

july newsletter 2020



Welcome to the July newsletter! Ok, so it's technically August. I don't know about how it feels for you, but I am totally in a time warp and somehow skipped a month somewhere! So this month there'll be two newsletters! Here's belated July news from the Rabbit Hat Designs camp. July for me has all been about trying to find balance. I thought I'd write a little about my experience in relation to balance in recent months after some quick updates.

updates

This month I was excited to announce the release of the Papilio Ulysses pattern. 100% proceeds from this kit will go to the Equal Justice initiative and Color of Change. This kit is all about shining a light on and supporting the awesome organizations working for a better, more just and equal world. I'll be supporting different social justice organizations over time with this kit. Check out the Donations Organizations link on my website www.rabbitthatdesigns.com for more info. This pattern is also extra eco as a pdf downloadable. You can find the pattern now on my Etsy shop, <https://rabbitthatdesignshop.etsy.com>. This month I'm excited to say I'm also collaborating with hoop frame magician Kate @modernhoopla! And am working again with the lovely Alice at Gregarious Goose. Gregarious Goose in NC. This month was also Rhino month for the stitch an endangered animal a month challenge! As always, I was totally blown away by the love, skill and commitment to stitching rhinos by so many lovely stitchers. Thank you <3 You can check them all out on my Instagram or on my website under 2020 challenges.



all about balance

I've been thinking a lot about balance lately, thanks to binge watching series of Queer Eye, I know binging doesn't quite tie in with balance, but it'll make sense in a minute :) It's amazing how easy it is to forget to carry out little acts of self-care or rest when everything is so tense and anxious. We are living in totally trying and complex times politically and COVID wise and I know it's often easier said than done, to take a minute to be still or find joy when everything feels so overwhelming. I think it's really easy to underestimate the impact of the current climate mentally, emotionally and physically. Allowing time to process feelings and experiences is so important, especially at the moment. I know that everyone's experiencing different struggles and different levels of hardship in complex ways. Sending so much love and warmth to anyone and everyone struggling out there. I've been thinking a lot about what brings me joy, even tiny things that help me to focus on that feeling even if just for a few minutes in the day. For me it's connecting with friends, seeing animals, perusing and finding secondhand clothes online, being in nature, music and walking. I love how the series Queer eye focuses on a holistic review of different aspects, like food, exercise, self-care, clothes, culture and home. It's amazing how each of our experiences is permeated by all these aspects. I know that for everyone what helps in these times is vast and varied and so dependent on individual situations, but I thought I'd share what's been helping me. Being a mini business, free and inexpensive ways to find

balance are always a plus too! Firstly, when I feel like I need a break, I take one, whether it's just a few mins watching a silly dog video on YouTube or taking a walk round the block, a minute to tidy the house or sit outside. Another thing is tuning in and out of the news or programs, books, shows and movies with heavy content. I find tuning in and out is important right now. It's easy to underestimate how things permeate emotionally, physically and mentally and listening to, reading or watching heavy content can add to an already full plate. That said these are key times for tuning in when we can. I'm also trying to be more routined about moving around, whether it's following a ten-minute stretch YouTube clip when I wake up or taking a 20-40 minute walk every day. Our bodies process so much emotion as well and exercise helps us to work it through. Lastly and probably best for me is being creative, stitching is such a soothing art form and right now it's incredibly centering. Because embroidery is such an embodied art form I see it as a form of processing experience as well in an embodied rather than rational way, so it is part of tuning in and out at the same time. Sending love and wishing you things that bring you moments of rest, peace and joy.

how to hang a hoop

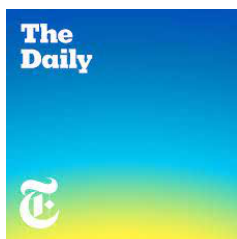
Here's three ways to hang a hoop embroidery. The first way is to hang the hoop is straight up on a picture nail. For this you need the nail to be about half an inch out from the wall. Hang the hoop on the nail where there is a gap under the screw. Another way to hang a hoop embroidery is to take a piece of twine or ribbon and follow the steps detailed below.



Start by taking a small loop of ribbon or wool and knot it at one end. You can use the stripy string around your embroidery floss pack if you feel like it. Take the end without the knot and thread it through the gap under the screw at the top of your hoop, stop halfway through and take the end of the loop with a knot and feed it through the loop on the other side of the screw, creating a loop that can be hung on a wall nail.

The last way to hang a hoop embroidery is to frame it. This adds cost, but it's so worth it. I've been loving the hoop frames by @modernhoopla. The hoops work just like a picture frame and really bring out the textures of the embroidery. Find Kate's frames at Modernhoopla.co.

out and about



I guess I should change this section's title to 'In and About'! I've been listening to the New York Times a lot lately, I especially loved the Daily on John Lewis' legacy and the Sunday Read 'on Female Rage'. For a long time I couldn't listen to any form of news, but I've just started tuning in again. I think it's important to recognize when it feels manageable and when it feels overwhelming and be kind to yourself or give yourself a break sometimes with what you're listening too. I've also been

loving listening to No Name. She is a lyrical genius and awesome human. For a read I would definitely recommend Zadie Smith on Optimism and Dispair from Brain Pickings recommended to me by my wonderful friend Djamila Ricciardi.



Use the code RABBITHATNEWS for 10% off embroidery pendants!

thank you for reading