

This is an important message to grasp as mental health is very unique, and whilst others can provide advice, it is ultimately down to you to handle and control

The 3 brothers express that (not exclusive to those) that there are various ways of grieving and generally dealing with your emotions/feelings

Wes Anderson is well renowned for his aesthetic films which is in part why I selected one of his films as a particularly creative person myself

This in combination with the brothers relationships, I find represents how media and art can be a coping mechanism as they find themselves struggling with parental figures

As a designer I express myself with art and use it to deal with my mental health

creative film

The Dargeling Limited

family

religion/spirituality

They become almost obsessed with following the stereotypical, conventional ways of recovering that they struggle to realise the decision to heal is within themselves which is a concept I am coming to terms with

Coming from quite a large family, making the choice to move quite far away for university was quite difficult and seemingly threw myself off balance. Having the 3 brothers come together in this film was comforting and incredibly relatable.

It explores the concept of utilising these areas in order to aid their healing process following the death of their dad

As an atheist I do not directly share these beliefs however can appreciate the mental journey it took them on.

The oldest brother Francis has meticulously planned the trip, and I similarly find myself doing this in so many areas as it allows me to feel in control

The brothers are attempting to find peace and serenity, which I personally resonate with as often certain aspects of my life can become quite intense.