Dopamine Sewing: Do You Think About Your Relationship With Clothes?

Description

ZW Block Pant by Birgitta Helmersson made with FS Classic Green Signature FInish Midweight Linen

Do you think about your relationship with clothes? What about how they can change you and your perspective on things? Personally, the act of sewing has completely changed my relationship with clothing and how I wear them.

Reflecting back on the last few months, where I have focused most of my time and energy on #dopaminesewing, I am discovering just how much that relationship is evolving. I feel more in control, while being out of control.

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I am sure I sound like a broken record, but dopamine sewing has not just been a â??fun thing to doâ?•, its become a practice (like working out!) to explore my personal style, flex my creative muscles, and relearn some things (like how to have â??more fun than anxietyâ?• when sewing). ***This article is not about anxiety, instead be sure to read a recent article of Leilaâ??s who discusses anxiety and sewing in depth!*

Exploring my personal style means taking risks (which I love to doâ?¦when I am in the mood). Those risks could be a color that I donâ??t wear often. It could be volume and structure as well. Or it could mean wearing a garment not made for the activity that I am participating in. Those risks allow me to flex my creativity or to stretch it- and as an artistâ?¦I need that constant workout.

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The ZW Block Pant by Birgitta Helmersson is an example of a pattern that has flexed the aforementioned muscle. The pattern is pretty incredible- zero waste so you have no scraps, includes a waistband, pleats, and inseam pockets! But the action of figuring out math, modifications, and cutting out each piece meticulously is something that causes me to want to stop out of fear that I will mess up.

You may know what I am about to sayâ?¦if you said â??But! Dopamine Sewing has taught you how to get over that! To just go for it, and enjoy the process!â?•, you would be correct.

Sewing bold has allowed me to open up to the creative process, diminishing the fear of roadblocks or anxiety. Pretty cool, huh?

I chose to make these pants out of the freshest, greenest green linen I could find. The IL019 Classic Green was just that. Remember- #dopaminesewing is personal. And this green was it for me.

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The ZW Block Pant process of sewing freeing. I decided to not get caught up in the â??what-ifâ?• of mistake making, and instead trusted myself and my skills. My creative brain got a work out AND the joy I got from this large, BRIGHT pants was at the level I needed it to be.

I completed these right before summer ended. Before color trends start to fade to neutrals and focus on layering- when the â??brightsâ?• are packed away for next year.

What does #dopaminesewing look like when its cold and stormy outside? When the daylight fades faster and we all start to turn inward for the season?

I donâ??t have an answer, but my curiosity is strong enough that I will spend the time to find out.

CATEGORY

1. COMMUNITY
2. DOPAMINE SEWING

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