

There's More Than Meets The Eye

A Documentary about Men's Mental Health & My own experiences with
depression

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Introduction:

Men's mental health is an important and frequently overlooked area of concern in the context of public health. While mental health issues affect people of all genders, men face unique challenges and factors that deserve special attention. Understanding and addressing men's mental health is critical for promoting overall well-being and improving men's and those around them's quality of life.

According to research, men face unique challenges in recognising and seeking help for mental health issues. Men may be discouraged from acknowledging their struggles and seeking appropriate support if social expectations of masculinity, emphasise stoicism, emotional restraint, and self-reliance. As a result, men may have higher rates of undiagnosed and untreated health problems, which can have a negative impact on their overall health, relationships, and productivity.

This literacy review aims to investigate and synthesise existing research on men's mental health, with a particular emphasis on the key factors influencing their mental well being. I Hope to identify the unique challenges that men face in terms of mental health by examining various studies and understanding the factors that contribute to their vulnerability or resilience. Furthermore, this review will look at how interventions can be tailored to address the specific needs of men and effectively promote their mental well being.

Literacy Review:

Topic: Men's Mental Health

Focus: Depression & PTSD

Question: What factors affects men's mental health, and how can we help men with certain situations

First Research/Topic Area:

The relationship between depression and alcoholism is a primary topic I thoroughly investigated. Binge drinking, which negatively affects overall well-being, is strongly linked to mental health. Many individuals turn to alcohol to cope with mental health symptoms. People drink for various reasons, including celebrations, socialising, seeking solace, or escaping problems. Alcohol is often used to alter emotional states like relaxation, courage, or confidence.

However, the effects of alcohol are temporary. When its effects wear off, the negative impact of alcohol withdrawals on the body and brain often worsens our feelings. Some people use alcohol as a coping mechanism for depression, stress, and anxiety, but it can quickly become a significant problem in itself.

Considering alcohol as a solution to emotional problems ignores the root causes of distress. Instead of providing long-term relief, alcohol serves as a temporary diversion that worsens the issues we

are trying to address. Relying on alcohol for mental health management is dangerous and creates a negative cycle, hindering effective resolution of emotional difficulties and impeding genuine well-being.

Alcohol, a depressant, disrupts neurotransmitters, affecting emotions, thoughts, and behaviour. It directly impacts the brain's inhibition region, inducing relaxation, decreased anxiety, and increased confidence. However, these initial effects are short-lived, and chemical changes in the brain often trigger negative emotions like anger, depression, or anxiety.

Alcohol impairs the brain's processing abilities, making it difficult to accurately interpret emotions and assess consequences. Determining true emotional states and making informed decisions become increasingly challenging. In the long run, alcohol depletion of neurotransmitters paradoxically increases the desire to drink more to relieve distressing emotions, initiating a vicious cycle of dependence.

Alcoholism perpetuates a harmful pattern where using alcohol to alleviate emotions exacerbates the underlying issues. Depending on alcohol as a coping mechanism jeopardises one's ability to address emotional distress and overall mental well-being.

Chronic and excessive alcohol consumption takes a toll on the body over time, increasing the risk of serious health conditions like heart disease, stroke, high blood pressure, liver disease, and various cancers. Socially, long-term binge drinking contributes to issues like relationship breakdowns, unemployment, financial difficulties, and homelessness, often intersecting with and worsening mental health problems.

Dealing with physical health issues, overwhelming debt, and housing insecurity adds stress and negatively impacts mental health. The complex relationship between physical and mental health highlights the holistic impact of alcohol misuse, endangering both physical and mental well-being.

Research extensively supports the link between alcoholism and mental illness. Individuals with mental illnesses often exhibit a proclivity for alcohol-related problems, using it as self-medication to cope with distress or symptoms. However, alcohol self-medication only provides temporary relief and can exacerbate mental health issues.

Addressing the interconnected issues of alcoholism and mental illness requires a comprehensive approach. Recognizing the risks of using alcohol as a coping mechanism emphasises the importance of providing alternative strategies and support systems for managing mental health and reducing self-medication.

Heavy drinking is linked to the emergence of depressive symptoms, with improvement often observed after abstaining from alcohol. Combining alcohol with antidepressant medication is generally discouraged as it can worsen depressive symptoms and amplify side effects. Seeking advice from a General Practitioner (GP) is recommended if depression persists despite alcohol cessation.

It is essential to be aware of the potential adverse effects of combining alcohol with antidepressants. Reducing or discontinuing alcohol consumption may be complicated by certain antidepressants, increasing the risk of relapse. Consult the NHS website for comprehensive information on the interaction between alcohol and antidepressants.

Second Research/Topic Area:

The impact of PTSD on individuals is profound, affecting their daily functioning and overall well-being. Symptoms such as intrusive memories, nightmares, and emotional distress can lead to feelings of isolation and difficulty connecting with others. Additionally, sleep disturbances and impaired concentration further exacerbate the challenges faced by those with PTSD. To address these symptoms, cognitive-behavioural therapy (CBT), eye movement desensitisation and reprocessing (EMDR), and medications like selective serotonin reuptake inhibitors (SSRIs) can provide relief and support healing. It is crucial to offer comprehensive support and understanding for individuals with PTSD, empowering them to reclaim their lives from trauma-induced distress.

PTSD can result from a range of traumatic experiences that deeply affect an individual's sense of safety and well-being. These include serious accidents, personal assaults, health issues, and childbirth complications. The onset of PTSD can be immediate or delayed, making diagnosis and treatment challenging. The development of PTSD depends on various factors, such as genetics, environment, past trauma, and social support. More research is needed to fully comprehend the complexities of this disorder and its individual manifestations. By increasing awareness, early intervention, and providing effective therapeutic approaches, we can support individuals in their recovery journey and improve their overall well-being.

Complex PTSD (C-PTSD) is diagnosed in individuals who have endured ongoing traumatic circumstances, particularly during childhood. The impact of complex trauma is amplified when experienced at a young age, affecting emotional, cognitive, and social development. Chronic trauma can alter neural pathways and hinder healthy coping mechanisms, leading to unique challenges in emotional well-being and overall functioning. Understanding complex PTSD helps us provide tailored support and trauma-informed care, fostering empathy and promoting early intervention for those affected.

After a traumatic event, distress and cognitive disarray are common, but they typically resolve within a few weeks. If difficulties persist or significantly disrupt daily life after four weeks, seeking help from a general practitioner (GP) is recommended. GPs can assess and treat the long-term effects of trauma, providing valuable support. Referrals to mental health specialists can be made for a comprehensive assessment and personalised treatment plan using evidence-based therapies. Seeking professional help is a proactive step towards obtaining the assistance needed for healing and recovery.

Prioritising mental health after a traumatic event is crucial. Collaborating with healthcare providers can create a supportive network for navigating the aftermath of trauma, facilitating healing, growth, and restoration strategies. By recognizing the potential impact of trauma and seeking appropriate care, individuals and their children can embark on a path towards better health and well-being.

Third Research/Topic Area:

Depression is not a fleeting emotion but a profound and enduring state of sadness that can last for weeks or even months. Unfortunately, there is a misconception that undermines the seriousness of depression, dismissing it as insignificant and suggesting that individuals can overcome it easily. However, depression is a complex illness that requires accurate diagnosis, understanding, and comprehensive treatment.

The good news is that effective treatments and supportive measures are available for those with depression. With the right approach and support, most people diagnosed with depression have the potential to fully recover and regain a fulfilling life. To achieve this, it is crucial to recognize depression as a genuine health concern, dispel the myths of personal weakness or passing phases, and take proactive steps towards recovery.

Depression manifests differently in each individual, with a wide range of symptoms that profoundly affect overall well-being. These symptoms include enduring feelings of sadness, hopelessness, and loss of interest in previously enjoyable activities. Anxiety symptoms often coexist with depression, intensifying emotional distress.

Depression encompasses various psychological symptoms that significantly impact emotional well-being and daily functioning. These symptoms include continuous low mood, feelings of hopelessness, low self-esteem, frequent tearfulness, guilt, irritability, decreased motivation, difficulty with decision-making, lack of pleasure in life, anxiety, and even suicidal thoughts. Additionally, depression can manifest in physical symptoms such as reduced motor activity, changes in appetite and weight, digestive disturbances, unexplained bodily pain, fatigue, loss of libido, changes in menstrual cycle, and sleep disturbances.

Depression severity ranges from mild to severe. In mild cases, individuals experience persistent low spirits but can still function to some extent. However, severe depression can be incapacitating, leading to suicidal thoughts and a sense of life's meaninglessness.

It is crucial to differentiate between temporary feelings of stress, anxiety, or low mood during difficult times and clinical depression. Clinical depression is characterised by persistent and pervasive symptoms that significantly impair daily functioning and overall well-being.

Recognizing the seriousness of depression and seeking appropriate treatment and support are vital steps towards recovery. By dispelling misconceptions, understanding the complexities of depression, and embracing timely intervention, individuals can overcome stigma, access necessary care, and embark on a journey of healing and restoration.

Concluding Statement/Summary

In conclusion, the study emphasises the complex relationship between depression and alcoholism, emphasising the importance of addressing underlying causes as well as the risks associated with using alcohol as a coping mechanism. It is critical to understand that while alcohol may provide temporary relief, it eventually worsens emotional well-being due to depleted neurotransmitters and impaired brain function. The long-term effects of alcohol abuse have an impact on both physical and social well-being, necessitating holistic interventions for full recovery. Seeking professional help is critical because while abstaining from alcohol can improve depressive symptoms, persistent depression necessitates a thorough evaluation and treatment by a General Practitioner (GP). Alcohol and antidepressants should be used with caution. Individuals can navigate the complex relationship between depression and alcoholism by making informed decisions, seeking help, and implementing alternative mental health strategies, promoting long-term well-being and recovery. Furthermore, recognising the impact of trauma on mental health and seeking early professional help is critical. Recognising mental health as a priority and taking proactive steps towards intervention is empowering, and it promotes healing and resilience. Depression should be recognised as a legitimate health condition, and individuals can achieve full recovery and reclaim a fulfilling life with appropriate treatment and support. It is critical to emphasise the importance of seeking appropriate treatment and support, removing the stigma associated with depression, and comprehensively addressing its psychological and physical symptoms.

Development Process:

Song Research:

While looking for songs to use for my choreography, I knew right away that I wanted to use Logic 1-800-273-8255. I chose this song because the title contains a phone number for the National Suicide Prevention Lifeline. In this song, Logic sends a strong message that suicide should never be considered a solution to life's problems. He attempts to illuminate the fact that there is always help and support available to those in need, as exemplified by the National Suicide Prevention Lifeline (NSPL), whose invaluable services are represented by the phone number that serves as the song's title. It's worth noting that Logic's collaboration with the NSPL was instrumental in the song's release, emphasising his commitment to raising awareness and instilling hope.

Logic revealed the profound inspiration behind this heartfelt composition during an interview with Genius. He revealed that the song tells the moving story of a person who, in the midst of despair, approaches the NSPL with thoughts of suicide. However, a profound shift occurs within the caller as a result of the compassionate conversation with a dedicated NSPL representative. The experience becomes a watershed moment, inspiring a renewed desire to choose life and embark on a path of

healing and personal growth. Which meant this song would be an easy choice, but somewhat hard to choreograph.

During my initial exploration of Jon Bellion's songs, I was drawn to the track "Hand of God." However, fate had it that I came across another captivating song titled "Maybe IDK" that struck a chord within me. Although both songs express feelings of hope, "Maybe IDK" goes deeper by embracing the complexities of questioning every aspect of one's life. This profound sense of introspection perfectly complements my vision for a choreography piece centred on the theme of overthinking.

I hope to visually depict the intricate web of thoughts and uncertainties that consume our minds when we become trapped in the cycle of overthinking in this choreography. The evocative lyrics of "Maybe IDK" will serve as a guiding force, allowing the movements to convey the emotional turmoil and unending questioning that frequently accompany this state of mind.

It was an instant revelation when I came across the appealing song "Happy" by NF. The unique genre and powerful lyrics struck an emotional nerve within me, igniting a wave of inspiration that compelled me to embark on a choreographic journey right away.

The captivating track "HAPPY" is the fifth song on NF's fifth studio album, "HOPE." NF delves into the depths of his soul in this introspective piece, bravely addressing his complex relationship with happiness and the solace he finds within the torment of his own existence. He openly admits that if true happiness ever found him, he wouldn't know how to navigate life. Furthermore, NF discusses his trepidation about seeking help from others, fearfully grappling with the idea of relying on outside help to confront his internal struggles.

Once i had time to finally listen to these tracks and brainstorm ideas on how i would like my choreography to go and what scenes i could place inbetween, i need to find time to book a studio and start choreographing as soon as possible

I'm excited to turn my ideas into tangible choreography after spending time immersing myself in the captivating tracks and allowing my creativity to flow. The next step in my journey will be to locate an ideal studio where I can bring my vision to life and start the choreographing process.

Choreography:

MY First choreography piece I started on was Maybe IDK by Jon Bellion, I wanted to start this choreography by exploring the song lyrics as it talks about how much he wonders about stuff. I thought this would fit well with my project as, not only with mental health issues do you start to question life in itself, but sometimes you just think about stuff no matter the cause, such as one of the lyrics are "I wonder why i feel emptiness when i sing these blues, I wonder why i feel hopelessness when i watch the news, I wonder why i can't find my voice in my dreams." So while brainstorming and researching other choreographies to this song, there was one routine that caught my eye. It was choreographed by Elspeth Muzzin on youtube. The routine was very peaceful and elegant, which I took my inspiration from.

The second choreography I started on was Happy by NF. The song is very intense and talks about living so much in sadness. We live in it so much that even when we feel happiness, we might not feel comfortable with the sensation. With this in mind, I instantly took a liking to the song as many lyrics in the song really connected with me once I started to get it up on its feet. While brainstorming ideas and thinking and exploring different materials I could use, I decided to make this piece to feel more free and more coming from me as a person and not as me as a dancer, but while also using my dancing techniques to make it seem more clean.

Unfortunately, i didn't really take into consideration how much time i had before i had to start editing, which meant I had to scrap both choreography, Maybe IDK & 1-800. But I had an idea or how I could adapt this into something else.

While choreographing Happy furthermore, I experimented with different movements and gestures, such as i tried to mix different dance styles into the piece and trying to make it blend into each other, while the choreography was still feeling new and raw, it was very unusual to tell if they really worked together or not from a viewer's perspective, Luckily, i had another student who was willing to help watch and give me notes on how i could make it feel and look more that i was hurting but didn't want to show it, so i decided to try a more hip-hop feel into some aspects and personally it felt more unnatural but it fit well into the choreograph as the song has a slight hip-hop feel into it. Most of my choreography came from improvisation and then added on into the piece after being confident in what and how I wanted to plan my journey as I found it harder to think of what to do and then try it. So I improvised many different pieces and then added the ones I found and felt more like me.

In my choreography i repeated the the choreography to the chorus twice, with the first time being slightly not too powerful and the second time being even more powerful, i did this to show the change in character when you push people to far from the edge, i wanted to show that consistent agitation can really annoy or upset another human, that's why in the part where i stand still during the second verse, i'm trying portray a character getting upset and getting angry at the fact that he has "some issues that he won't address" While i knew at this point i was going to edit this choreography to feel somewhat like a music video, i knew that i could take advantage of the different angles and areas in the room, so i decided to start the choreography in the centre around the pillar, i thought the pillar would help portray the burden that people with mental health issues have to carry with them, and i wanted to come back to the pillar again when i stood still, and decided to step away to represent bravery and courage.

When rehearsing my choreography, I only had around 14 hours of actually creating and developing this choreography, which I should have taken initiative and actually booked more rooms to have more than just one choreography. Also when i tried to polish and refined the choreography, i had help from another student, and he also helped with an area in the piece where he thought it wasn't appropriate to have an empty space in that section, so we workshopped and tried different things, which in the end, felt a lot more cleaner. Also, I tried to use a bit of jazz techniques in the choreography where I had a jump and just before heading into the first chorus, which felt unnatural at first but after practising it a few times, it felt more secure as the timing for a while was a bit unusual and unfamiliar.

routine, either on camera or in person. When I first showed Tori my choreography she seemed very pleased as it took a while to get it onto its feet, but she seemed very happy with the progress that I had made. Also when I showed one of the other students on camera, they said that even though they get the message of the routine, there needs to be a shift in character and that's why I decided to change the emotions in the two choruses. Also when filming the choreography, the student that was helping record said that she had a few ideas to just put in little sections so that it felt there were no empty spaces. As to me when performing I couldn't really tell, but when I tried with their ideas. I couldn't really tell how it helped until i looked at the footage and then realised where and when they were, especially when i was laying on the floor towards the end of the choreography

Song Cover:

When I realised that time constraints would prevent me from fully developing the choreography I had envisioned, I began to look into alternative options to ensure that my piece would still convey a compelling narrative. I came across the deeply moving track "I'll Be Waiting" by Cian Ducrot while looking for additional songs to include in the project. Cian himself describes the song as "a story about waiting for someone you love who frequently fails to show up when needed." The song's theme of hope struck a powerful connection with me, and I felt compelled to incorporate it into my project.

When I realised that time constraints would prevent me from fully developing the plan of action I had envisioned, I began to look into alternative options to ensure that my piece would still convey a compelling narrative. I came across the deeply moving track "I'll Be Waiting" by Cian Ducrot while looking for additional songs to include in the project. Cian himself describes the song as "a story about waiting for someone you love who frequently fails to show up when needed." The song's theme of hope struck a powerful connection with me, and I felt compelled to incorporate it into my project.

Unfortunately, because I didn't want to disrupt the flow of other people's projects, the initial concept that required collaborative efforts became unfeasible. As a result, I decided to reconsider the feasibility of carrying out that specific idea.

Despite the fact that the original plan of action may not be achieved, I remain committed to creating a compelling and emotionally resonant piece. I can still cover the song by incorporating the uplifting message of hope found in "I'll Be Waiting," which explores themes of longing, perseverance, and the transformative power of love.

Furthermore, I enlisted the help of two people in order to incorporate a wider range of voices into the song and add depth to the harmonies. Given their personal experiences and past challenges, I believed their participation would give the song a deeper sense of meaning within the context of the project. I wanted to make a more impactful and resonant musical composition by having them contribute to the harmony lines.

<https://www.youtube.com/watch?v=zy7Sr2OnlzU>

Monologue:

I decided to also add a monologue into the project, the reason i wanted to add this monologue was because i wanted to write something that was very close to home and personal to me, also i wanted to write this as not many people know about what i've been through my past and that's how i got the name for the project, "There's more than meets the eye." But also i wanted to write a monologue about me as i wanted to also use this project to relieve some stress and feelings i have towards my past experiences

I wanted to add the monologue as i believe it can be a very powerful message to speak about, as i remember all the things that were said about me when i first moved into this university, and it still stuck to me now, so having this monologue was basically a way for me to explain why i was the way i was in a way.

The themes in the monologue are mainly, Identity and Self-perception, as I talk about the uncertainty of my own identity, despite knowing who I am. And that I am struggling with understanding myself. This theme explores the internal conflict and confusion I experience. Another theme is Social interaction and masking emotions. In the monologue I mention that thoughts and memories flood my mind at random times making it difficult to cope. This theme highlights the ongoing struggle I face with the memory and the impact it has had on my mental well being. Another theme you can see is a Traumatic Event and its aftermath. In the monologue I speak briefly about a distressing incident involving violence, leading to shattered glass and an altercation. This theme touches upon the traumatic events and its repercussions including the impact it has on relationships and the strain it had on family dynamics. And the last main theme is The journey towards improvement. Throughout the monologue, I speak about the desire to get better, despite the ongoing challenges, this theme underscores the resilience and determination to overcome my mental health struggles.

While filming the monologue, i decided instead of just speaking it as a monologue, i would use the monologue as a structure of the journey i want to go on before i get to the climax of the monologue, I decided to film it in the living room on the sofa, and i decided to sit in that exact position on the sofa because, when i got interviewed from the police, i was sat on the corner of the sofa looking up towards them, and i placed the camera on the countertop so it would of matched where the police officer had his

chest camera. When I did speak about the incident, I did almost get to me while recording, but I decided it would be nice to keep it in to actually show the emotion and the struggle I've had to deal with myself and the incident.

Editing Process

A key aspect of my editing process revolved around ensuring smooth and seamless transitions between scenes. By taking advantage of the Video Leap app's powerful features, I effortlessly incorporated a five-second fade-in and fade-out effect, adding an elegant and professional touch to the overall composition. This technique allowed for a seamless flow from one segment to the next, enhancing the cohesiveness of the entire video.

Another significant element of my video project was the incorporation of captivating music tracks in the background. Thanks to the Video Leap app's extensive library of high-quality soundtracks, I was able to handpick the perfect music pieces to enhance the mood and atmosphere of each individual section. By carefully synchronising the audio with the visuals, I achieved a harmonious fusion that intensified the emotional impact of the performance.

One remarkable feature of the Video Leap app was its user-friendly interface and intuitive controls. Its streamlined design and efficient tools made the editing process a breeze, allowing me to navigate with ease and precision. Importing, arranging, and manipulating video clips, audio tracks, and effects became incredibly convenient, granting me the freedom to fully express my artistic vision without any technical obstacles.

In conclusion, my editing process for this project was both delightful and rewarding. The Video Leap app played a pivotal role as an invaluable tool, empowering me to seamlessly blend choreography, divide a monologue into two captivating clips, and deliver an exceptional song cover. The smooth transitions, background music tracks, and overall user-friendly nature of the app significantly contributed to the success of my project, elevating it to new heights of creativity and professionalism.

Performance:

Self Evaluation:

In reflecting on my individual project, which involved creating a short documentary about Men's Mental Health and sharing my personal experiences, I have gained valuable insights into both areas for improvement and aspects that I am satisfied with. It is through this self-evaluation that I have come to recognize the significance of effective time management, the need for careful selection and consideration of clips during the editing process, and the importance of incorporating aesthetic elements to enhance the overall impact of the film.

To begin with, one area that I acknowledge requires improvement is my time management. During the project, I encountered challenges in adhering to my initial plan of creating three choreography pieces. Due to the constraints of time, I was unable to execute this aspect of the project as I had intended. This realisation has served as a valuable lesson, highlighting the importance of setting realistic goals and allocating sufficient time for each task in future projects. Moving forward, I will prioritise planning and organising my time effectively to ensure that I can accomplish my intended objectives within the given timeframe.

Another aspect that I have identified for improvement is my editing process. While I found it relatively easy, I now recognize the need to dedicate more time to carefully select and consider the clips used in the documentary. By being more discerning in my choices, I believe I could have significantly enhanced the overall impact and message of the film. A more thorough review and thoughtful selection

of clips would have allowed me to create a stronger emotional connection with the viewers, evoking a deeper response and amplifying the intended themes. This realisation has emphasised the importance of meticulous attention to detail in future projects, ensuring that each clip chosen contributes meaningfully to the narrative.

Furthermore, as I reflect on my project, I feel that there was a missed opportunity to incorporate more aesthetic clips into the documentary. For instance, I could have included scenes of me walking through a park or wearing headphones while walking at night, with the aim of creating a stronger music video-like atmosphere. Such visually captivating moments would have contributed to a more immersive experience for the viewers, heightening the emotional impact of the film. This realisation has reinforced the importance of carefully considering all elements of visual storytelling in future projects, and I intend to explore and incorporate more diverse and aesthetically pleasing scenes to enhance the overall experience for the audience.

Despite these areas for improvement, there are several aspects of my project that I am pleased with. Firstly, I am pleasantly surprised by the quality of the choreography I produced. It exceeded my initial expectations, serving as a testament to my dedication and commitment to refining my skills in this area. The fact that my choreography turned out better than anticipated has boosted my confidence and reaffirmed my passion for this creative expression. It has also highlighted the potential for further growth and development in the field of choreography, motivating me to continue honing my skills.

Moreover, the feedback I received from my peers played a crucial role in motivating me and helping me persevere through the challenges I faced during the project. Their valuable insights and encouragement provided me with a fresh perspective and enabled me to push myself further. The constructive criticism and suggestions I received helped me make necessary adjustments and improvements, ultimately enhancing the overall quality of the documentary. The collaborative aspect of the project and the support from my peers underscored the importance of seeking external perspectives and leveraging the power of a supportive community.

Furthermore, my previous experience in video editing proved to be advantageous during this project. The familiarity I had with editing tools and techniques facilitated a smooth editing process, allowing me to bring my vision to life more easily. This proficiency not only saved me time but also enabled me to focus on other aspects of the project, such as the choreography and the overall message of the documentary. The seamless integration of the various elements of the film highlights the benefits of building and leveraging existing skills, as they can significantly streamline the creative process.

Lastly, I am satisfied with the outcome of covering a song in the documentary. While it may not have been flawless, I believe that the final result sounded relatively clear and pleasant. This achievement demonstrates my ability to combine different elements of audiovisual storytelling, including music, and opens up possibilities for future projects involving similar integration. The success of this aspect of the documentary encourages me to explore and experiment further with incorporating music into my future creative endeavours.

In conclusion, through a critical self-evaluation of my individual project, I have identified areas for improvement in managing my time, selecting clips, and incorporating aesthetic elements. However, I am also content with the quality of my choreography, the feedback received, the dual purpose of the project, my existing editing skills, and the outcome of the covered song. This evaluation has provided valuable insights that will guide my future endeavours in documentary filmmaking, ensuring continued growth and improvement. I look forward to applying these lessons in my upcoming projects, incorporating enhanced time management strategies, implementing more meticulous clip selection processes, and exploring various aesthetic elements to create impactful and visually engaging films. By continually refining my skills and leveraging the feedback and support of others, I am confident that I will continue to evolve as a filmmaker, effectively conveying important messages and making a positive impact on viewers. #

Performance Link:

<https://www.youtube.com/watch?v=obTjrlmPa4U&feature=youtu.be>

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