



## Ways of Perceiving



This task for ways of perceiving challenged us with creating some sort of exhibition including our chosen artists and artworks to create a place for the artwork to really be seen and explained.

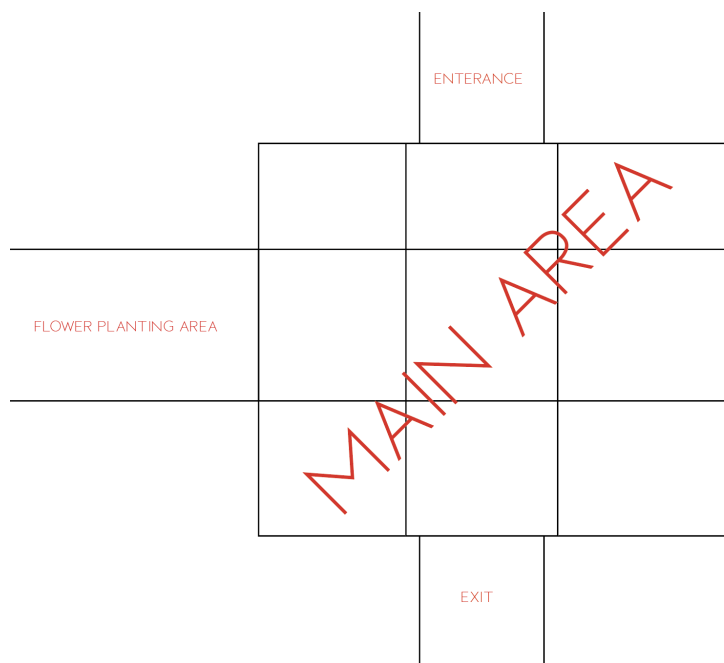
For my personal exhibition I decided to go down the route of mental health as it is a topic quite present in my personal life and something I enjoy learning about and understanding. For me mental health is something that people still quite don't understand and is often perceived as attention seeking or dangerous. With one in every four people diagnosed with some sort of mental health issue. I feel as if these people would benefit from an acceptance or acknowledgment that they are not alone. And just because they have this issue doesn't mean it should slow them down or make them feel less than. I also wanted to represent that the stereotype of 'crazy' or 'dangerous' is untrue in most cases. The image of mental health and mental health centres have an almost horror/ scary connotation. So overall I just want to show people that the majority of people who suffer are nothing to be scared of, they just need help.

The first thing I needed to decide for my concept was the location. And from brainstorming a few ideas I finally stumbled upon the perfect location. I was born and grew up in Bridgend and throughout my life had always heard rumours and stories about the abandoned 'insane asylum'. It was always a place I had been fearful of throughout my childhood. My mother who is a nurse one day got a new job and her office was in that building. And when I found out I decided to see if it was truly as scary and it was years before. And surprise, surprise It was just a building. I got to exploring and I saw the beauty and the history of the building and personally I believe it would be an amazing location for an exhibition. As not only does it have this rough, scary exterior and vibe. But once you get to see it and explore you can see the beauty and find out there's nothing to be fearful of just like mental illness. Also from my research I found that a lot of the hospital is unused so it could be the perfect place to set up an art exhibition. Now for what I wanted to include. Firstly I definitely wanted the outside of the building to keep that unsettling feeling. However, once you get inside I want there to be almost optical illusions and almost chaotic unreadable patterns to represent the minds of people with mental illness.

Once inside the main area it will be split into a few different sections. All keeping that chaotic design throughout however in the main rooms is slightly more muted. My idea for the main room is for each smaller room to represent a different type of mental illness eg. schizophrenia, depression, anorexia etc... And in each room will be art (drawings, pictures, sculptures etc...) created by people who suffer from these illnesses to gain a perspective on their feelings and how they see their illness. Each of these pieces of art will include a patient number almost representing the painting as the actual person.

The art i am hoping i will gain is how these people with these illnesses is how they see the world and if they can express what it's like to have to live with what they have. Also included in this exhibition I was hoping to include a kind of memorial. Where down a hallway of the hospital would be a massive patch of soil and for all the people who come they would be able to plant a flower for anyone they know who has been affected or diagnosed and will show an acceptance to everyone and will show hope for people to not give up. Also with the different conditions I include in my exhibition there will be a different colour flower in each room. Which then with the planting area you will be able to pick the color flower to represent the type of mental illness you want to give representation too or what you want to show support for.

### Example of Layout



With this layout I have decided to include 9 different mental health issues. When thinking of which ones to include i wanted to include both major ones and more minor ones which are more common in the everyday person. After a bit of research I had decided to represent firstly, schizophrenia which is known to cause delusions, hallucinations, disorganized speech, trouble with thinking and lack of motivation. Secondly, DID which is a mental illness that involves disruptions or breakdowns of memory, awareness, identity and/or perception. Thirdly, Anorexia which is a serious mental illness where people are of low weight due to limiting how much they eat and drink. Fourthly, depression which is a common but serious mood disorder. Fithly, Anxiety

which is a feeling of unease, such as worry or fear, that can be mild or severe. Sixthly, OCD which is a common mental health condition where a person has obsessive thoughts and compulsive behaviours. Seventhly, PTSD which is a mental health condition that can develop as a response to people who have experienced any traumatic event. Eighthly, Paranoia which is the irrational and persistent feeling that people are 'out to get you'. And lastly ADHD which is a condition that affects people's behaviour. People with this can seem restless, may have trouble concentrating and may act on impulse.

With all the different rooms including different conditions the artwork will be done by people who have these conditions giving them the ability for others to see their condition from their eyes. I was also thinking of including in each of the rooms a few items which represent the specific condition. For example in the schizophrenia room you might hear whispering or see shadows. Or in the Anorexia room the walls will look like exposed bones and maybe there could be mirrors everywhere representing the conditions impulse to make the victim feel fat or self conscious.

