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Ways of Perceiving

I plan to create an exhibition containing five pieces of work from five different artists. The theme I will be focusing on is anxiety, mental health illnesses and emotions. There are different mental illnesses you can have and one of them will always have a big impact on how you live your life daily. "Mental illness is like any other medical illness" (ncbi, 2020).

My exhibition will take place in the Mission Gallery, it has open space and then goes into this round area which has two small sections on each side. The title of my exhibition is called Insanity and I have chosen to paint all the walls white, put white curtains or a sheet on the entrances to the open space so it makes you feel more sucked in. I want everything to be white as it makes the room look simplistic and minimalist. With having a minimalist exhibition, I think that it will get people to think more about what's going on in the photographs, why I chose these photographs and so on. Mission Gallery isn't that big, so I had to think carefully where I wanted to place the pieces and made sure they all went together. I got the Mission Gallery floorplans and I was able to edit it on photoshop so I could arrange where I wanted the artworks to go and to see if they worked well together.



Figure One

In between both entrances I plan to place 'Gellage' by Michal Macku. I have chosen this piece as it gives a feeling of being trapped and cannot express in any other way but screaming. With this being in between both entrances on the wall, this would allow the spectators to get up close with it.



Figure Two



Figure Three

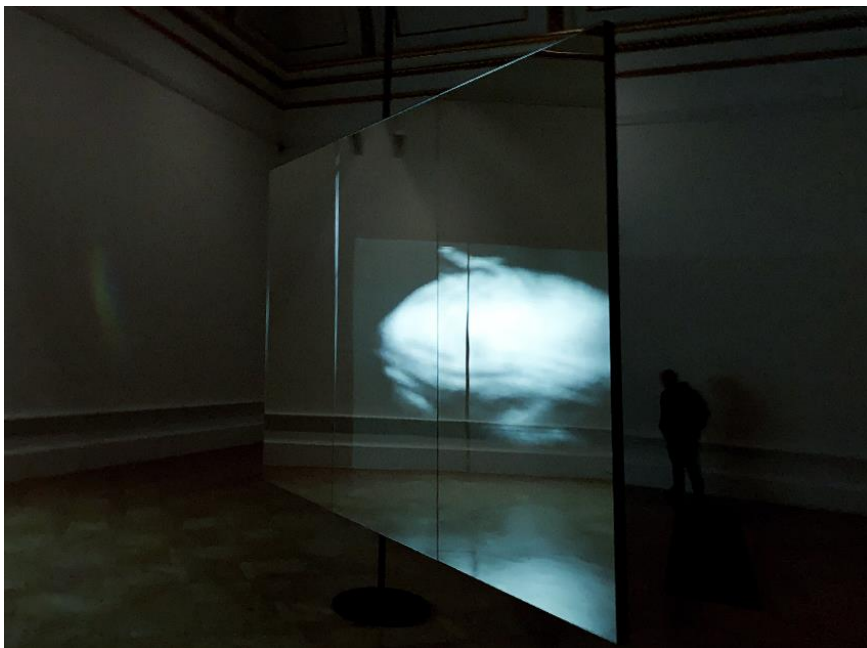


Figure Four

In the curved rounded room, there will be a photograph 'Slowly Turning Narrative' by Bill Viola. Bill Viola creates these amazing videos which is projected onto a mirror that rotates around the whole room. This links into my theme as it would be a big mirror that spins around and as soon as you enter that space you just see yourself on that mirror. I feel like when people are depressed or suffering with an illness, they don't want to look at their selves because of what they're going through. I placed that in a room by itself as I wanted people to be able to walk around while the mirror is moving but also want it to be the main part in the gallery as it's an installation. Figure four will be the main piece at the gallery and I want to catch the spectator's eyes straight away. At the entrance on the right wall there will be Figure two, which is someone on a bed tied in a knot. That to me resembles being trapped and not being able to move due to the illness/anxiety. Figure Three would be placed in a small little room to itself where you walk in and it's just there on the wall representing mental illness. On the other side, there is another little room and in that room figure five will be on the wall and that will show drowning in thoughts. "Treading water but drowning slowly" (bmjopen, 2020). These two small rooms the spectators would not be able to move around in at all, they would only be able to walk in and walk back out as it's a small space. On the left side of the entrance, figure six will be there and it would be on the centre of the wall and I've placed that there as it's not a black and white photograph and I've placed a photograph with colour on the opposite side of the gallery, so I thought that with them being the only coloured photographs in the gallery I'd put them on each side as they both show a resemblance to one another. This piece resembles not being able to breathe, so it's like your being suffocated and everything is getting tight due to having anxiety.



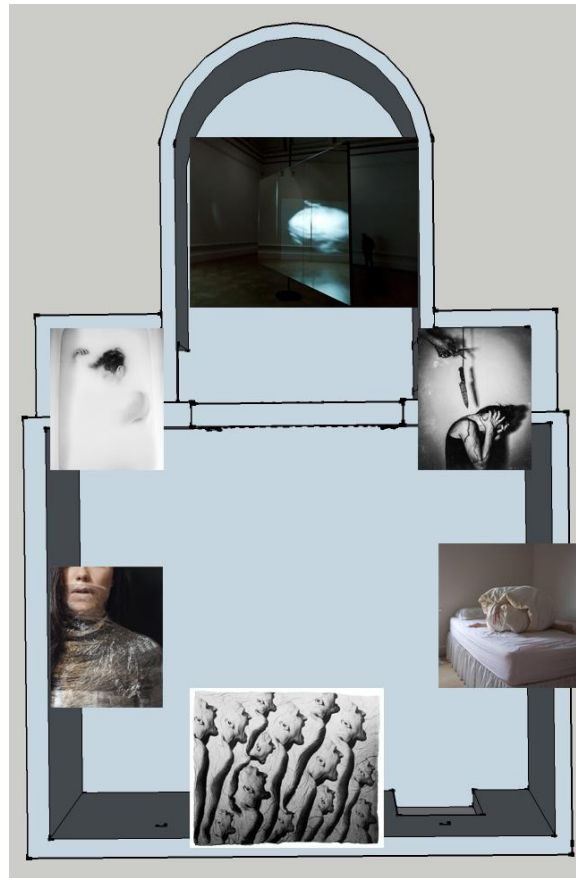
Figure Five



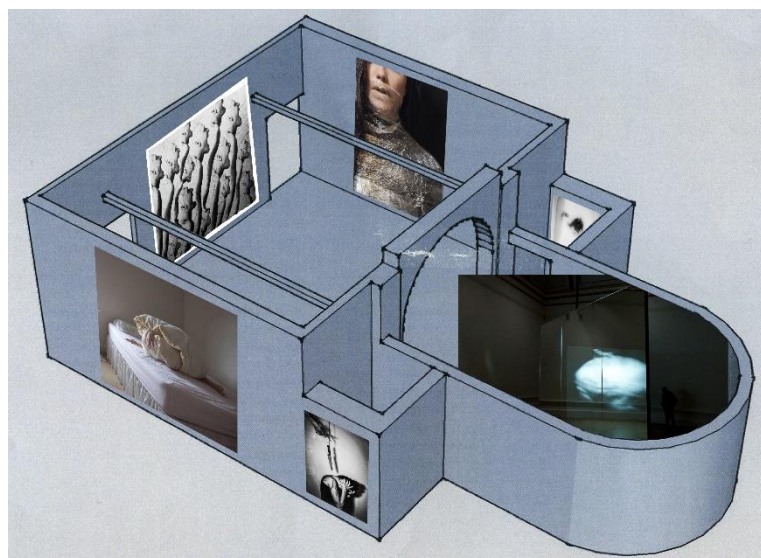
Figure Six

The reason I've chosen to do my theme on anxiety, mental health and emotions as people do suffer with these illnesses and they may not suffer with just one of them it could be two or all three of them. Depression is a massive thing, and anyone can suffer with it, men and women can get depression. Some women are aware that they can get help by speaking to someone about it, but some men don't like speaking about it to anyone at all as they find it embarrassing, but it isn't! Depression is where you are having these feelings of being sad, low and having bad thoughts. Some anxiety will also be in with that as it makes you worry or panic a lot. It may make you feel like you just want to give up everything, everything gets harder and less capable. "It starts as sadness then I feel myself shutting down, becoming less capable of coping. Eventually, I just feel numb and empty." (About depression, 2019) There are different types of anxiety disorders and one of the main ones would be social anxiety, where they worry for days, they get really embarrassed, may be self-conscious and fears being judged. These disorders may run in families, but some people may just develop these. "Many different factors including genes, stress, and the environment have small effects that add up in complex ways to affect a person's risk for these disorders," (Understanding Anxiety Disorders, 2019)

Here is the Mission Gallery floor plan layout with the artists pieces that I have chosen to use.



Another angle of the Mission Gallery where I'll be holding my exhibition. Here is the layout where I would want to put the art pieces. I chosen the rounded area for an installation piece.



Artists

The first artist that I looked at is Machal Macku who is a photographer that was born in Bruntal, Czechoslovakia. He has his own photographic technique called the "Gellage" and I chose one of his photographs which was a man who looks like they are screaming which feels like you just want to scream and cry.

The second artist I chose was Suzie Larke and the photograph I chose is called 'Tossing and Turning'. She is a visual artist and photographer based in Cardiff, UK. I chose figure two as it shows how someone would suffer with anxiety and it makes you feel like you are tangled, and you can't escape.

The artist of figure three is Christian Sampson, he is a photographer that has an interest in contemporary art and one of the pieces that I chose it called 'Panic'. The reason I chose it is because with depression you can't cope, and it feels like you are just getting stabbed constantly.

The artist of Figure four is Bill Viola, an artist that has inspired me for many years and I chose one of his moving installations called 'Distraction by Life, Death and Rebirth' I chose this due to it being a massive mirror and I think it'd fit nicely in the exhibition space as you will be able to walk around it freely. It is also a slow turning mirror and it would have an image projected onto it; I want people to look at themselves in the mirror while it spins so that they know that they are worth it.

An artist named Edward Honaker inspired me and he did these powerful depression self-portraits. I chose one of his pieces which is figure five as he's lying in a bathtub and it looks like he's slightly drowning, which resembles drowning in bad thoughts.

The last artist which is figure six and her name is Katie Joy Crawford who has struggled with anxiety her entire life. She is a photographer that captures her own experiences and she wants to show people what it's like living with anxiety.

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