

## “What Goes on in Our Minds?”

Zoe Age 16

The overarching theme behind my painting is Mental Health Awareness. I chose the topic because, for a while it's been something that has interested me. In addition, it's something I have battled through for years and it means a lot to me to help advocate the issue. With this piece, I used a variety of colors to represent different aspects. For instance, the background is a blue ombre with black broken lines. This represents how sadness evolves and grows, and how darkness comes at different times. The three colors that outline the brain silhouette; which are orange, yellow, and pink, represent the emotions that many people thrive to feel when in the state of battling their negative inner thoughts. Furthermore, I used white for the brain because I feel as though it symbolizes a sense of not belonging. Also, the spirals are colored with blue, black and purple to portray how different emotions come and go but also grow and diminish. Lastly, the three dark shades signify the common emotions that roam a person's mind throughout the challenging time: darkness, confusion, anger, sadness, jealousy, and many more. The brain doesn't just hold a singular emotion but many. Besides that, the form of the brain is supposed to represent the mind and how over time it evolves and withholds several emotions, whether they're good or bad. The message I want people to get from this painting is even if you're battling a mental health problem, it's common.

It's hard and identifying feelings isn't easy. There are times when bad thoughts come in, but as time progresses things get better. It takes time and no feeling is permanent, but it's all about how you push through. Relating this to the worldwide pandemic, also known as Covid-19 or the Coronavirus, many people such as teenagers, children, and adults aren't thriving so much currently. Isolation being stressed enough, but with that depression is coming about. When feeling isolated, reach out to someone. This is a time where connecting to others is important. Also, when times do get hard, it does eventually get better. It's easier said than done, coming from someone who has been through the experience, but talking to others and distracting yourself is helpful.



