

Zine evaluation

Inside voices, outside spaces is the name of my zine. It's produced from the fact that my darkest thoughts are layered over paintings of my most peaceful environments. I struggle with mental illness and have done since I was very young, only within the past few years have I discovered that nature and the outdoors is a great tool for me to quiet the chaos within my head. Within my zine you can see paintings of myself within forest settings (living in Wales I have lots of access to Celtic rainforests) with clear plastic stapled over them, on this clear plastic I have created a poem with clippings from a book. The poem created itself as it went along, and in the end symbolises how I feel my brain has betrayed me, logic has left me and my mind is truly not my own. It's also about suicide and how when in the midst of poor mental health, it seems the only way out.

The zine was created from one thick watercolour page, folded and glued where needed; Originally the size of the paper was A3. The zine has 8 pages however I used them as spreads instead of designs each page separately. I liked this because personally, forests are best depicted landscape. With this technique you can see the vastness and broadness of nature, which for me holds much of its beauty. I wanted the backgrounds to look endless and uninterrupted, purely just forests. I painted the backgrounds with gouache paint and spent my time working the painting up. I began with very pale, subtle silhouette of trees and slowly began building up more defined and darker trees as I moved forward. These spaces were created with reference images I have taken on my hikes but I mainly used them for inspiration.

The portraits within the zine are of me, some are of me at peace and acceptance with my mental health and others are showing more struggle and resentment towards my mind. The portraits are created using a pencil sketch from a reference photo that I took of myself, then the sketch is finalised and refined more, then I begin painting. I used watercolour paints to create them, watercolour is my preferred medium and I enjoyed taking the time to build up the image. Between each layer of paint I had to let it dry to form the desired look, so the portraits took many hours to complete, however I am happy with the result. I believe I captured a likeness towards myself along with the emotion I wanted to portray.

Overall, I am pleased with the end result of my zine, I believe it holds significance and purpose. I'm happy with the results of the paintings and believe the poem adds another layer of meaning. I feel the zine is very personal and holds much of what I consider my character. I am satisfied with the outcome of this body of work.