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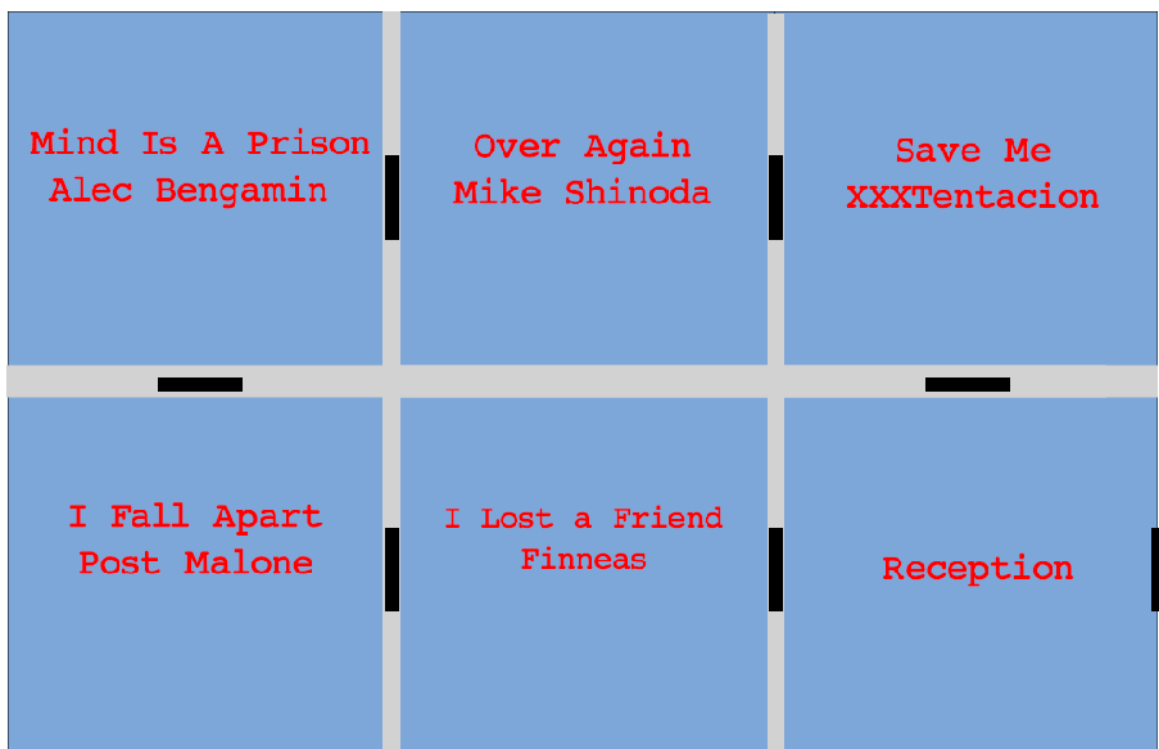
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Music on the reflection of personal mental health



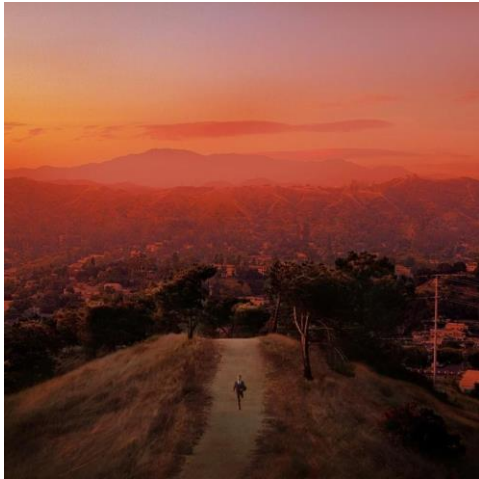
Above Image designed by me

Motives and goals

This is an exhibition to highlight recent artists expressing themselves through the medium of music. I've made this exhibition in hopes of introducing people to new, modern artists to broaden their music taste and show them that not all modern music fits their internal stereotype. I feel that because people gravitate towards music they relate to and enjoy, many may be surprised at how much they like 1 or more of the songs featured. If not then this was at least a very chill visual experience. This music is these artists channelling their mental health, thoughts and feelings to the listener ever for catharsis or just to get these things off their chest. The building itself will consist of 6 rooms. The first being the reception area and the choice to either go right or straight on, with either choice you will eventually loop back around having listened to all the songs and looked at all the exhibits. With each room getting steadily darker as you progress through the exhibition, or Lighter depending on which door you chose. The subject matter getting suddenly darker along with the rooms if going straight on. A photograph of the artist will be featured on the front of the door after you've entered the room so that if you want to put a face to the music you can with just a small turn, but for those who just want to experience the vibe without having the artist's look influence how they hear the song with the option not to turn around.

I lost a friend exhibit

By Finneas



The I lost a friend exhibit feature what appears to be a man alone and many photographs looking very happy as if he is surrounded by close friends. These friends appear to be missing from the photographs. There will also be scratched up notes on the ground next to a bin and two chairs, one with an indentation of heavy sitting and the other looking brand new. As the visitor walks into the room, I lost a friend to by Finneas plays. Every room in the building is soundproofed and the song is triggered 2 seconds after the door is open and each time a new door is opened the last song is faded out as the next song is fitted in.

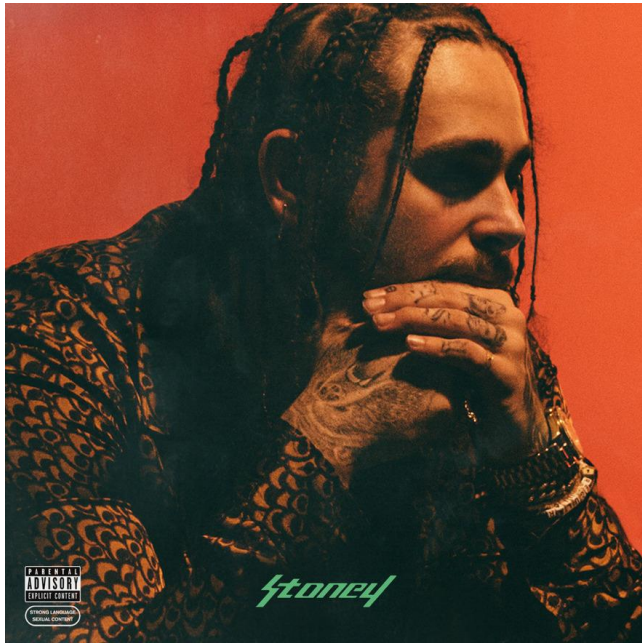
This song is about how Finneas felt whilst he was on tour having just gained a considerable amount of success with his music, he realised it must be hard for one of his closest friends to see only one of them be successful and he realised his fame was slowly deteriorating his relationship with that friend until eventually, he felt he and his friend were no longer friends anymore. And whilst everything was getting better in Finneas life he was still so down because he was still bummed out about his loss of a dear friend.

The song is quite melancholic with a softer tone to it. Finneas' emotions are being well represented by his amazing voice. You can feel the passion behind his words. You can feel the meaning behind his words. This song will resonate with anyone who has lost a friend within our lifetimes, especially anyone who they were close to perhaps either due to circumstances for bad relations. The song mainly consists of Finneas voice and the piano playing lead.

This song is included first in the exhibition to showcase how a lot of situations that lead to songwriting begin. Some event beyond your control or perhaps partially within your control that causes you great sadness or pain. These situations often revolve around love especially within songwriting and this is the first example within the exhibition.

I fall apart exhibit

By post Malone



The I fall apart exhibition room will continue with the theme of photographs pasted along the walls. This room will have lots of torn photos of self-portraits, and the tone of the room will be a tad darker than the previous room with empty cans on the ground and cigarette butts on the counter.

This is the song that post Malone wrote after a difficult breakup in high school. The girl involved is not one post views fondly still to this day. The song is about the true and real pain of heartbreak and what It can do to you emotionally. It's about being scarred by the experience and almost not being able to handle the emotions he's feeling.

Post Malone's I full apart start on a very high note emotionally from the get-go and maintains that energy throughout the whole song and only ever peaks above that during the chorus.

I will feature this song second in the exhibition because it's just slightly darker than the one before it, but still less dark than the one after it. I think that many people who come to the exhibition will be able to easily relate to the subject matter within this song.

Mind is a prison exhibit

By Alec Benjamin



The mind is a prison's exhibition will include physical bars, and other Jail room items. The room will also feature a shadow on the wall in the left corner of someone crawled into the fetal position with their hands on their head to signify that the trauma is all inside their head.

Mind is a prison is a song written by Alec Benjamin and it's about how are you can feel trapped inside your head and your thoughts especially when you're going through tough times. Alec takes a different approach on the song by pursuing the metaphor to help directly reflect the meaning behind the words rather than just talking about how he feels specifically. He goes into direct comparisons between real prisons and the mind. Alec Benjamin has OCD and can easily get stuck on and obsessive about things. He overthinks things and so this song is him attempting to express how he gets stuck in his own head and how there's nowhere else to go. During the verses of the song, it's quite calm and serene

and not too complicated, but then whenever the chorus kicks in it's all kicked up a notch with the emotions rising higher and the instrumentation being a bit louder and fuller.

Later in the song, he takes it in the direction of progress of never giving up and always striving to do better, always searching for the right answers, which is inspiring.

Over again exhibit

By Mike Shinoda

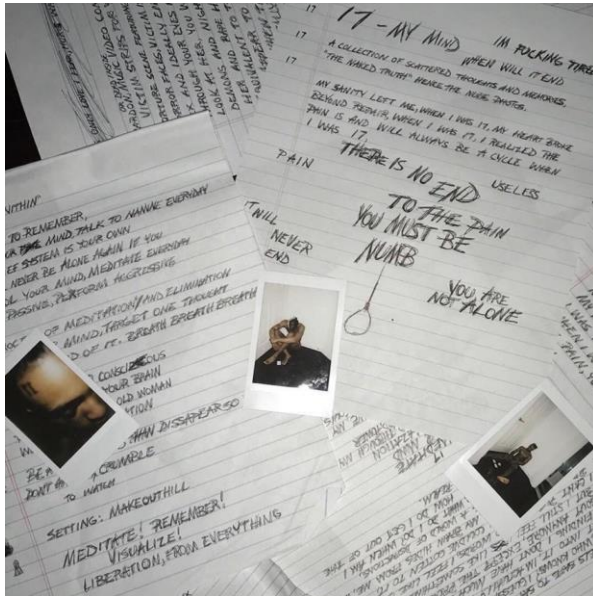


Over Again is a passionate song made by Mike Shinoda soon following the death of his close bandmate and friend Chester Bennington. In 2017 Chester's death left the whole music industry in shock. It put this whole band future in question. This song is about how Mike is forced to deal with the pain in the loss over and over again in his mind, a reality which is made very clear through the lyrics. Mike Shinoda recorded this song in separate parts organically during the tour process as they were attempting to rehearse a show to commemorate Chester Bennington after his death. The narrative in the first part of the song is just focused his raw emotions and his grief and then it shifts to the pre-show Mike Shinoda experience, where he is in doubt as to whether or not he can continue, If he can actually go forward with the show. While they were rehearsing for the tribute show they had to relearn all the songs without Chester's singing hence the over and over theme. As he wrote the song, the realisation that not only was his close friend / brother dead but someone who was tied to his entire identity was dead, someone who he has built his whole career with, and felt as though his entire identity was in danger. Most people in their lives

have suffered a loss of family member or friend or even a pet and this song is about the aftermath over that. That is why I'm including it in this exhibition.

Save me exhibit

By XXXTENTACION



The save me exhibition will be the darkest room yet only shadows on the walls barely visible in the dim light. The only spattering of colours to highlight on the wall facing the door is a work of art depicting a man falling into an abyss with his hands outstretched.

Save me is a short song written by XXXTENTACION to express his depressive moods and feelings and the loneliness he feels within his life. The song expresses how it feels like he has no one to turn to, no shoulder to cry on or anyone to rely on. He feels alone. The song is rather short but also very to the point. Among many songs on this album which are all very emotional. This song feels like a good closer to the exhibition as a short but sweet melody which really hits home, really grinds its nails on the chalkboard and gets your attention. This song serves as a good introduction to the exhibition to let them that they are going to feel low, or cathartic. And the songs are going to hit them in the feels.

I'm including this song lost in the exhibition because it deals with some of the darkest subject matter. That of suicide and of deep depression and a desire to get help.

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