

# 冥想入门

“the absence of mental stress or anxiety”



mareike nebel

# INTRODUCTION:

This year has been the craziest year for everyone on Earth. A global pandemic that left people out of sorts in senses of all kind. The year has also become a big moment for many young creatives to understand more about themselves and their work due to the isolation. For myself, the pandemic has caused my personal style to flourish. In a year of pure insanity, it made me curious on how myself and my peers stayed sane through our different creative outlets. I had observed my own changes in my writing and beginning to embrace my personal style. I interviewed six of my closest friends, all artists in their own ways and asked them some questions focusing on the progression of their identities.



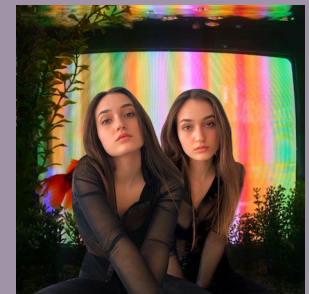
edit by me

## GIULIA ALBERINI

@givliaofficial

Giulia Alberini is a nineteen year old musician from Rome, Italy. We first met in middle school and later became close in our Sophomore year of high school before she moved back to Rome. Besides music as her outlet, she also enjoys editing on photoshop and promoting her songs on different music streaming services.

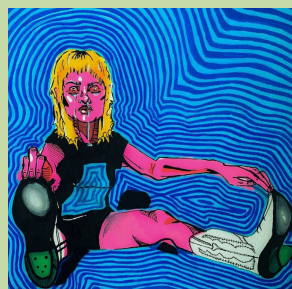
Below is a QR Code to her Spotify.



# JENNA ADLER

@jenga.adler

Jenna Adler is a nineteen year old artist from Washington D.C. Jenna went to my high school and we began to know each other more this year after she moved to NYC. Her most common mediums are watercolor and Posca paint markers.



# JOHN ZAHARAN-COLON

@johnzahrancolon

John Zahran-Colon is a nineteen year old artist from South Orange, New Jersey. John is a second year student at Fordham University: Lincoln Center and my boyfriend. His most common mediums thread and needle, China Markers, and paint markers.



# AVA BURKA

@avaburka

Ava Burka is a twenty year old film director from Chevy Chase, Maryland. Ava and I met this past year in New York through my roommate despite living in the same neighborhood our entire lives. She is a second year film student at NYU Tisch and also works with paint.

Below is a QR code to her Vimeo.



# EDEN TAFF

@edentaff

Eden Taff is a twenty year old artist from Washington, D.C. Eden and I became close this year due to her asking me to be her roommate and is a second year student at NYU Gallatin, where she forms her own major. Her most common mediums are oil paint and pencil.





# SOPHIA WEBSTER

@m4ry\_m4gd4lene  
@\_n4sty\_g4l\_

Sophia Webster is an 18 year old poet and writer from Arlington, Virginia. Sophia and I became friends over our Junior year because of mutual friends. She is a first year student at St. John's College in Annapolis, Maryland.

## traveler II

thoughts of you cloud my brain  
most every day. they bring me  
to a euphoric point of madness  
which numbs my sense of self.  
which you understand as you  
open and close me temperament,  
like the roses on my windowsill.  
you smell sweet like them too,  
gentle and vibrant, with hidden  
strengths and talent. i experience  
this so ever deeply and truly, al-  
though i've never touched your  
cheek. felt your warmth. heard the  
angelic chorus of your laugh- face  
to face, skin to skin, breath to breath.  
all the while i beg and plead for you  
to journey across rough terrain, in  
the warm mirage of my imagination.  
i've never wished this truth aloud.  
scared of your reaction to my soft  
dedication, with our knowledge of  
each other only being three vibrant  
weeks. but through this time i've  
dreamt of us dancing, laughing,  
kissing, singing, as a poet plays the  
lyre, and you blow dawn to dusk.  
switching like to lust in the most  
glowing aristophanic way. slowly,  
steadily, surely i fall deeper into the  
trap of your vibrant intelligence. catch  
me openly, traveller. we can watch the  
chaos melt so lovingly away.

sophias pre pandemic work

sophias during pandemic work

melody of the night, sweet star  
in the sky, visit my dreams and  
recount it in the day. roses  
disgust me, but lay a dozen  
at my feet. whisper wind and mead-  
ows in my ear. warm me with the  
comfort of broken kisses. kiss  
me with the warmth of a summers  
night. wish me to sleep with malle-  
able glances. smile sheepish-  
ly in my eyes as you point out  
each and every color in them.  
they're composed of you. i don't know  
what it is about you that stains  
my teeth and turns my stomach in  
to artful knots- or pinpoint the start  
of my decent into insan-  
-ity. crumbling to pieces,  
david to rubble, you've made a mess  
out of my safety. on the road  
again in a cacophonous  
caravan with no destina-  
tion. i weep at thoughts of winters  
passing, and spring, and summers too.  
i weep at your feet but hide my  
tears well. fearing always if my  
charades collapse. though if it does  
clap lovingly and tell me of  
yours too. tell me what we've both been  
thinking- lay roses at my feet.

# THE INTERVIEW

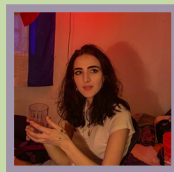
My focus for the questions was about discovering who my friends are on a deeper level concerning each of their own creative processes.

1. Who are you and what kind of art do you make?
2. When did you first start creating?
3. Before the pandemic, how would you describe your artistic process?
4. During the pandemic, where did you gain your inspiration from?
5. Art has the ability to either relieve stress or cause it, in times when you're struggling, how do you encourage yourself to create?
6. How do you feel your art connects to your mental health?
7. What is your definition of "Ataraxia"?
8. Being in school/college, how do you feel your experience at school has affected your art?
9. What does your 'identity' mean for you/your health?



edit by me

# SOPHIA



1. "My name is Sophia Webster. I grew up in the DC suburbs but live in Annapolis right now attending St John's College. I write. Any form of writing but I mainly write poetry because I'm busy and I don't have the time to write short stories anymore. Sometimes I do visual art but mostly as a form of therapy and it always includes words."

2. "Since I can remember, my first memories are me sitting at a restaurant table writing terrible stories about cliché characters on my dad's iPad. I truly started writing and making my own art when I transferred schools and had a teacher who really believed in me. He pushed me to write outside of class and mentored me one on one. I really fell in love with writing but looking back all those poems were shit. Over quarantine I had nothing to do but write so that's when I started to create anything of substance and started experimenting with free verse."

3. "Men. That's really sad to say. To think that I needed a man to create art that was good in my eyes, but really the only poetry that I wrote that was okay was about a breakup or about how I was feeling about a guy."

4. "During the pandemic was when I started finding inspiration in things other than men. Which was nice for a multitude of reasons. I would take a lot of walks so I would find a lot of things from nature and I would also write about the pandemic itself. I would sit down and I'm like "I'm going to write the stupidest thing I can imagine." and I would find inspiration from the silly things in my life that could carry over into a story or a poem or anything. It eventually turned into something serious, which I think is really funny."

5. "I don't have to encourage myself to create because writing is my stress relief. If I'm going through a really bad breakup or something, I could fill a book with poems about the situation."

6. "It's kind of a duality. Sometimes I'll write a story that ends up dark even though I'm happy because I wanted a twist. Something that's more personal like a poem, if it's dark, then it's often a reflection of what I am feeling. My art is always an extension of myself. It's a piece of my brain on the page so it's going to be related."

7. "I cannot remember a time where I haven't felt mental stress, so I can't have a definition. I am always stressed in different ways. Maybe I wasn't stressed when I was an infant but, not everyday."

8. "I am on the staff from my school's newspaper and I have a fashion column so I am doing some writing but it's not personal, it's not creative, and there's the limits of relatability to a wider audience because our professors are reading it and the administration is reading it so, I cannot say certain things I would like to say."

9. "My identity means whatever I want it to mean in that moment. I want to "identify myself" as one thing or one feeling based on time and I feel like that correlates to my physical health and my mental health. I will "identify myself" as something more strong and more confident, more expressive when I am happier but when I'm depressed, I will "identify myself" as something worse."

a girl, stark midnight, sheds a tear  
for a man who's worth nothing-  
less than nothing- a footprint on  
the moon which is her sexual  
charisma. this less than nothing  
is a shred of nothing- nothingless,  
really absolutely nothing compared  
to her unearthly glow.  
he's scared of her unsowed nature  
and the crystals in her eyes  
blue one day, green the next  
sometimes yellow, or even brown  
they enchant the man. he retreats  
to safety in a dark candlelit cave  
but midnight is as inescapable as  
the moon, the stars, her laughter,  
the smell of cancer on her breath,  
her eyes- haunting the shadows  
of the cave until he pulls his hair  
out in a seemingly neurotic fashion.  
or until the brownstone clock strikes  
two-thousand and twenty-two.

pre pandemic

an Episcopalian cries tonight  
cigarettes dancing on her tongue  
she missed the days when her tears were backed with ignorance  
and had no consequences  
6 months till her youth starts to walk out the door  
one foot in her conscience  
one foot out with stretch marks and nicotine induced aging  
though a bottle helps a lot  
maybe more than one  
passing out on couches and hills of her own imagination  
time only as a constraint  
she left that in Arlington  
along with any friends she made  
along with carelessness  
and security stability prowess and many other things  
she sleeps with an ocean tonight  
he's not so nice to the eye  
his tides are strong and euphoric pull makes her feel human for a passing moment  
just for a moment  
then back to land  
and endless scribbles  
who speak in sonnets and belittle her endlessly  
she dreams of belonging  
to them  
to rivers, streams, lakes, and many others  
but the orb she's trapped in is so concave people's shouts on the outside sound like a foreign  
whisper  
it's so hard to translate  
animals pace inside her making thoughts turn into hieroglyphs  
everyone has secrets in their mouths  
bitter citrus spewing through their teeth after each soft sentence she tells them  
at least that's what she tells me  
travelers sing a different song  
though that turns to lies when it enters the orb  
every word I write is a monumental waste of ink  
she doesn't need to tell me that  
the feelings bare to ashes when they're written down  
but sanity is written in my bones  
it aches when I look in the mirror  
that's why she cries tonight  
couches and little pringles as a quiet source of company  
and nymphs try to quell the tears  
they're so lovely for that  
they're not as nice as me.

post pandemic

# EDEN



1. "My name is Eden Taff and I am a contemporary artist. I specialize in oil paint, graphite, charcoal, and other tactical mediums. I stick with more historical style but I translate my work into very contemporary/postmodern ideology."

2. "I started creating before I can remember. I remember my parents having my childhood art hung up in our pantry doors in my old house. I do know that I have always considered myself an artist. I started taking college-level courses at age nine at an art institute in Maryland and I've been creating ever since. I started working with oil when I was five and I've been working with charcoal since I was about eight. I typically use pencil. I like using mechanical pencils."

3. "My artistic process before the pandemic was significantly rushed. I was constantly out and about driving all over the place, going to school, and other things that I had to do. My process before wasn't really something I ever thought about because I just sort of stuffed my free time to the very brim with art making as much as I possibly could. That basically didn't allow me to entertain any excess time for thinking or involving any sort of major depth in my thought that went behind my work. There was depth to my creation but it wasn't spread out in a manner that I could really delve into what I wanted to convey with my work."

4. "My work turned more inwards. I was becoming more introspective. I believe much of my inspiration came from an abuse that I went through by someone who I loved dearly. It was very hard to be isolated and be going through attempting to remove myself from an extremely abusive relationship. I was essentially stuck in my own head for many months and I started to recognize maybe not externally but subconsciously that I could draw inspiration from the immense amount of hurt that I was feeling".

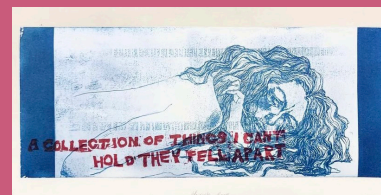
5. "This question is difficult because I never really differentiate between my artwork relieving stress vs causing it because the physical sensation of creating work allows me to enter into the state of flow. The psychological state of flow, which is inherently a calm state. A lot of my work is so deeply introspective and has to do with trauma and things that I haven't discovered linguistically, that when I enter into the state of creation, I encounter the real. The real thought, the sensation of being in touch with a reality that I have not been able to previously put into linguistic manifestation that I could recognize. Art making doesn't either relieve or cause stress but it allows me to face stress in a way that I am able to capture it and move around it and move through that is unlike any other sort of way of facing depression or anxiety."

6. "I became very mentally ill when I was 17 or so. I had some very internalized aspects of mental illness for a long time proceeding that region of time but my work does allow me to delve into my mental illness in a way that is significantly more sort of subconscious and it would otherwise be in therapy or in talking to other people or in writing it down. In a way my work serves as an extremely mediated form of communication with people who are external to my own mind."

7. "My definition of the word "Ataraxia" is dream state. It is the state in which I am entirely detached from conscious reality and have entered into a state which I am not controlled by a physical manifestation of the goings-on of the world. It usually happens when I am asleep so I try to mirror that dream state whenever I can. It's been more difficult during school and now that I have a job and any commissions that I'm doing but in order to enter a state of calm, I try to manifest a dream state in which whatever is happening around me doesn't particularly affect the way that I function."

8. "I have had a strange college experience that has revolved around me deciding to stay at NYU rather than transfer to art school. I've manipulated NYU into allowing me to take whatever art class I want because I am not learning much from the base level classes that they allow me to take. I decided to stay because I believe that art school only has so much to teach you. My experience at school has been a great, sort of very intense decision. This has allowed me to become deeply personal with my work rather than be in a study or a program in which I am forced to create in ways that I don't wish to. School always makes art work extremely hard because I have so much to focus on that is not my emotions and that is not how I feel, so it's very hard for me to manifest anything in artwork and less I really try hard. School has been a separate entity from my work and I kind of wish that it wasn't."

9. "I hyperfocus on my identity sometimes and I've been trying to remove myself from that a little bit. I move through the world as a very identifiably Jewish woman so I can't escape from any anti-Semitism that exist in the world. That's definitely affected my growing up and my experience in the world that I walk. My identity otherwise is...I don't know, I just know that we are all people. We are all little tiny beings, blips of time, insignificant, that only ever have this very sort of like hyper cognizant ability to make meaning out of our lives and in that I find my own identity. I am just someone, some sort of blip of time that can make meaning out of the world that I move through."



pre pandemic



post pandemic

## GIULIA



1. "I'm Giulia, I am a singer/songwriter. I make music and I make all the creative direction on my music as well as the musical process. If you had to put down my genre, I would say right now I'm making, Pop, R&B, and Indie music."

2. "Ever since I was born I was singing. I started doing singing lessons when I was seven or six or something. With that, I got into the Piano then I learned the Ukulele three years ago. I've been creating ever since. I started working with GarageBand in elementary school and middle school, then in high school I released some songs and now I actually am working with a producer and management."

3. "The pandemic for me literally taught me what it means to see what you want to do in your life spread out over having 24 hours in a day. The way that worked, that system, scared me so much and I realized if I want to create and actually make this something I can live off of and do it now, I need to be using my time wisely. 24 hours in a day is never enough. It's insane. The pandemic broke that down for me because everyone else in the world is doing the same thing. It made me get serious about creating, I've always been serious about it but the pandemic made me have to back my talk with my actions. That's the time when I released Fun and Games and got my first 25,000 streams which was really cool."

4. "It was the emotional turmoil during that time in my life. We were finishing high school and we didn't get to graduate, we didn't get to go anywhere during that summer and I was talking to a friend and we wrote a song about it because that was the situation that was happening. The pandemic makes you have to really sit and ponder even more in your music so I feel like you go deeper."

5. "Honestly, that's how I'm able to create best. I am able to work well under a lot of emotional pressure I guess...? I don't know but when I am really emotional, melodies will come out of me and I'll write a song in like 60 seconds. I'm running against the clock to get to my notes to write it down. That's why I need the balance of emotions in my life because they really affect my schedule with creativity and imaginations. Sometimes, you have to let the words come to you. For me, I feel like I am channeling something in the moment and it's all coming to me. Nothing is being forced. Every artist, whatever art they do, they go into this moment and creatives know what I'm talking about."

6. "Art is a reflection of my mental health, like a shadow of it. My art is purely everything in my life that matters to me. Even if I'm not focused on my art, I'm anxious about it because I want to be doing my art and sharing that with people. It really does affect my mental health but it's also an outlet for my mental health. It's a cycle."

7. "I think that's what I was talking about with the song writing thing. it's being in a certain state, it's connecting to God or whatever you believe in but being connected to the fact that art of the world is proof of humanity and for me is proof of God honestly. Humans have literature, we have music, we are able to sit in this moment and create and experience reality. "Ataraxia" Is finding tranquility in the madness of that."

8. "Being in college just added more work load to my art and made me further understand how much time I have in a day. Now I'm doing 3,000 different things. College for me, I am studying something that's involved with art and I can have all types of roles with art. I like that because I'm working as an artist and I know what the people who I will be working with are talking about. It's cool navigating the industry from both sides, it really gives you a lot of knowledge."

9. "My identity is everything. For my health, I guess it does to some extent affect my health but I think my identity in general is something I have to confront every single day as an artist. As I make art to know what I'm doing with the branding, with everything, makes me ask myself questions about, who am I, what do I represent and what's my message? My identity is also I'm Italian but born in the US so I'm the "Italian" in the US and I'm "American" in Italy, so that can be another identity crisis for me and I reflect that in my music. That's all a part of who I am. It's about understanding how that all fits together."

## Right Here



pre pandemic

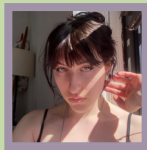
## Fun and Games



post pandemic



# AVA



1. "My name is Ava Burka. I am a filmmaker and multimedia artist. I paint, I make clothes or sculpture sometimes, I write a lot. Right now, I'm focusing on writing and directing for the screen mostly."

2. "I've been creating my whole life, but I don't think I really could call myself an artist until recently. When I was a child I played pretend a lot with my friends and siblings, creating new worlds and being characters who would go on journeys or missions. I had a great imagination as a kid. When I was really little my sister and I would run around naked covered from head to toe in body paint. I loved the feeling of being messy and running wild. Painting has always been one of the most cathartic art forms, though I'm not technically proficient it brings me a lot of peace. I've always loved taking pictures and videos as well."

3. "Before the pandemic my artistic process was-well at the beginning of high school, I was really just doing art for fun. I didn't see myself as an artist. I think I had this mental block that I was never making anything I was really proud of and I didn't know why. I was just always looking back on my previous work and criticizing myself and I was always nervous to share my work because I didn't feel like it represented my current self and the work that I would make in the present."

4. "The pandemic (in many stages) pushed me to a point where I had to go back and learn and relearn technique. I came back to the city in the fall and had to make five short films my first semester and while I was trying to brainstorm for that first project I had a realization that I needed to be creating for fun. I needed to be making films that would be fulfilling through utilizing my interests. Each film I have made this year (I am finishing my tenth pandemic short) has taught me so much about what I was being forced to create. If I was trying to make something "good", it would never be fulfilling to me. Whatever came up that made it difficult to create and how it's dealt with and incorporated, that's what makes the art interesting and fulfilling to me. Because it's so easy to hate your own art especially when you can point out every "mistake."

5. "It was a big shift realizing how little I know about filmmaking and art and creation in order to allow myself the room to grow. Now the possibilities feel endless. I have realized there is no way for me to learn and try everything, so I might as well start by testing and experimenting with styles and techniques. Creation via experimentation, specifically in filmmaking, has rescued my love of this art form that can often be tedious and exhausting and stressful. I try to make projects that are fun and exciting. I had to stop creating for an audience and start creating for me. Though the pressure of deadlines is heavy and often stress causing, I try to have as much fun with my film creation as possible."

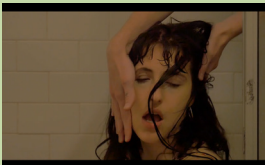
6. "My art, either consciously or subconsciously, will reflect where my head and heart are at. Whatever comes out creatively is a product of my current state. I've become more myself through creating and looking at my work. I've made films that I have felt close to in the moment and then afterwards felt very distant from."

7. "Ataraxia" is a tough one for me in terms of creation. Serenity is not something I equate with creation that often. I think creating can be serene. But creating can also be chaotic and absorbing. I think the serenity comes when I reach an epiphany moment, or crack a story, or finish a film I'm proud of. That moment of peace can be fleeting or prolonged but I think that's why I keep going. And that validation really has to come from within. Which can be hard to reach. I strived for perfection as much as I could and felt a much heavier weight to make something."

8. "I'm a film student currently and I chose to go to school specifically for film because I am fascinated in the technique and critical analysis of filmmaking. It is such a complex and layered art form that utilizes the other mediums I love to work in - yet creates something completely unique by binding all of the elements into a cohesive story or feeling. I was so nervous that being in film school would squash my love for it but it really has only sunk me deeper into my fascination with filmmaking. Being in school for film has forced me to follow through with projects that I would have never started in the first place. I am constantly having to start over and rethink where I am at and it forces me to be an agile, resilient, and resourceful artist."

9. "How I choose to define myself is constantly changing. What is important to me is constantly changing. I think my values are what keep me healthy. Who I want to be. I'm trying to lean into change. Lean into the obstacles. I will learn new things tomorrow that might become an important part of who I am, so just making sure I can love who I am now and look back on my life knowing I did the best I could in the moment."

# THE BODY



# RAUCOR

JOHN



1. "My name is John Zahran Colon and I make art with a bunch of mixed mediums. I do sewing projects, I do a lot of charcoal pencil work or just pencil paper work."
2. "When I was younger, I always drew and I always practiced my artistic ability. Including the ability to kind of like translate my ideas onto different mediums and I've been doing that since."
3. "Before the pandemic, life was easier for accessing inspiration. The things that happened in my everyday life and some of those interactions, they can't be re-created or remade, especially in the same context or tone."
4. "It changed in the sense that I wasn't influenced as often as I could've been. My outlets still somewhat stayed the same like my phone or the internet as a reference but in terms of seeing things in person, I was limited to what I could see and how often I could see those things. Let's say an area of New York that really inspires me, like The Bronx where I live and most of the time, I had to stay inside because of the pandemic so that really limited my ability to be creative. Staying inside for longer durations of time changed my way of thinking and reprogrammed me to adapt to this odd situation."
5. "I will just start creating things that I'm used to making. So that I can get a sense of crating in general. One day I may be stuck in a loop where I think the same way and begin producing the same art which may lead to me other art patterns. The process becomes a lot slower."
6. "Being an anxious person, I look at a lot of things and worry a lot. The art I make is very colorful and makes you look around. I want you to see a bunch of different things rather than just one thing. It has to do with my ADHD and how I physically can't focus on one thing. I want to focus on a lot at once. I'm forced to think about so much at once that it just expresses itself naturally."
7. "To me, It means doing what I want to do and what makes me happy and what I want to see in terms of my creative choices. If I want to see something and make it feel a certain way, I will attempt to do that. If I'm thinking of something calm, I will draw something that makes me calm, something that I know how to do. Something that will make me feel good and make me feel proud of what I am doing. When I'm journeying into a new project, I have to cross a boundary in order to feel calm or feel a sort of neutralism."

8. "In terms of going to Fordham University, I don't think it's inspired me except for the arts classes I take or my classes that allow me to be creative. I find my own creativity. If anything college has dulled that creativity to less than what it could be."
9. "I think I see things differently than everybody else. You know obviously everyone sees things differently but I guess I embrace that and I try to communicate those feelings and those opinions that I have about other people and my identity and who I am into what I make. I am a slightly silly person and I like to goof around and stuff even though I like to be serious, it definitely shows in my drawings and in my creations and the things I like to make. How my art is just silly or funky or whatever."

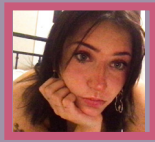


pre pandemic



post pandemic

JENNA

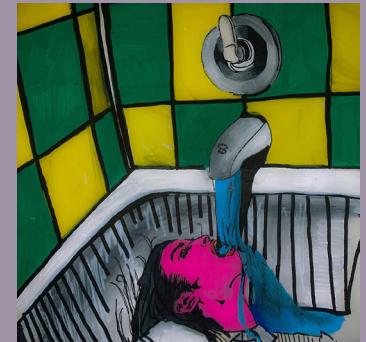


1. "I am Jenna and I do visual art mainly with acrylic pen or watercolors and I usually do portraiture about human isolation."
2. "I mean it sounds like so stupid but I never can remember a time I wasn't. I think I was into music originally and I just transitioned more like paint and stuff. I began painting album covers or fan art or whatnot."
3. "I definitely say it was much less like personal. I think it was like when you're making art in school in a classroom, it's really vulnerable. You don't really wanna be making something super like...not vulgar but revealing to everybody."
4. "Being alone all the time. I would start painting some people, either me or others doing stuff alone. all the things I was doing over quarantine I would make paintings of others doing that because I knew that's what I was thinking about."
5. "I feel like if I try to draw something that isn't focused on something or an emotion then, I feel like it's not going to look good. When I feel like I can't make anything, I try to make art that isn't supposed to look good, the kind of art where there isn't any pressure with it. Trying to do it for fun in a sense. Why does it have to look good? Just make whatever you can make."
6. "It reflects whatever is going on in my head a lot. When I'm sad I do a lot of blue and purple and cool tones. When I'm in a good mood I'll do a lot of vibrant yellows and greens. Color scheme is important. Facial expressions as well. Less about what the people are doing but their facial expression is always tied into my emotional or mental state."

7. "For me that means a blank state of mind. The absence of stress is the absence of thought. Which I feel like goes into art because I feel like the best stuff you create is when you're not thinking about it. It ties in."

8. "When I was younger, I would constantly draw on my schoolwork. I would always get in so much trouble for that and that made me self-conscious about my art. It made me feel like only the stuff I made for other people was appreciated. If I was making stuff for myself back then, I would be made fun of. For a really long time it made me create what I thought the world wanted to see. Whatever the trend of art is or whatever I saw in a museum. When I took IB Art in high school, there's no direction, you did what you wanted. Everyone around me was making what they wanted to make. It opened me up to the art world instead of looking at what I had access to easily."

9. "It's the representation of wanting to be independent. Now that nostalgia is a trend and trend cycle is getting faster, everyone wants to be so ahead of trends that it's all about "being the most unique", which is not a bad thing but it's very human nature. With individuality and identity they go hand-in-hand, the way you present yourself is the way you act. That is a full choice of your own. The things that you like and do are your identity."



post pandemic



pre pandemic

# ATARAXIA.

This project was a chance for me to not only have conversations with my peers on their creative processes and their mental health but a chance for me to reflect on what it means to create art. The pandemic has changed all of our creative lives into creating more authentic versions of art. Young artists across the world are redefining what being a creative is. The absence of mental stress is achievable but in ones own way.

## ALL ARTWORK BELONGS TO THEIR RESPECTIVE CREATORS:

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