



LIVING WELL. ARTFULLY. CLEVERLY.

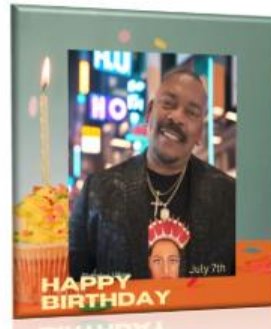
Newsletter

Copy  
of Past  
Edition

July 17, 2024, Edition

## Dear Friend,

Welcome to the vibrant fourth edition of the LWAC newsletter. July will always be a special month because it is my birthday month and also the anniversary month of Arthealthnut. I celebrated my birthday on July 7th, and the 1 year anniversary of Arthealthnut on July 11th. I am so grateful to be able to create artwork and share it with you! The one-year anniversary marks not just a year of colorful and inspired living but also comes packed with fantastic sales on our artwork and merchandise. Thanks to your encouraging feedback and continuous support, we keep growing and innovating. Keep the suggestions coming and let's make this journey even more artful and clever!



In this edition, we continue to explore the intriguing life of wellness and optimism.

- Art Spotlight: Sunset on Blueberry Island
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- Vintage Kevin: "Dream Again" from 1993
- Favorite from the New Collection: Demure to Dazzling
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- "I'm Running with this": Inspiration on canvas

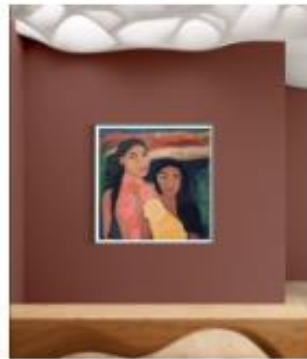
With gratitude,

*Kevin*

Kevin Whitehurst  
CEO and Founder of [Arthealthnut](#)

## Art Spotlight

### Sunset on Blueberry Island



Embark on a journey of serenity and sisterhood with "Sunset on Blueberry Island," a breathtaking ode to the beauty of friendship and the magic of adventure. **In this enchanting painting, Chantel and Raven stand as symbols of grace and vitality, their intertwined braids weaving a tapestry of connection and companionship.** Inspired by the artist's own travels to distant shores, "Sunset on Blueberry Island" invites viewers to escape to a world of tranquility and wonder, where every sunset brings new possibilities and every friendship blooms like a wildflower. Against a backdrop of azure skies and golden horizons, this painting captures the essence of island life and the joy of discovery that comes from exploring new horizons. With its vibrant colors and evocative imagery, **"Sunset on Blueberry Island" serves as a reminder of the transformative power of travel and the importance of cherishing the moments we share with loved ones.** The tagline, "I graciously accept being in your presence," celebrates the magic of connection and the joy of experiencing life's wonders with those we hold dear. Through its captivating imagery and heartfelt message, "Sunset on Blueberry Island" inspires viewers to embrace the spirit of adventure and to savor every precious moment with the ones they love.

[See the piece](#)

## FIRST TIME BUYERS

ALL MERCHANDISE



ON SALE FOR 20% OFF.

## Wellness Quote of the Week

If your actions inspire others to dream more, learn more, do more or become more, you are a leader.

—John Quincy Adams

## Wellness On My Mind

Rich in Health: What are Psychological Assets and why do you need them?



We chose to write about Psychological Assets because they are assets that the truly rich in health obtain throughout their lives. So, what are psychological assets? **Psychological assets are internal resources that contribute to an individual's mental health, resilience, and overall well-being.** These assets help people cope with stress, overcome challenges, and achieve personal growth. Often under the radar, those who seek a fulfilling life of wellness are literally owning these intangibles.

## Here are some key examples of psychological assets:

### Optimism

The rich in health own the asset known as Optimism, which is the general expectation that good things will happen in the future. **Optimists tend to see the positive side of situations, which can lead to better health outcomes, higher levels of happiness, and greater resilience.** Studies have shown that optimism is linked to lower rates of depression and anxiety, better physical health, and increased longevity. A good example is a scenario where you need to overcome challenges at work. Being optimistic helps maintain a positive outlook and viewing the challenge as an opportunity to learn and grow. This results in motivation and resilience.

### Resilience

You are not likely to gain health as wealth if you don't own the asset known as Resilience. **Resilience refers to the ability to bounce back from adversity, trauma, or significant sources of stress.** It involves maintaining flexibility and balance in life as you deal with stressful circumstances and traumatic events. Resilient people use various coping strategies, maintain a positive outlook, and seek social support when needed. A good example is coping with health challenges. Resilience is an asset demonstrated by accepting the diagnosis and being determined to adapt the lifestyle of manage the condition effectively. This will help making healthy choices and building a strong support system.

### Self-Efficacy

A close cousin to Confidence, is the asset known as Self-efficacy. **Self-Efficacy is the belief in one's ability to succeed in specific situations or accomplish a task.** This belief influences how people approach goals, tasks, and challenges. Individuals with high self-efficacy are more likely to take on difficult tasks, persist in the face of setbacks, and achieve their goals. Self-efficacy is crucial for motivation and personal development. A good example of how Self Efficacy may be used is adopting a healthy diet. The approach of getting educated and planning, along with meal prep and maintaining consistency, will help with staying committed and improving overall health.

### Gratitude

At Arthealthnut, we frequently write about gratitude, and this asset is often a key message in many of the Positive Lifestyle art pieces. **Gratitude involves recognizing and appreciating the positive aspects of life.** Practicing gratitude can enhance emotional well-being, improve relationships, and increase overall life satisfaction. Keeping a gratitude journal or regularly reflecting on things you are thankful for can help cultivate this asset. A good example of how gratitude becomes an asset is strengthening relationships. Making a habit of expressing gratitude with friends and family will make them feel valued and strengthen the bond. Consistency in this manner will lead to more supportive and fulfilling relationships.

## Emotional Intelligence

There is a reason that successful leaders and organizations own the asset known as Emotional intelligence. **Emotional Intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict.** People with high Emotional Intelligence are better at recognizing their emotions and those of others, leading to healthier interpersonal relationships and better mental health. A good example of how Emotional Intelligence is an asset is conflict resolution at work. In a leadership role you may notice conflict between two team members and identifying the emotions involved in the conflict will help in managing it. The leader approaches everyone, listens to their concerns empathetically, and effectively mediates and resolves the conflict.

## Growth Mindset

If you are on a journey to wellness, as you lay out your path, the growth mindset asset is an essential step. **Growth Mindset is the belief that abilities and intelligence can be developed with effort, learning, and persistence.** This mindset encourages embracing challenges, learning from criticism, and finding lessons in failure. It contrasts with a fixed mindset, which holds that abilities are static and unchangeable. A good example of how a growth mindset can improve life is personal development. If you want to become more physically fit and healthy, setting goals, adapting and learning, and celebrating progress will keep you motivated and committed.

## Mindfulness

**Mindfulness involves being fully present and engaged in the current moment without judgment.** This practice can reduce stress, improve focus, and enhance emotional regulation. Mindfulness techniques, such as meditation and deep breathing exercises, can help individuals develop this psychological asset. A good example of this is personal financial management. If you are struggling with impulsive spending, practicing mindful spending, mindful reflection and making adjustments will result in greater financial stability and peace of mind.

## Self-Compassion

Most understand that you must love yourself before you can love another. Imagine, taking that to another level and having the asset known as Self-Compassion. Similarly, self-compassion entails treating yourself with the same kindness and understanding that you would offer to a good friend. **It involves recognizing your own suffering, being kind to yourself in times of pain, and understanding that failure and setbacks are part of the human experience.** Self-compassion can reduce anxiety, enhance resilience, and improve overall well-being. A good example of where this asset is valuable is coping with failure. In a situation where an individual fails an important example, kindness to self, understanding you're not alone and it happens to others, and using positive self-talk for encouragement will help reduce anxiety and boost confidence for future attempts.

## Conclusion

Psychological assets are critical for health and achieving personal growth. By developing these assets, individuals can improve their ability to cope with stress, enhance their well-being, and lead more fulfilling lives. Practices such as mindfulness, gratitude, and fostering a growth mindset can help cultivate these important traits.

For further reading and detailed strategies on how to develop these psychological assets, you can explore resources from:

[The Most Comprehensive Coaching Platform | BetterUp](#)

[Verywell Mind - Know More. LiveBrighter.](#)

[mindbodygreen: well-rounded well-being for a life well lived](#)

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## Vintage Kevin "Dream Again"



If you read my bio, I have been painting most of my adult life. I will share special pieces with you in each issue. In this edition, I am sharing "Dream Again", which was painted in 1993! Yes, 24 years ago! I am really excited about it because the new collection that you will see in September is a reflection of this style. "Dream Again" is a vibrant and dynamic artwork that captures the essence of a surreal dreamscape through an intricate interplay of colors and shapes. The painting, housed in a bold purple frame, immediately draws the viewer's attention with its striking color palette and complex composition. Among the colorful chaos, various shapes and patterns emerge, each inviting the viewer to explore their individual significance. Jagged lines and angular forms intersect with more fluid, organic shapes, creating a visual narrative that is both chaotic and harmonious. The use of contrasting colors adds depth and dimension, making the elements of the painting pop against the dark background. **The overall effect of "Dream Again" is one of energy and imagination. It encourages viewers to let their minds wander and find their own stories within the abstract tapestry.** This piece exemplifies my ability to blend abstraction with vibrant color, creating a timeless piece that continues to inspire and captivate viewers.

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## Favorite From the New Collection

### Demure to Dazzling



[Visit the store](#)

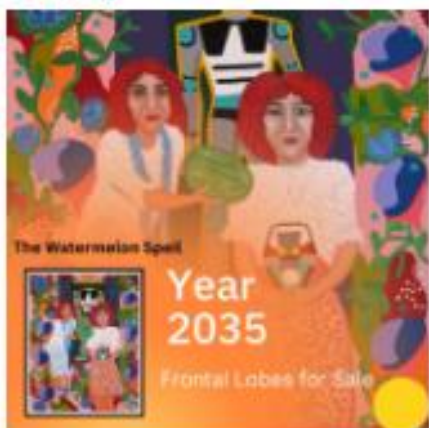
This vibrant painting titled "Demure to Dazzling" features a collection of female faces depicted in a pointillist style. Each face is created using a myriad of small, colorful dots that blend to form distinct expressions and features. The faces are arranged in a pattern that seems almost floral, with their hair and backgrounds intermingling in a kaleidoscope of colors. Interspersed among the faces are clusters of pink roses, adding a touch of natural beauty to the abstract, yet cohesive composition. **The overall effect is one of harmony and liveliness, celebrating the diversity and beauty of the subjects.** The use of bright, contrasting colors makes the painting both captivating and cheerful, drawing the viewer into its vibrant world.

To depict the essence of feminine beauty and grace through a collection of faces, I wanted each to radiate with unique charm and allure. **The women are portrayed as queens who shine without the need for grand castles, embodying both modesty and brilliance.** The vibrant colors in the painting represent the myriad hues of beauty that the subjects radiate, encapsulating the transition from demure to dazzling. Each face in the painting tells a story of inner beauty and strength, creating a tapestry of mesmerizing and tantalizing visual poetry.

[See the piece](#)

## In Wellness

### The Savvy American: Skills to Thrive in an Evolving Society



It has become very apparent that Americans have anxiety about the future and there is a lot of speculation of how AI may impact wellbeing in the future. From personal experience, I believe that we Americans need to acknowledge that as the world changes around us, we may need to adapt or improve some of our skills. I use the term savvy, because as individuals who aspire to live well, we want to be the best versions of ourselves. In the spirit of wellness and the posture of optimism and positivity,

I wanted to share some insights on skillsets that you may or may not realize are going to help. In this evolving AI-driven world, several new skills will become increasingly valuable for the average American to thrive. These skills span technical proficiency, adaptability, and critical thinking.

#### Here are some key skills:

**Data Literacy:** Understanding how to interpret and analyze data will be crucial. This includes basic knowledge of statistics, data visualization tools, and the ability to derive insights from data sets. In short, data literacy will be a crucial skill for thriving in a data-centric world. It will enhance individuals' ability to make informed decisions, advance their careers, engage civically, empower themselves, connect socially, and adapt to technological changes.

**Critical Thinking and Problem-Solving:** AI can handle routine tasks, but humans will need to excel in complex decision-making, problem-solving, and creativity. Being able to think critically and apply logic to analyze situations will remain essential. Healthcare is a significant area where this skill will be necessary. For example, AI may handle a routine diagnosis and suggest potential conditions, but balancing medical risks, patient values, ethical implication, and patient preferences will require human judgement.

**Adaptability and Flexibility:** The AI landscape is rapidly changing, so individuals must be open to learning new technologies and adapting to evolving job roles and industries.

**Ethical Understanding:** As AI impacts various aspects of society, including privacy, bias, and decision-making, having a grasp of ethical considerations and the ability to navigate these complexities will be important.

**Interpersonal Skills:** While AI handles many tasks, human interaction and emotional intelligence remain invaluable. Skills such as communication, empathy, teamwork, and leadership will continue to be essential.

**Continuous Learning and Upskilling:** The pace of technological change means that learning will be a lifelong endeavor. Being proactive about upskilling and staying updated with industry trends will be critical.



**Cybersecurity Awareness:** With increased reliance on digital technologies, understanding cybersecurity risks and best practices for protecting personal and organizational data will be essential.

**Entrepreneurial Mindset:** Innovation and entrepreneurship will drive new opportunities in the AI era. Individuals who can identify gaps, innovate solutions, and adapt to market needs will thrive.

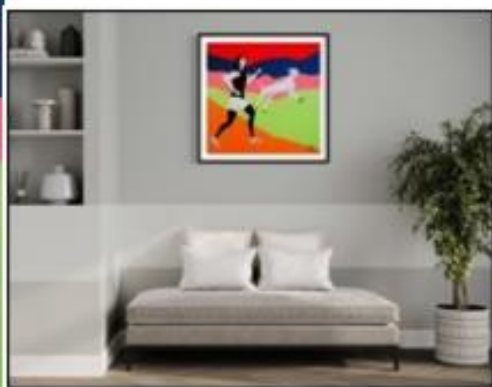
**Cultural Competency and Global Awareness:** AI operates in a global context, so understanding cultural differences, global trends, and being able to collaborate across diverse teams will be advantageous.

Developing these skills will empower individuals to not only adapt to the AI-driven world but also to harness its potential for personal and professional growth. Educational institutions, online learning platforms, and professional development programs can be valuable resources for acquiring these skills.

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## Inspiration on Canvas

### I'm Running With This



[Visit the Store](#)

"I'm Running with This" depicts a dynamic and lively scene featuring a man and a dog running together against a colorful, abstract background. The man, dressed in a black tank top, black leggings, white shorts, and running shoes, has long hair and a determined expression as he strides forward with his thumb up, symbolizing his commitment and positive attitude towards his journey.

Beside him, a white dog leaps gracefully, mirroring the man's motion and adding a sense of companionship and joy to the scene. The background is composed of bold, wavy bands of color, including shades of red, pink, blue, green, and orange, which create a vibrant and energetic atmosphere. The contrast between the solid colors of the figures and the fluidity of the background enhances the sense of movement and determination in the painting.

The painting vividly portrays the journey of an individual driven by a powerful idea and the determination to pursue it with vigor and purpose. **The artwork captures the essence of motion and ambition, symbolizing the dynamic energy of someone running on a path of their own making.** The vibrant and lively colors in the painting reflect the stunning and unwavering spirit of the individual, who is not seeking to be cunning but rather aims to achieve success through sincere effort.

Overall, "I'm Running with This" encapsulates the relentless pursuit of one's goals, the drive for self-improvement, and the joy of embracing life's journey with enthusiasm and confidence.

[See the piece](#)

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