



# HP ART & MENTAL HEALTH



In my third year of the HP Liberal Arts & Sciences we used the third quarter to focus on mental health in combination with art. My first thought was that we will draw and create art that reflects mental health topics. To my surprise, Fransje came up with something better: each working day we are assigned a random topic and random art technique/mean, so that we spend each day 15 minutes on art. The thing about it: we need to learn that sometimes it can result in a good art that we are happy about, but sometimes we will fail and not be satisfied with the result. That is also why it was called "make art, make fart". I really liked this challenge because first of all it was 15 minutes a day that I can just do random things and get my mind off my bachelor thesis. But also, as a perfectionist, I needed to learn that I sometimes have to live with art I made that I do not like a lot. As can be seen in my gallery, the results are partly good and partly poor. In the beginning I could not stand the bad ones, but now next to the good ones I realize that no one can always deliver 100%. So I am just proud that I made some good stuff and that I managed to create art almost every day.



Maybe I will even after this quarter go on doing random art, if anyone likes to join???




Next to our "make art, make fart" we also did a bigger art project that we worked on during our sessions. We were free to decide if we would like to make it solely about our mental health state, related to corona or whatever we feel like we want to express in an art piece. What I really liked was that everyone was able to dig inside them &



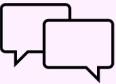


## HP ART & MENTAL HEALTH - 2



visualize what their gut was telling them. Since I am in Germany I was not able to attend the physical sessions, but Fransje did a great job and let me join online via her iPad. It was the best online lectures I have had because I could talk to different people about different interesting topics. We also helped each other and that is also where I got a lot of my ideas and inspiration from, even though I was in my home alone. 

My art piece revolves around my struggles during the pandemic, but also a struggle I have experienced before: having a too long to-do list and because of it being overwhelmed by work and not getting anything done because the stress and panic is taking over. When I am in this situation and not making progress I get frustrated and lose a lot of time and get done nothing at all. This on the other hand prevents me from being able to go out and have a fun time to balance out my stress. So, I am chained to my chair, while I own the ability to get everything done easily, but my anxiety and panic block me and I am stuck. Because I would have a bad conscience going out without ticking off everything from my to-do, I restrict myself and become even more stressed.

Overall, I enjoyed this quarter very much because it let me be creative and think deeper about my mental health, coping mechanism and expressing feelings by art. I am happy that I could take part in it and that the other students also were very open, gave feedback & shared their personal stories and art without hesitation. 



10/10 would recommend.

