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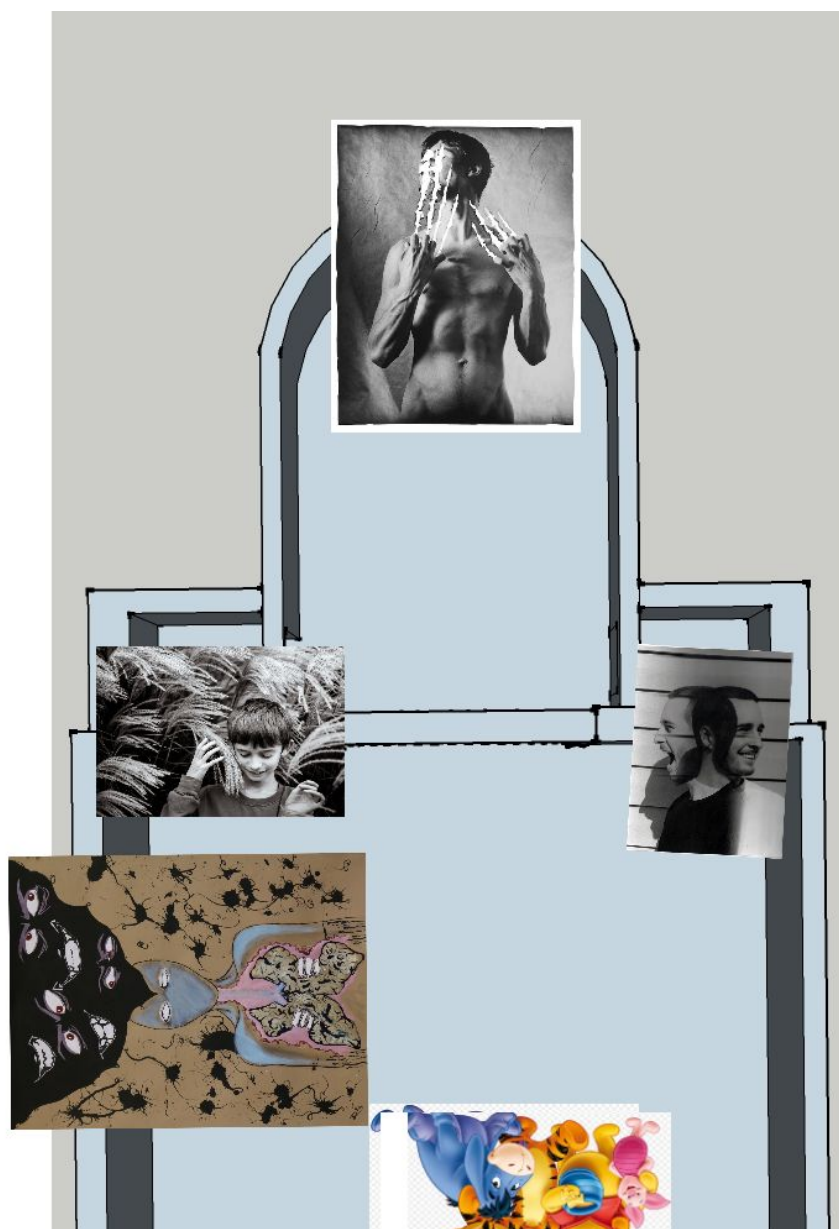
Photojournalism and documentary.

Word count 1613.

Ryan Moule and Rob Jones.

Rebecca herberts mental health exhibition.

Figure 1



Mental health

In this report, I will be discussing my ideas for my mental health exhibition I will be creating over this document.

The themes I have selected for this exhibition are depression, anxiety, bipolar, autism and I will feature how the characters from a children's Disney classic, Winnie the Pooh, represents various mental health conditions.

I will be going in to depth on how having conditions can affect the different things you do and the choices you make in your personal life. I'd also like to discuss why I have laid them out together and how mental health percentages in people have increased vastly during this global pandemic. I will be discussing how characters in Winnie the Pooh can help identify the different mental health disorders in children and will also discuss how the theory really came to be.

The theme

The theme for my exhibition is mental health, I would like the spectators to come away knowing more than they did before and to raise awareness for these conditions , I will be discussing all of the different disorders of mental health that the images represent.

Depression:

Depression is a disorder that is very common, it can take such forms as sadness for unnaturally long periods of time, stress, the genes you get from your parents, the loss of a loved one and many more. It can have a major effect on your day to day life, it can effect doing everyday tasks because you might feel overwhelmed and you lose interest in the things you used to love doing. It is very mentally, and in some cases physically draining. I have first hand experience in what this feels like and also see the people I love most go through this awful trauma and I believe even though we can become more aware of what depression is there is still very little support and help for this disorder.

Anxiety

Anxiety(a feeling of worry, nervousness, or unease about something with an uncertain outcome) This is the google definition for anxiety but it is so much more than that, It is feeling constantly worried that the worst is going to happen. It is feeling judged and talked about when you meet new people or even strangers. It is sleepless nights worrying about everything that happens that day. It's having a big battle going on in your head .It's being scared to be yourself in front of others (In the case of an anxiety disorder, the feeling of fear may be with you all the time. It is intense and sometimes debilitating.)

Healthline. 2020. Anxiety:. [Accessed 11 May 2020].

Bi polar :

A bi polar disorder is when you have low moods or really high moods they can happen for a few days or weeks it can also affect your moods and energy many people feel that they are being controlled by their moods

MQ: Transforming Mental Health. 2020. Bipolar disorder:. [Accessed 11 May 2020].

Autism

Autism is a disorder that affects the brain. A autistic brain works slightly differently to others. You can live a full life if you have Autism but you may need extra help with certain daily activities. Austic people have to have order and structure in their lives if they don't it can cause them to get upset,scared and in some cases angry and lash out without meaning to do so and sometime with very little recollection of the event afterwards.They are protective about their things and usually like their things kept in a certain order and place.Autistic people are very intelligent and can develop much quicker in some areas than a “normal” person. Autistic people don't process danger in the same way as we do for example if you leave the door open a Autistic individual could run out into the road this makes them vulnerable. It can be very challenging to support a Autistic individual and it is sometimes easy to forget that they have their own way of doing things which is so important to them.

Winnie the pooh

Lastly I'm going to talk about how the characters from Winnie the pooh have different mental health problems and how this came to be known.

So we all know they are classic characters. You have Christopher robin, winnie the pooh, eeyore, tigger, owl, rabbit, roo and piglet but did you know that each of them represent different mental health disorders? well they do.

They originally didn't mean to represent them but as time went on people started noticing different traits in them for example eeyore has depression and tigger has adhd and piglet has general anxiety and winnie the pooh has an eating disorder. You could use these characters to see different traits in children.

The artists

Michal Macku

A 57 year old photographer from Bruntal, Czechoslovakia. This artist has an effect on his photos called "Gellage" this is when you moves the "gelatinous" emulsion on the flim and this changes the picture result dramatically in the one i've choosen he can be see ripping himself apart and it very much what it feels like when you have depression you feel like you're tearing yourself apart.

My Modern Met. 2020. 10 Creatives Expressing Themselves With Depression Photography. [ONLINE] Available at:
<https://mymodernmet.com/depression-photography/>. [Accessed 11 May 2020]

Stevie Tierney

A 25 year old artist from Missouri and she studied a mental health nursing course and she has always loved art so she made a series of 10 art works that represent mental health

Rachel

The cwafty blog i don't know much about her but her inspiration for her art work was the theme alternate states of mind and her was in her last here of collage

Kate miller wilson

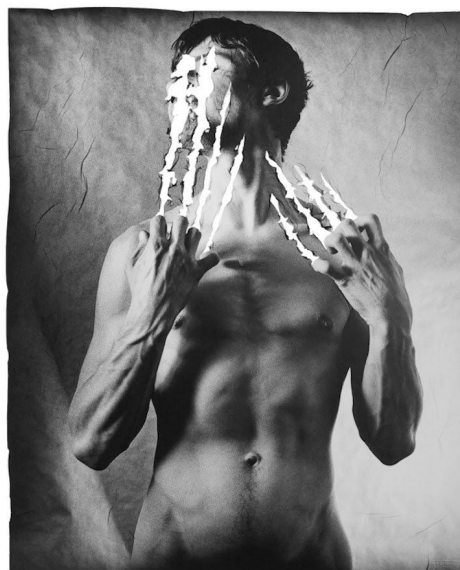
Turned her son's autism into artwork and she is an award winning fine art photographer.

A.A milne's

Finally the author of Winnie the pooh is A.A milne's he originally created the stories for his son.

Artist and artworks

Figure 2



My Modern Met. 2020. 10 Creatives Expressing Themselves With Depression .
[Accessed 11 May 2020].

In this photo i see a man ripping himself apart because he is suffering and he is trying to show us how he is feeling inside. The work itself is a photograph using a technique he made himself called gellage the Artist who made it is michal macku and it was made in 2013 The time when it was made does give it meaning as people were starting to care more about mental health. The work address depression and how you feel like you ripping yourself apart

Figure 3



(Conversations. 2020. Symbolizing Mental Illness: The Imagery of Raw Emotion —
Conversations. [Accessed 11 May 2020].)

In this artwork I see a person have a panic attack and people in their mind saying things making them anxious. You can see this by the hands squeezing the lungs and the character floating above their head.

The actual artwork is a painting using high flow solid and liquid acrylics

The artist is Stevie Tierney and it was made in 2018 and again I think the time it was made has relevance because now days mental health is a big subject and the work address anxiety

Figure 4



The Cwafty Blog: Altered States of Mind [Accessed 11 May 2020].

In this photo I see a man who is very happy on one side and very angry on the other. For me this represents bi polar when you have very high highs and very low lows.

The actual photograph was black and white film which they then develop and then used an enlarger the artist was called Rachel it was made in 2013 and again it does have relevance to the time because more and more people were becoming aware of what bi polar was which is what I think this work addresses.

Figure 5



Bored Panda. 2020. I Turned My Son's Autism Into Art.. [Accessed 11 May 2020].

In this photo I see a young boy who is feeling the texture of the plants. For me this photo shows me that he feels safe because of a sensory disorder that comes with

autism. The photograph is a digital photo and it was done by kate miller wilson it was done in 2017 I think it is relevant to the times because autism is so hard to diagnose. This photo represents autism.

Figure 6



Then finally in this picture I see all of the winnie the pooh characters. For me they all remind me of a happy childhood. Also they all have different mental health disorders The actual artwork itself is an an drawing animation, originally it was a book and the person who made it was A.A Milne's it was written in 1962 and at that time i don't think it had relevance to what im talking about because it was only in recent years that it came to light this work addresses different mental health disorders.

The reason I laid the images out like this is because I want everyone to be knowledgeable about different mental health disorder and I want to show people how a children's show can be used to diagnose disorders for example if your child is worried a lot or has low self esteem they may have anxiety and if they relate to eeyore they may have depression but all together we can help stop the stigma of mental health and that is why I made this exhibition to help tackle and address how much support is needed especially during this pandemic because with nothing to do and being in lockdown mental health is going to skyrocket.

Bibliography

Figure 2

<https://mymodernmet.com/depression-photography/>

Figure 3

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Figure 4

<http://thecwaftblog.blogspot.com/2013/09/altered-states-of-mind-photography.html>

Figure 5

https://www.boredpanda.com/i-turned-autism-into-art/?utm_source=google&utm_medium=organic&utm_campaign=organic

Figure 6

<https://www.snopes.com/tachyon/2018/08/winnie-the-pooh-tweet.jpg>

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