

# BURNING OUT



## JACOB

(he/him)

I was inspired to create this from my own experiences with burnout. Recently I have not been able to go to bed until well past 11:00 each school night because of homework. I'm missing out on a lot of things I could be doing for myself because of these obligations and have been burning out because of it. I was motivated to participate by my art teacher. She saw the importance in our mental health and decided to make it a class assignment. If it wasn't for this I would have never known about this contest or had the time to create my piece.

This piece is a surrealist painting showing a boy working at his desk late into the night. The candle this scene takes place on has gone out after being burnt too long, the extinguished flame represents the burn out he feels. In the dripping wax are all the things he would rather be doing to respark that flame; the things he enjoys doing but no longer has time for. The meaning behind it comes from my personal feelings with burnout and not having time to do the things I love.

