

## Artist Stefanie Schmid



Stefanie Schmid is an award-winning abstract artist, published writer, and former art instructor who resides in Minnesota. She is a designer by day, and an artist by night. Stefanie creates art as a method for communicating her emotions. She is known for her inspiring abstract paintings which are made predominately by a palette knife, and by her intuition.

Stefanie is open about her struggle with mental health disorders, most prominently PTSD and grief with the sudden loss of her mom. She spoke about mental health and art on the PBS show “Off 90” when she was interviewed in August 2021. Stefanie also has a short autobiography published in the book “What We Hide” By Ellie Leonardsmith. “What We Hide” is a book that shares stories that are hard to speak of in light, everyday conversation. She’s been featured at over 80 venues in Minnesota and Wisconsin including retail stores, restaurants, cafes, bars, distilleries, breweries, etc.

Stefanie finds art to be a spiritual gift, and her process requires meditation to calm her nerves in order to focus. She travels deep in the woods of northern Minnesota and Wisconsin where she is inspired to create with heightened senses, and a with a refreshed soul.

Follow Stefanie’s art progress on Instagram: [Stefanie\\_Schmid\\_Artist](#)  
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