

Dopamine Sewing: Evolving With The Cortland Trench

## Description



Cortland Trench made with FS Fungi Softened Midweight Linen

When I look back on my Dopamine Sewing journey, I see bright colors and shapes- exactly the â??rushâ?• I needed to dive into last summer. It was seasonally appropriate to paint my wardrobe with bright colors and sew simply for the happiness of it.

During winter time, when my serotonin was low, I still got a rush of looking at those garments when I went to get dressed. But the actual draw to put them on, to wear themâ?¦well it looked very different than I anticipated.

During the colder months, I lean more towards how I used to dress for East Coast winters: neutral colors and classic shapes. Although my style and sewing is different, after the practice of dopamine sewing, I would be forever changed! I still need a pop of color, or a shape. Thinking about it moreâ?¦isnâ??t that what this practice really is all about? Freedom of expression and choice. Evolution of style. Release from a struck definition of what gives me the dopamine rush?

I give you Exhibit A of this new evolution of sewing: The Cortland Trench by Grainline Studios.



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A trench coat isnâ??t the first thing that comes to mind when I think of Dopamine Sewing. And I donâ??t want to say â??I added color, so its dopamine!â?•- that is not the point. The point for me and this practice is to embrace the feeling and freedom in making. To move away from a purely utility need. And the process of sewing this coat was most importantly that.

I chose the neutral IL019 All-purpose linen in Fungi â?? a woodsy, earthy color. It has minimal undertones of purple and gray, but still grasps hands with warmth. It is also a very classic color for trench coats. The weight of the all-purpose material works so well for a spring jacket.

I was on the hunt for something very specific when I was sewing this trench. About a year ago when I was walking my dog, we passed a very popular coffee shop; I instantly was drawn to a woman in a crisp white tee, loose fitting jeans, sandals, and an effortless linen trench coat. The idea for this project came straight from that!



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The Cortland Trench is a short trench coat, without too many overly tailored details. After crowdsourcing pattern help- I knew this was the pattern I needed. I lengthened and added a back vent, as well as a belt and belt loops- which I realized hit at the exact same spot as my welt pocketsâ?¦so in the future I would bring the welts down.

The most notable detail of this pattern is the bias bound seams- the ideal detail to add a pop of color. The cobalt bias binding takes this coat from your basic layer to something that feels so special and unique to me.

This kind of pattern felt unattainable to me for a long time. But I think that dopamine sewing has evolved past color and â??boldnessâ?•â?¦maybe its evolving into a deeper emotion and feeling of making the garment: of pride, satisfaction and challenge.

What else can dopamine sewing evolve into? I canâ??t wait to find out.

**CATEGORY**

1. COMMUNITY
2. DOPAMINE SEWING

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**Date Created**
March 14, 2024
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