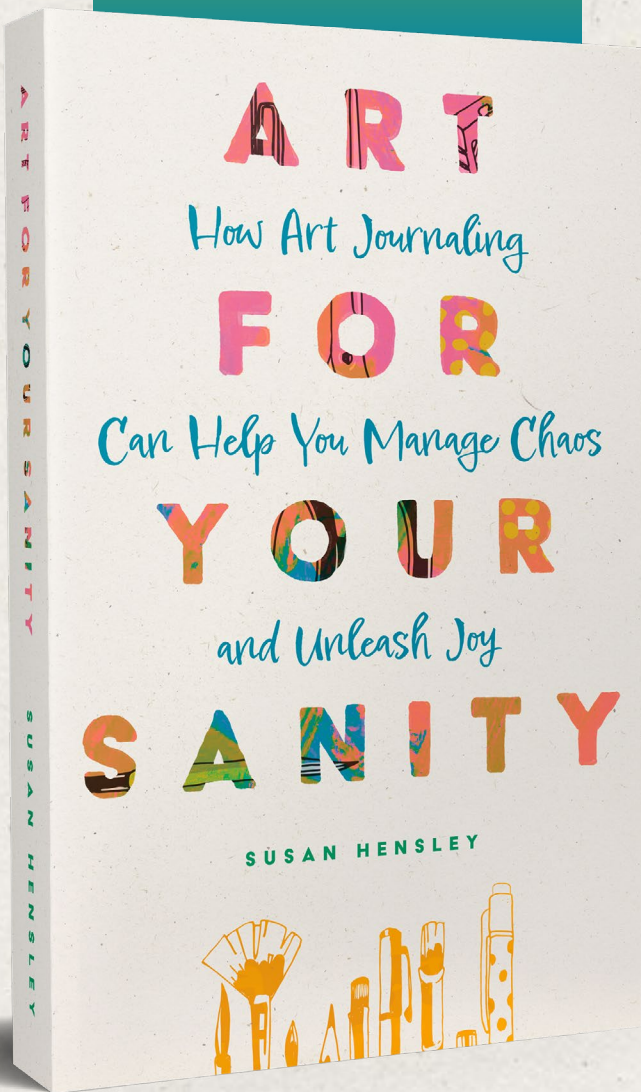


# media KIT

Packed with vibrant examples from Susan's own art journals, *Art for Your Sanity* will help you reclaim the wisdom, wonder, and free spirit you had as a child—and show you how to infuse your life with more color, play, and joy, one journal page at a time.



## TITLE

ART  
FOR  
YOUR  
SANITY

HOW ART JOURNALING CAN HELP YOU  
MANAGE CHAOS AND UNLEASH JOY

## AUTHOR

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## TOPICS COVERED INCLUDE



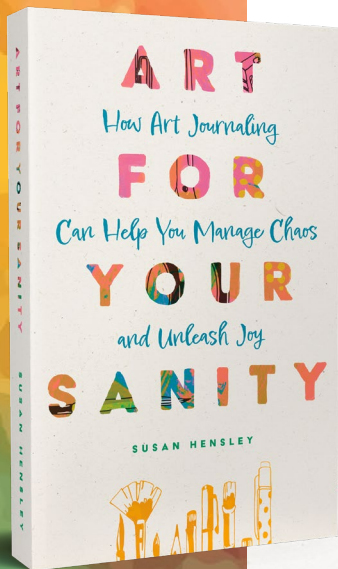
ART THERAPY  
& RELAXATION



PERSONAL  
GROWTH



EMOTIONS



## ABOUT THE *book*

**Title:** Art for Your Sanity: How Art Journaling Can Help You Manage Chaos and Unleash Joy

**Publisher:** SH&H Publishing LLC

**ISBN 13:** Paperback: 979-8-218-38898-0; ebook: 979-8-218-38899-7

**Format:** Paperback; ebook

**Price:** Paperback \$14.99; ebook \$8.99

**Pages:** 109

**Publication Date:** June 18 2024

When you were a child, there was no better feeling than picking up a crayon and letting your imagination run free. The joy, simplicity, and freedom of just creating was easy and honest.

As you became an adult, life became complicated and overwhelming. When navigating the tricky path of inevitable life changes—like job loss, relationships, infertility, grief, or uncertainty of the future—it can be a struggle to find that simple clarity again. How can you manage the chaos and find your authentic self again?

In *Art for Your Sanity*, Susan Hensley offers a powerful tool to help you deal with uncertainty and tap into your innate wisdom and creativity: art journaling. Through personal essays, practical tips, and engaging prompts, Susan shows how putting colors, shapes, and images on paper can be a profound path to self-discovery, emotional healing, and unleashing joy. An easy, inexpensive hobby requiring no artistic skill, art journaling gives you a safe space to explore your full range of emotions, get out of your overthinking left brain, and explore your intuitive, creative right brain.

### *Discover how to:*

- Use your journal as a container for complex emotions and a mirror to reveal hidden thought patterns and beliefs.
- Cultivate mindfulness, self-compassion, and a healthy relationship with your inner critic.
- Find joy, play, and a reignited passion for life in the midst of great change.
- Use the brain science behind the benefits of art journaling, including its ability to reduce stress, promote relaxation, and enhance self-awareness.
- Use techniques to process difficult feelings, such as grief and trauma, which can't be accessed verbally or consciously.

Packed with vibrant examples from Susan's own art journals, *Art for Your Sanity* will help you reclaim the wisdom, wonder, and free spirit you had as a child—and show you how to infuse your life with more color, play, and joy, one journal page at a time.

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# ABOUT THE *author*

*Susan Hensley* is a transformational coach, speaker, and author dedicated to helping people navigate life's transitions with joy, creativity, and resilience. With decades of experience as a corporate executive and leadership coach, Susan has a deep understanding of the challenges and opportunities that come with major life changes.

Drawing on her extensive background in HR, coaching, and journalism, Susan's mission is to empower people to unlock their inner wisdom, creativity, and sense of play during times of uncertainty and change. Through workshops, speaking engagements, and one-on-one coaching, she guides clients to rediscover their authentic selves and infuse their lives with more color, meaning, and joy.

Susan's diverse career path includes serving as a broadcast journalist and news anchor, as well as holding executive positions in the United States and Asia. She has coached employees at all levels, from entry level to C-suite, and has served as a business coach through Stanford University's Seed Program. She holds a BS in communication/social science from the University of California, Berkeley, and an MS in journalism from Northwestern University.

A global adventurer at heart, Susan has lived in various cities across the United States, as well as in Hong Kong and London. She currently resides in Austin, Texas, with her family. When she's not coaching or writing, you can find her planning her next travel adventure, having visited more than 90 countries to date.



# SAMPLE *topics*

Talk to Susan about using art journaling for navigating life transitions, cultivating mindfulness, processing emotions, building resilience, and uncovering inner wisdom.

- **The Art of Self-Discovery: Unlocking Your Authentic Self Through Art Journaling**
- **Navigating Life's Transitions: How Art Journaling Can Help You Embrace Change and Find Clarity**
- **The Power of Play: Rediscover Joy and Creativity to Deal with Life's Challenges**
- **Mindfulness, Self-Compassion, and the Inner Critic: Cultivating a Healthy Mindset with Art Journaling**
- **The Neuroscience of Art Journaling: How Creative Expression Reduces Stress and Promotes Well-being**
- **Beyond Words: Using Art Journaling to Process Complex Emotions and Heal from Trauma**
- **The Art of Resilience: Building Emotional Strength and Adaptability Through Art Journaling**
- **Unmasking Your Inner Wisdom: How Art Journaling Reveals Hidden Thoughts and Beliefs**

*Author Has Been Featured In:*  **LEAP HR**  
Radical Change Through People



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# book EXCERPT

## Introduction

As adults, we have a power long lost in the demands of the hustle and bustle of everyday life. That power stems from the simplicity and authenticity of a child's perspective, untainted by societal conditioning. Childhood wisdom is the true name of such power.

Curiosity and playfulness reign supreme in our early years, and imagination knows no bounds. Children view the world with wonder, finding joy in the simplest of things, and approaching challenges with resilience. Their unfettered honesty and intuitive understanding of emotions allow them to navigate complex situations with a clarity often lost with age. The power of childhood wisdom lies in its ability to remind us of the fundamental truths: to embrace curiosity, find joy in the mundane, approach life with resilience, and value genuine connections above all. Harnessing that wisdom can rekindle creativity, resilience, and a sense of wonder often buried beneath the layers of adulthood complexities.

Life transitions can bring us to our knees with anxious thoughts, worries, and endless internal debates about what we should or could be doing. Art journaling—a visual diary of your emotions, thoughts, dreams, and fears fueled by your inner artist—can prove a powerful tool during challenging stages of our lives when we need a way to step back from the angst and tap into that childhood wisdom. It provides a fun, supportive place to move from endless worry and rumination to a place of joyful anticipation and childlike curiosity. Each element of art journaling moves us into our right brain, where there is space to explore and problem-solve without the linear constraints of the left brain. It also silences our inner critic, opening the door to a playful abode bountiful with the insight needed to guide us through any life transition.

### A Hobby with No Strings Attached

Art journaling arrived in my life during a time when I really needed a hobby. And not just any hobby, something stress-free, convenient, creative, and enriching.

I've never felt I had hobbies, at least not in the way I think of other people as having hobbies, such as sports, music, painting, etc. Sure, I had passions and interests, but they weren't what I thought of as a true hobby. I consulted my trusty friend, Google, for the definition of "hobby" and saw that I probably did have hobbies—reading, travel, exercise. However, none of those hobbies really tapped into my creative side, my expressive side. I sort of wondered what was wrong with me. I was also worried as I contemplated the endless hours of available free time that were looming for me in my mid-50s and beyond as my retirement drew closer.

At the time, I had such huge responsibility and was under loads of pressure at work. The world was in the throes of the pandemic. I was overwhelmed with stress because I was

working in human resources. So, as you can imagine, I was working huge, huge amounts at that time. Any person in HR was pulling their hair out during the pandemic. It was challenging work, to put it mildly, and especially at the company where I was working because half of the workforce—the manufacturing crew—had to be in-office and the other half of the staff didn't. That situation was an unbelievable challenge in a company with over 7,000 employees. The constantly changing policies and regulations were a complete nightmare, not to mention that there was a deadly rogue virus on the loose.

So, there I was, working a stressful HR position (remotely for the first time) during one of the worst pandemics in modern history. I was quarantined away from my friends, family, and coworkers. I was at my wit's end. The hobbies I relied on were no longer sufficient to stem my unease. I couldn't travel, and I couldn't go to yoga or Pilates. And although I love reading, there's really only so much reading one can do, right? Given that I was about to retire, my anxiety over what I was going to do in the next stage of my life added to the overwhelming state of being homebound.

I needed to *do* something—something fun and colorful. Shortly before the pandemic, a friend of mine took up painting after she broke her ankle and was laid up for weeks. She learned to practice her art techniques in a journal format and shared the process in the form of mini-workshops. There, she and many other artists focused on their specific craft and enhancing their skill. When I went to one of her weekend introductions to art journaling, though, I was more intrigued by how art journaling could help me in life transitions. I immediately felt art journaling wouldn't be about my developing as an artist, but rather helping me process emotions and navigate the chaos that comes with life transitions. I was tired of drab and dreary, and I wasn't doing well having been so isolated during the quarantine period. The whimsical, childlike play that I experienced in the workshop called to me.

Art journaling began to fill my need to counteract the current pressures all around me. I remembered times past in my ordinary days when I had frequently started doodling in spare moments. Now, I saw doodling as a way to return to a tactic that would relieve the distress of anxiety and calm my mind.

Then, during longer breaks in my workday, I took out the colored pencils from my younger years and began drawing shapes and images in a notebook I had handy. I immediately noticed the calm surrounding me.

Once I started art journaling regularly, color returned to those seemingly endless days. I quickly realized another perk of art journaling; it was just for me. In my world of constant helping, working, and just plain giving of myself to the point of depletion, this diversion was huge.