

MEET *YOUR* SLEEP



*FREE COMICS
WORKSHOP!*

PRESENTED BY SAW

January 19, 7PM EST

Maureen Burdock

Thanks for coming to a
SAW Friday Night
Workshop!

MEET YOUR SLEEP

This workshop was led by
Maureen Burdock
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On Jan 19, 2024

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Chris Seidel
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Jackie Wolk
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☺ next workshop ---> <https://sawcomics.as.me/friday-night-comics>

You can also join hundreds of people sharing their work at our free members site

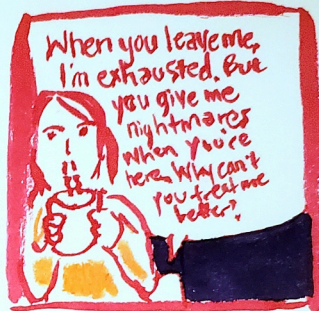
https://members.sawcomics.org/share/F6BBQeyGUGE0g-Qk?utm_source=manual

☺ We hope you'll share your work on social media with the hashtag #fridaynightcomics . Please tag us @comicsworkshop

☺ Thanks so much for being here!

☺ You can support us on Patreon or PayPal, here:
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Venmo: sequentialartists-workshop

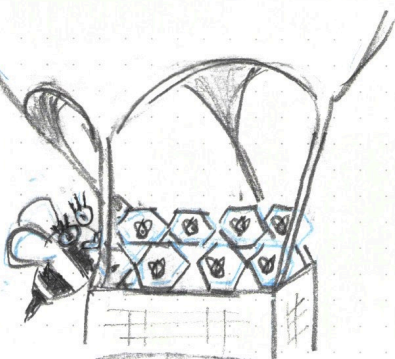




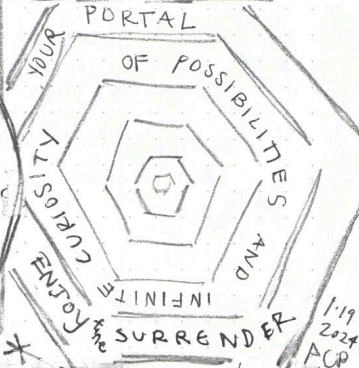
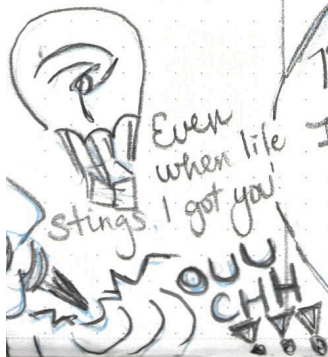
@CANDYSBLOCK



sleep



OUR time together



BRN
JAN 19
STAY

pen
the pen
the pen
the pen

my sleep is magic but
also full of
hard crumky
steel girbers



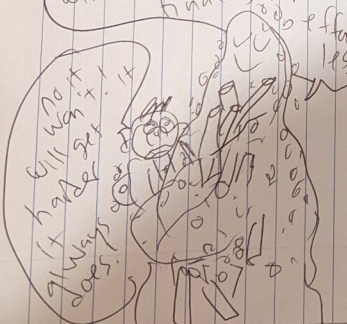
here I am sleeping



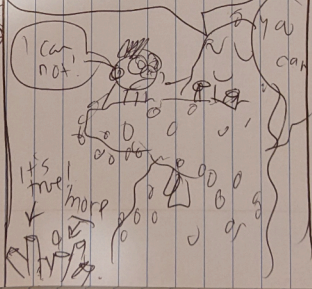
sleep I wish you
didn't have all the
impossible obstacles
in you



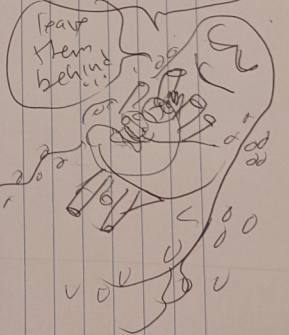
with each year more
will fall away till the
final sleep is
effort less



well these rod and
crumky girbers you
put in there you
can take them at...



sleep my love, no more
girbers...

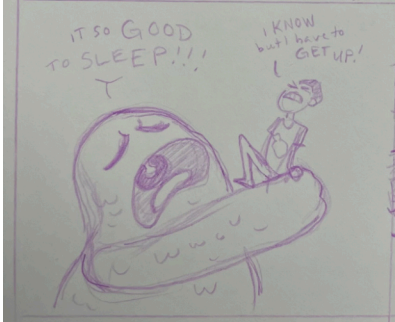
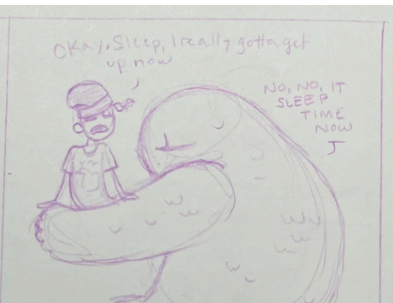


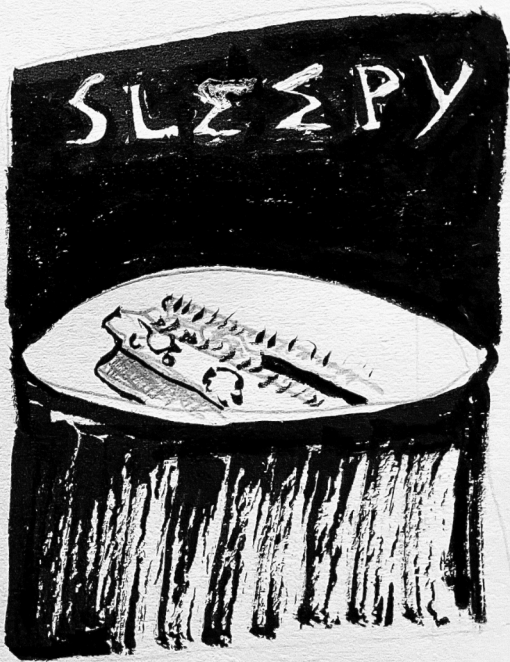
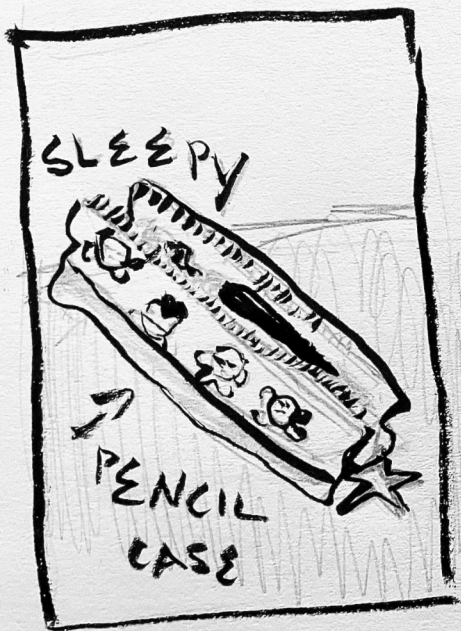


(YOU SHOULD TALK TO ORANGE GUY.)

allc '24







MY SLEEP IS
AN AMORPHOUS
BLOB



(comes (and
goes) as the
Blob pleasees

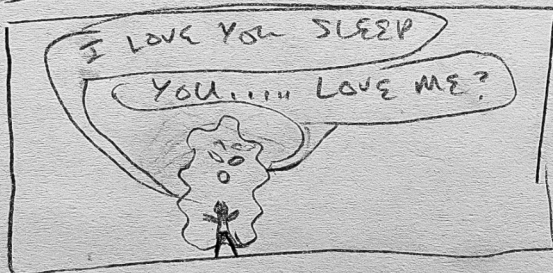


Please!
Come
back!

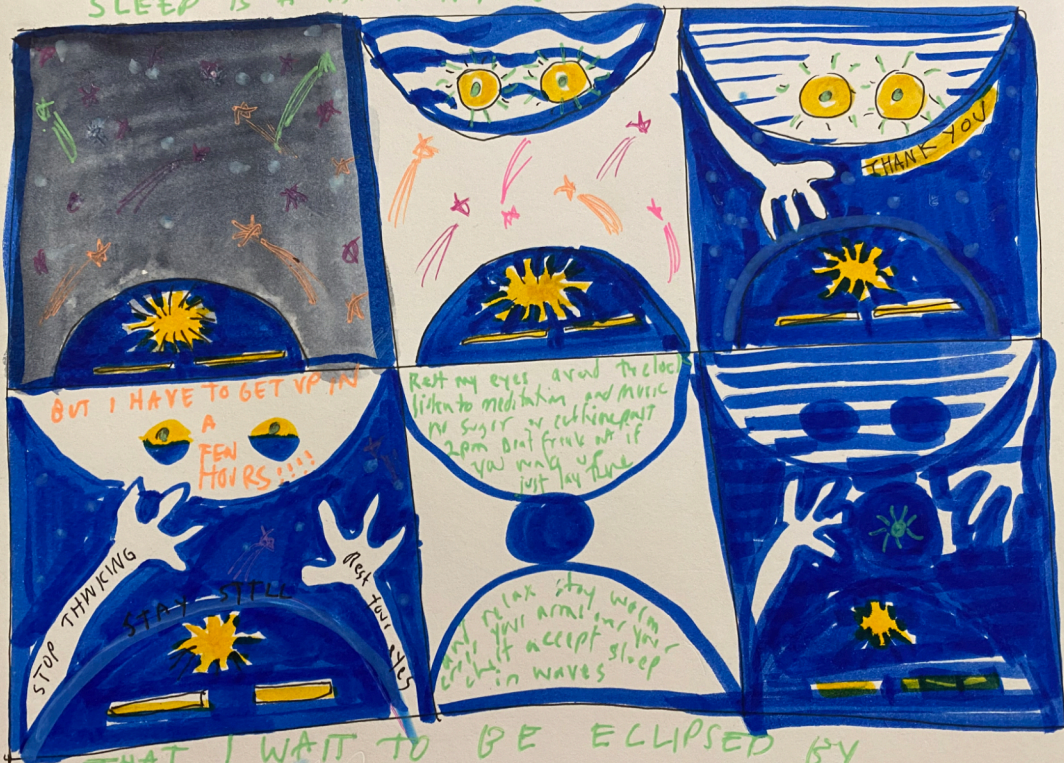


Please be more
consistent





SLEEP IS A DARK MYSTERIOUS PLANET



BUT I HAVE TO GET UP IN A FEW HOURS!!!!

STOP THINKING

STAY STILL

Rest your eyes

Rest my eyes avoid the clock listen to meditation and music no sugar or caffeine past 2pm Don't drink or if you make up just lay there

Relax stay warm stretch your arms and your chest if accept sleep come in waves

THANK YOU

THAT I WANT TO BE ECLIPSED BY

eli wadley Jan 2024

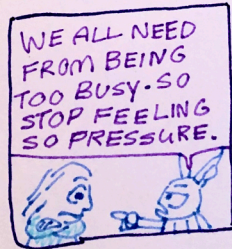
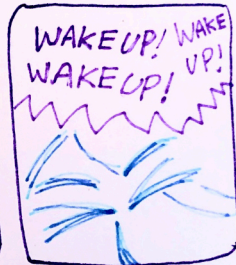
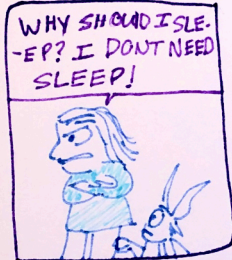
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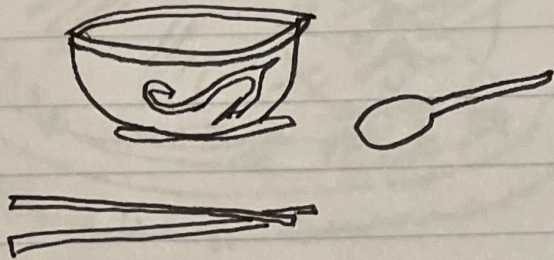
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Free association exercise

1. Draw an object



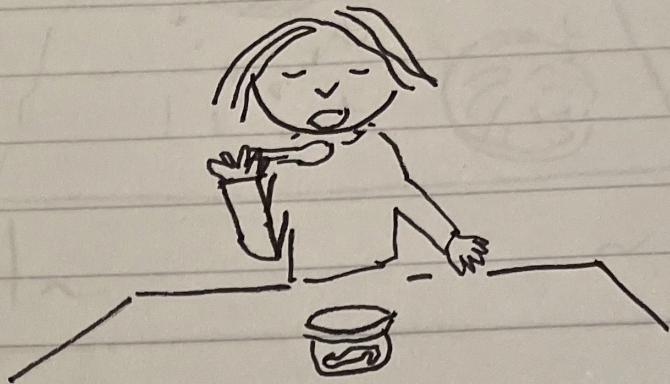
Ramen bowl + spoon
+ chopsticks

CONTENTMENT

2. V

CON

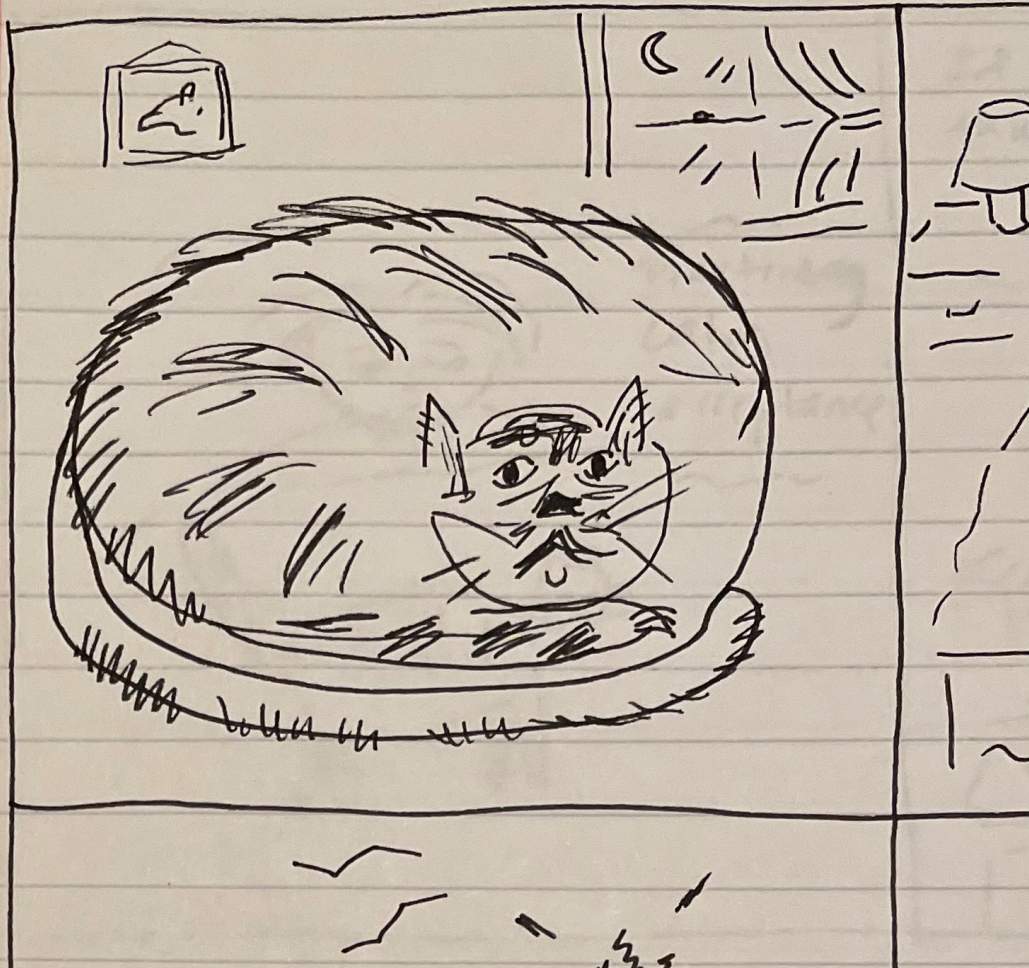
2. What feeling do you
associate with the object?



contentment

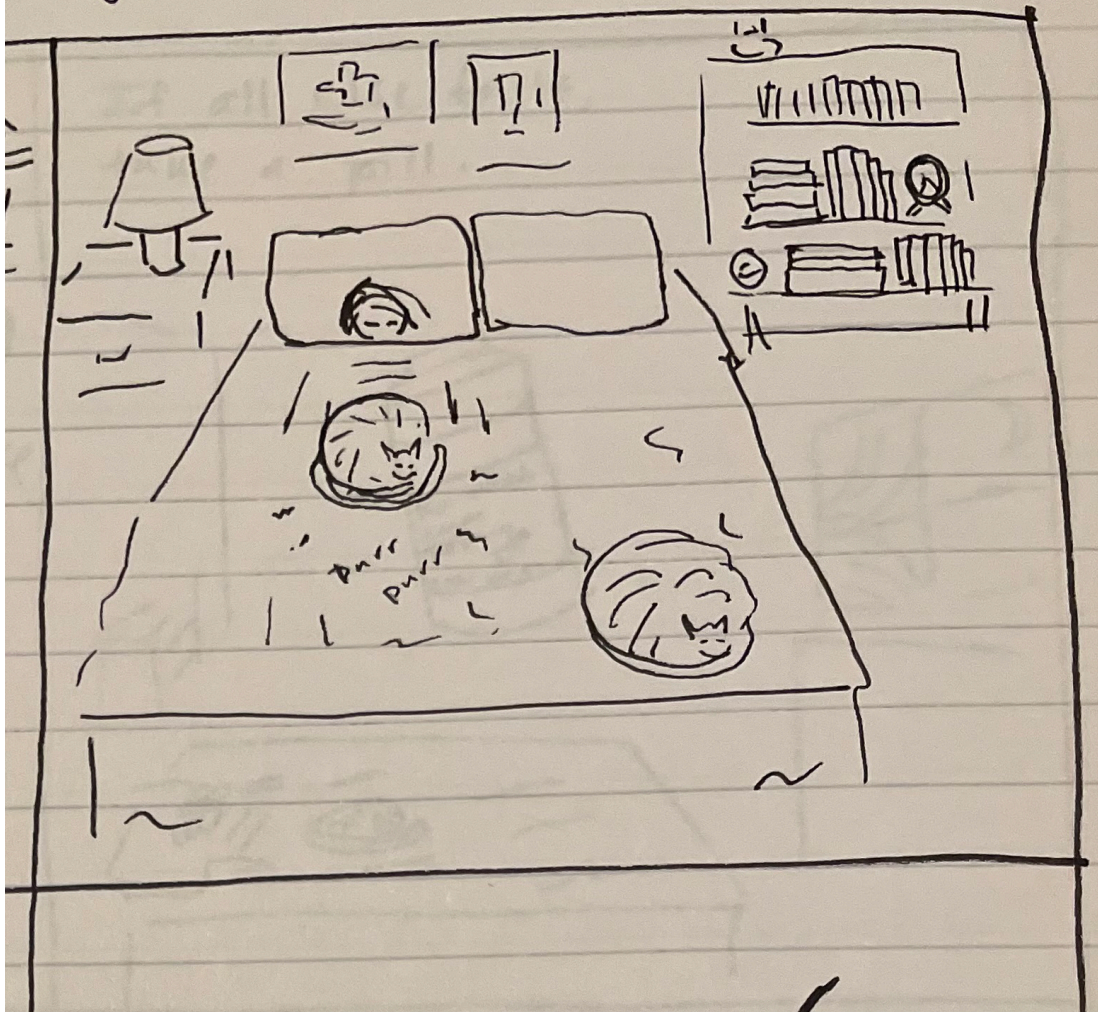
"Meet Your Sleep"

Friday Night



Night Comics

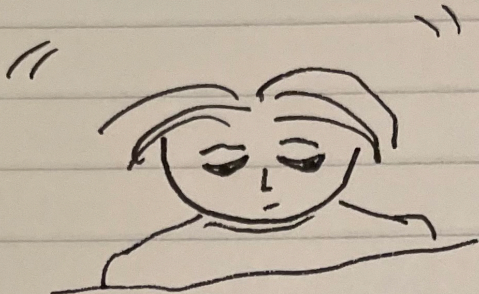
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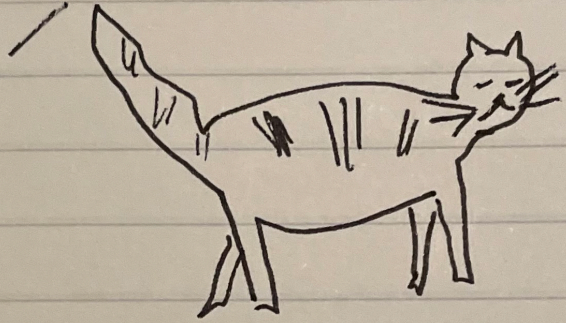


Worry
Worry
+ think
+ think

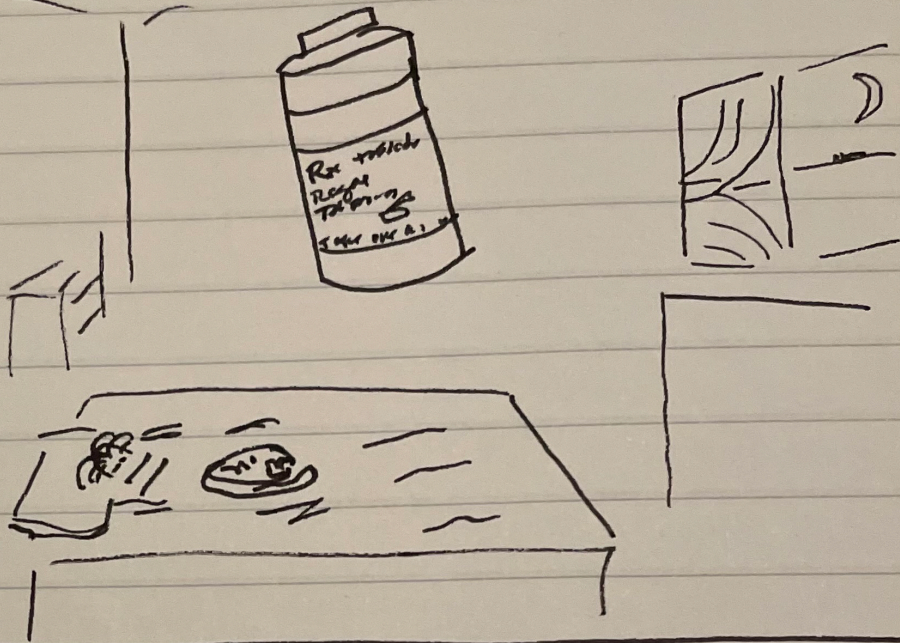
If
tab



Practicing
calm
acceptance

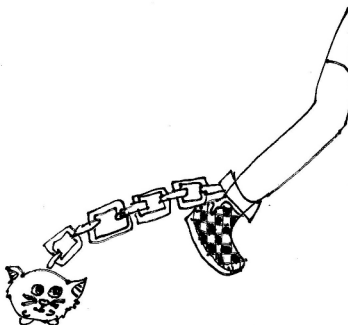
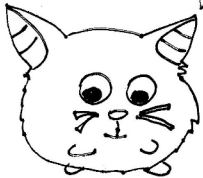


If all else fails,
take a pill.



Saw Friday Night 1/19/24
w/ Mauraen Burdack

calm soft male
dark round quiet



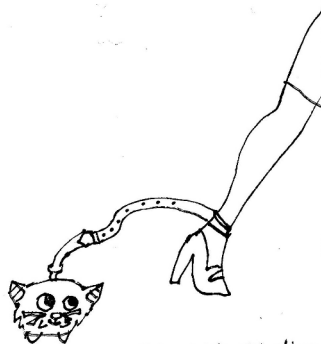
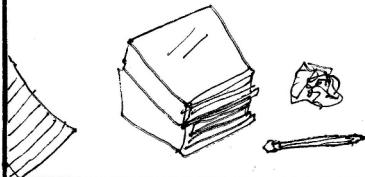
You're what
I look forward
to,
but you keep
me from my
full potential.

Go back
to sleep

We need to
wash the
sheets.



There's more than just
washing the sheets...
...I need to finish
writing my books...

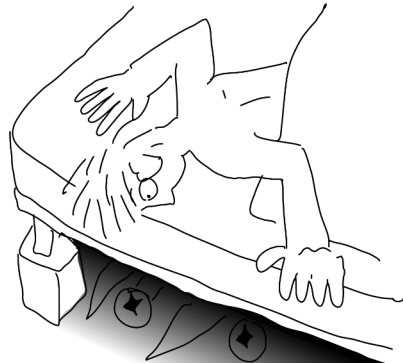
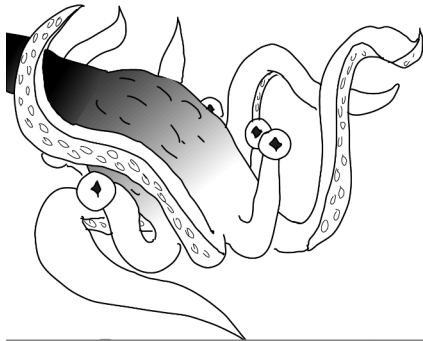


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MEET YOUR SLEEP w/ Maureen Burdock

CWS 1.19.24



WHERE ARE YOU HIDING NOW?

I'LL COME OUT WHEN I'M READY...



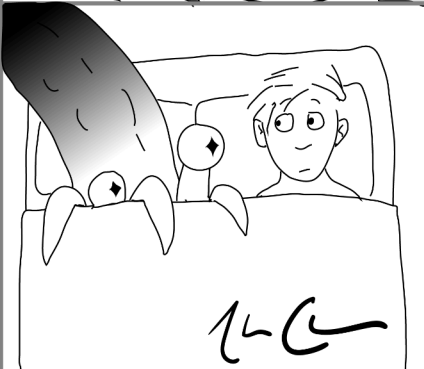
LOOK, *MAYBE* IF YOU'D START GETTING TO BED AT A REGULAR SCHEDULE, *MAYBE* IF YOU STARTED EXERCISING AGAIN, *MAYBE* I WOULDN'T KEEP HIDING WHEN YOU WANT ME.

NO PROMISES, THOUGH.



BUT I'VE JUST GOT SO MUCH I NEED TO DO...

SO GET UP EARLY AND DO IT IN THE MORNING!



LC

MY SLEEP AS A CHARACTER



WHAT DOES MY SLEEP NEED



WHAT MESSAGE

SLEEP MORE
SLEEP LONGER



MY SLEEP IS SQUISHY AND DEEP

SILENT AND EMPTY

COMICS BY MAUREEN BURDICK WITH TROOP 161 ART BY MAUREEN BURDICK



FLUFFY AND DARK

I NEVER REMEMBER ANYTHING



WHERE SHOULD WE GO TONIGHT?

PAST NO FUTURE IN NO ARLAND

HOW ABOUT ALL THE PETS AND PEOPLE WHO COULD HELP YOU?



THEY ARE ALL READY TO HELP YOU BE STRONG YOU JUST HAVE TO ALLOW IT

HERE IS THE KEY TO OPEN THE DOOR

YES, I'M READY CAN I GIVE IT BACK IF I WANT

THEY WANT TO SEE YOU DO GOOD



Draw your sleep as a character



"They/Them" →

I'm heere (until I'm not)

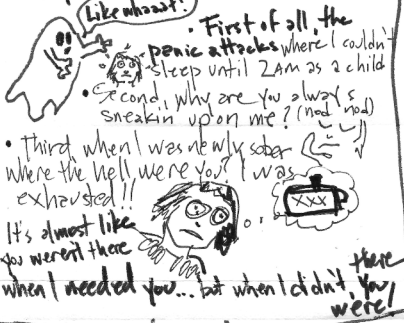
In relationship with sleep



Meer? But I thought we were all good

I got some serious history and issues with you, homic!

I imagine yourself in convo with sleep.



Like about?

• First of all, the panic attacks where I couldn't sleep until 2AM as a child

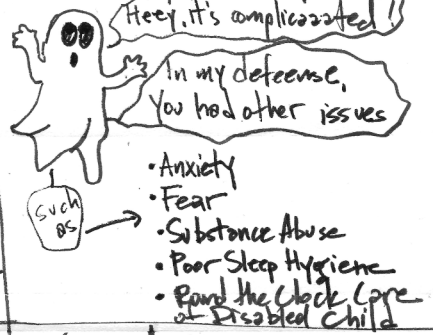
• Second, why are you always sneakin' upon me? (nod nod)

• Third, when I was newly sober where the hell were you? I was exhausted!!

It's almost like you weren't there when I needed you... but when I didn't need you're!

KXX

What is your sleep saying to you?



Heey, it's complicated!

In my defense, you had other issues

- Anxiety
- Fear
- Substance Abuse
- Poor Sleep Hygiene
- Round the Clock Care at Disabled Child

What have you learned.



Fair enough

But still, why you gotta play me like that?

I've tried making space for you

Sleep and me



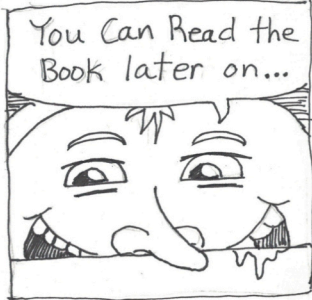
I shall remain a mystery Ha! Ha

Yeah, that's just what I'd expect from my sleep character...

Draw your sleep as a character.



What is your sleep trying to say to you?



Draw Your Self in Relation with your Sleep.



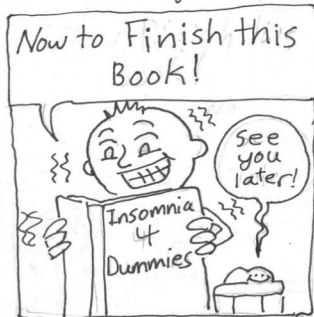
What have you learned?



Imagine yourself in a conversation with sleep.



One last portrait of me and my sleep...





**Sequential Artists
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