

“IT’S JUST BUTTERFLIES”



SHELBY

I experience a lot of social anxiety and it makes it hard to participate in social situations and parties. While my family is very supportive of me and try their best to understand how I feel, not everyone is as fortunate as I am. I wanted to make this piece to try and give a visual example of what an anxiety disorder may feel like to someone who has no understanding.

My painting depicts a stomach filled with nails, staples, butterflies, flowers, and stitches. I wanted to play on the idea of someone passively saying “It’s just butterflies in your stomach” to someone who may be experiencing anxiety and feeling overwhelmed. What may feel like butterflies to one person, may feel a lot more intense than that to someone else. When I get a severe amount of anxiety, I get a very bad stomachache, to the point where sometimes I think I’m sick. The butterflies in the painting have shredded wings because I wanted to portray that a normal, healthy amount of anxiety can be completely overpowered by an anxiety disorder.

