

WHEN NO ONE'S THERE, THERE'S YOURSELF



EVA

(she/her)

When I heard at a school assembly that there's an art competition based on mental health, I immediately knew I would participate! My experience with OCD and anxiety has shaped my personality and world view, and I really was inspired to express and explore it in this piece. I really went above and beyond and captured the emotions of my world view, and showed the depth of it all inside and out. But with all of these feelings, a really powerful motivation that made me create was to be heard. I want to make art for a living. My soul is made to create art, and my love runs deep for it. I want to make an impact on the world, and I think it is my outlet.

My piece represents my experience and coping skills that I have learned with my mental health. The arrows piercing my brain are a representation of the agonizing feeling of intrusive thoughts. The depiction of myself above me is my best imaginary version of me. After years of rough and sad times, I decided to make a world in my mind, with a different version of myself being the ruler. The world consists of many things that I like, while also combining childhood plushies and nostalgia. I have many other creative stories so basically this version of myself is a god (though I know I'm not one). This relates to mental health by being a coping mechanism for all. Whenever I'm sad or anxious, I try thinking of myself comforting me in my little world, supporting me when no one is there. I imagine my best self expressing my emotions in clothing I like, and by also showing my true personality. So basically in this piece, you are seeing me comfort myself with my imagination, with the pills falling down meaning this coping way is almost like a safe medication for a short time. I want others to try this themselves, by creating a world of comfort when no one else could comfort them.

