

VISUAL ARTS CAPSTONE

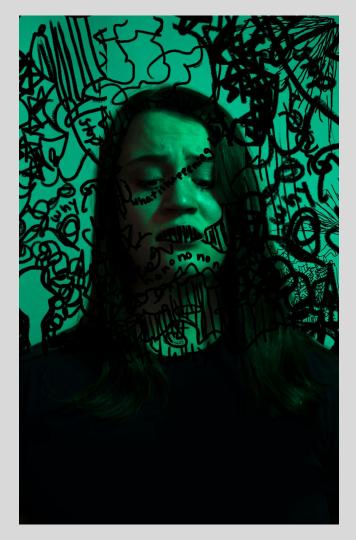
BY CAROLINE CANNON

MY STATEMENT

This project came out of the feelings and emotions from the past year, specially those fueled by anxiety. With so much time spent in isolation, I've witnessed friends and classmates go through some of the hardest mental challenges they've ever experienced. At HB, we are pushed to constantly display the best versions of ourselves. We are encouraged to get involved with everything we possibly can, and to excel in everything we do. This has major consequences, however, and most of the time mental illness and self-care gets put on the back burner while we attempt to do everything else in our busy lives.

My project is a reflection of the emotions and feelings we get when we are anxious. When we feel hopeless. When we are pushed to the brink of exhaustion, and with nowhere else to turn. I asked classmates to draw about those emotions, took their portrait, and found that when I combined their drawings with my photography, something incredible happened. These portraits are proof that there is always more than what appears on the surface. Check in on your friends, on your family. These times are hard for everyone, and it's important to remember to keep your mental health a priority.

Fine



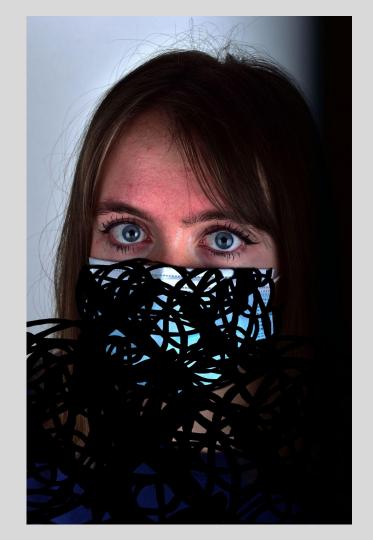
Losing Time



Pouring Down



Masked Thoughts



Inner Maze



What If?



THANK YOU

VIOLET WEBSTER

SARAH SCOTT

MR. ZELENY

ANGELA YU

LUCIA PASSARELLI

FAMILY

YASMINE WAZNI

VERONICA FAKULT

FRIENDS