

ABOVE THE DARK WATERS



BRYNN

(she/her)

I was inspired to create this piece because I wanted to show a positive and strong relationship with mental health. I feel like I see a lot of mental health related art that has a very hopeless, dark feeling, which is perfectly fine, but I wanted to show the strength of working through and overcoming the hard times.

My artwork is a scene of a Wyvern trying to escape a large wave in the ocean. The Wyvern is a mythical creature that represents strength and protection, so I was thinking that the Wyvern represents my mental health fighting to stay up. The ocean represents the dips of my mental health, with a wave of stress coming to potentially take the Wyvern down. The sky is safety and warmth, with butterflies that symbolize a new beginning and the hope that follows overcoming my sadness.

