

Exhibition 2.0

Evaluation

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I researched 3 artists Dana Sterling, Laia Abril and Leah Freed.

Dana Sterling is a photographer who explores mental health issues through still life photography. Dana Sterling's book "why am I sad" was my primary inspiration for my work as I like how the images were still colorful and took a different approach on photographing mental health. "'Why Am I Sad' is a personal exploration through the shadows of melancholy, unfolded in vivid still life photography that celebrates and challenges the notion of beauty and sadness" (Sterling). I used her book as inspiration for my own work as I wanted to show how people with mental health see the world.



Laia Abril focused on various aspects that women deal with. Her work on eating disorders stood out as it can be caused by having bad mental health and not loving yourself and wanting to look like woman in media. This shows the relationship that mental health and physical health have and how one can affect the other. Researching her work helped me see how destructive mental health issues can be, that is why with my project I wanted to show something beautiful but darken the image as it can also show how a person wants to look beautiful but took a darker path to get there.



Leah Freed uses film and darkroom chemicals to create her work to understand her mental health and uses it to visualize her struggles. Her work “in ten breaths” is about coping with and experiencing panic attacks. Her work shows mental health in a unique way and the images are dark. I created my work in a similar way as I used flowers and made the images dark to show mental health in a different way.



My idea

My idea was to show mental health in a unique way and how people with mental health see the world. Even though the surroundings can be visually beautiful to a person, struggling with mental health may not allow them to feel all the bright colours and instead just feel dull and despair. My work shows beauty and despair in the same image to show both sides.

When creating my work, I first thought to leave the images bright and colourful, but I thought that it does not show what it really feels like to experience mental health as the point I was trying to make is that the happiness gets masked and hidden. I decided to take the bright colours out of the picture to feel the loss of emotions and imagine what the person could be feeling.

During this process I learnt that there are various ways to express mental health issues through photography.

Exhibition process

For my work i wanted it to be A4 size and when putting up my work I wanted it to be 2 x 2, therefore, I only needed a small space to put my work up. When my work was up it looked

like a window. I wanted the audience to take their time looking at my work and then for them to read the statement, so the audience can feel like they are looking in on someone who deals with mental health issues. I wanted the audience to feel the lack of emotions through the images to understand how someone with mental health problems might feel.

The only thing I would change about my work is making new images that have different objects or scenery in the image instead of using different flowers. However, I still like how my work turned out and I feel that it showed the message I was trying to bring awareness to.



My responsibility was to help with taking the work down carefully and moving it to a place where it will be safe for people to collect their work.

Online presence

On my photography Instagram story, I posted every step to getting my work ready for the exhibition; when each image was done, putting them in frames, when putting my work up on the wall and when everything was done. I then posted when and where the exhibition

will take place for people to come see my work. I had a few people looking at my stories and received some messages about my work. These messages spoke about how they thought it looked good, and they couldn't wait to see it when it was done.

I think my digital presence has improved and I have learnt that it helps bring attraction to my work and showing people what I am working on in that moment to keep interaction going.

References

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