

Anxiety is something that so many people suffer from, including myself. As an anxious person I find it difficult to navigate the thoughts in my head and put words to those feelings.

For my project I decided to portray my experience with anxiety, more specifically brain fog. I used a large roll of unprimed canvas which I painted on with acrylic and oil paint to portray the feeling of becoming stuck in my head and having so much going on at once. Experiencing that intense anxiety takes a toll on your happiness and all around mental health, but it is often overlooked because it is so common.

Researching and thinking about it made me think of a circus and clowns. I love drawing clowns and think they perfectly depict the message of my painting due to their anxiety-inducing nature. You can see a clown that looks like me holding a brain-shaped balloon that is being poked and prodded at by the other clowns. This and an intense color palette, patterns, and large scale further push the anxious energy of my painting. I intended the physical appearance and aesthetic of the piece to look happy and joyous, and make the viewer read into the painting to learn that it is not a happy subject matter.

I hope this piece provides comfort to those who understand these feelings, and allows you to deeper understand the distress of a panic attack.

*A BALANCING ACT*

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