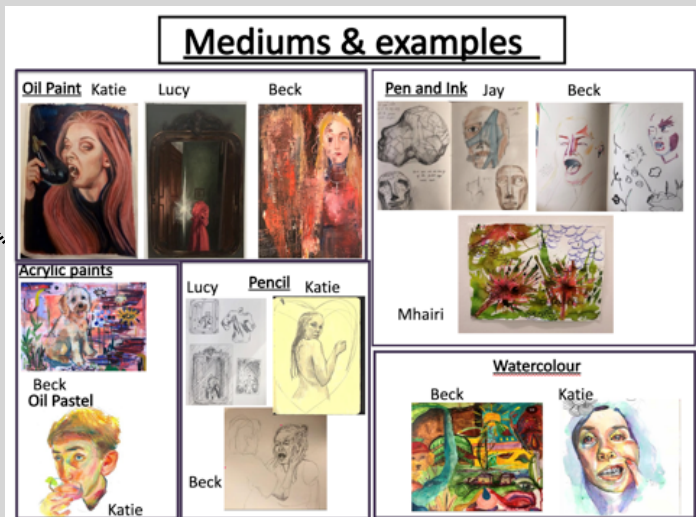
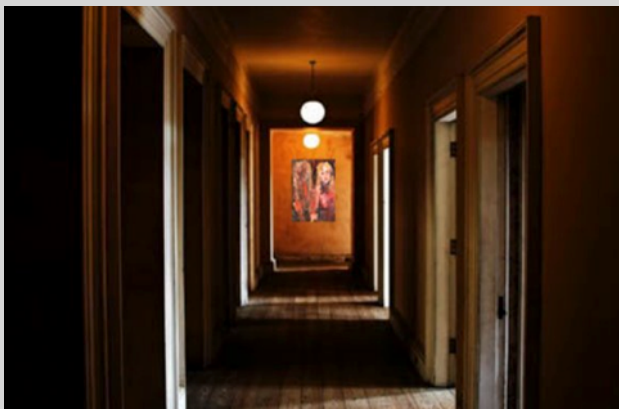
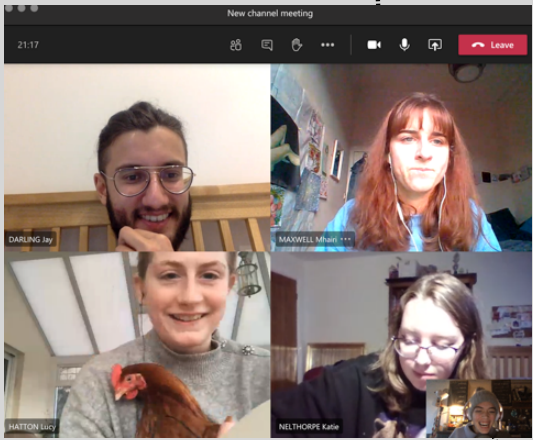


Zoom zoom



pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
why am I so picky?
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick



Textual drawings

IT'S MY DEGREE

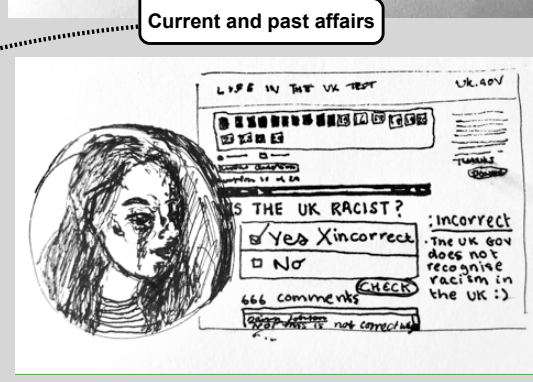
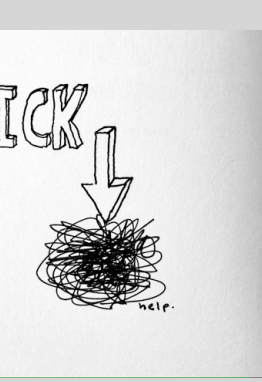
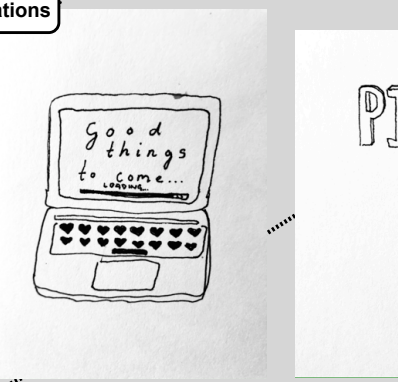
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick
pick pick pick pick pick pick



meditations

DISTORTED REALITY
I'm too good at making things
NOT GOOD at doing the goal
- baby steps here
- just do it! doesn't always help. I don't know why I just find it very overwhelming, and often the opposite effect takes place.

THINK.
SREATHE IN:
1 2 3 4
HOLO IT.
1 2 3 4.
Breath out
1 2 3 4 5 6.
REPEAT.



THE CONSTANT RE ADJUSTMENTS RE FOCUSING OF MY EYES ^ MY MIND IS EXHAUSTING.

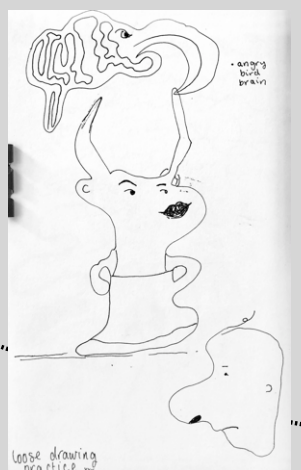
01/02/2021 - 08/02/2021 what've been doing

Collab project

Remember to get big canvas from rachels

Ask Charlie how do I get my stuff from eca now I have transport (grace's car) for stuff

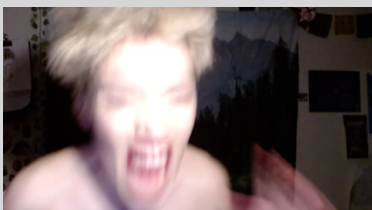
Drawings (30)



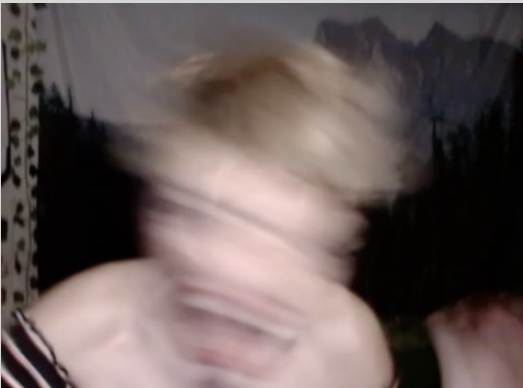
Not enjoyable at all

Flipbook maybe too difficult, I know I made it the difficult flipbook for a reason but in hindsight its a dumb idea

No continuation with flip book and video work apart from still capturing video footage daily



Distorted realities



Performance lecture



Been ill from meds withdrawal

And been ill from mental illness

:)

First time in a few years not on antidepressants (decision made by my doctor) this week and I'm straight up depressed as fuck :) nothing new tho as they've never really worked

Also the two year anniversary of when I last tried to k*ll myself

So this is what it is like to raw dog life again

I hate it here

Still waiting for further diagnosis from NHS

I've got my toolbox of training though even though I CANT remember any off the top of my head

How do people do it

I can't stop thinking about how I'm in the same place as I was in first year. The regression.

Trying to do something I love all week, (art) has been hard and distressing when its accompanied by thoughts of death, this isn't new though. Just harder.

Its fucked up that I've literally gotta stay in my degree and do my mental health journey even if it has constant risk of death at the same time, because my family can't support me (my student finance does that ty) and I won't have housing anymore if I stop being a student!!

Like I genuinely can't imagine doing my degree but NOT thinking about dying all the time its exhausting

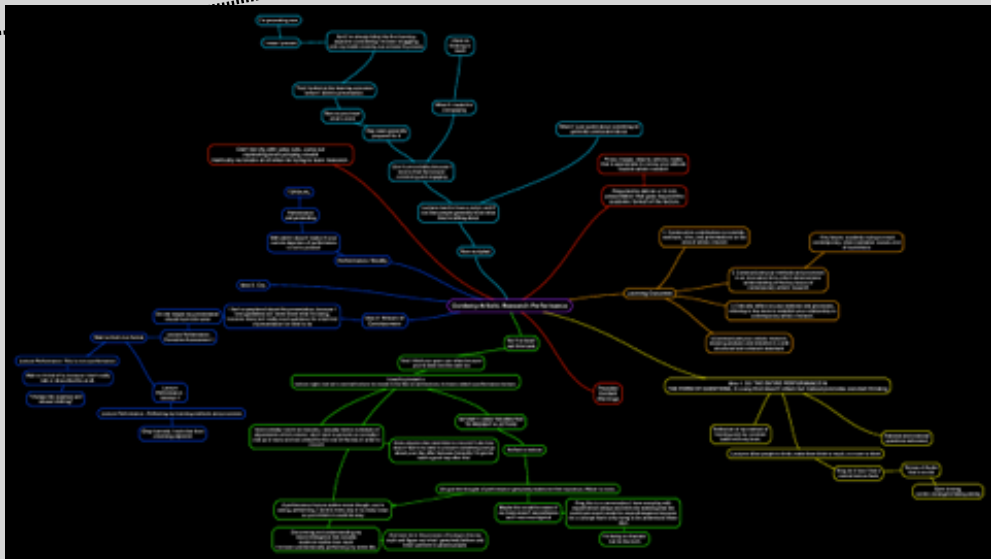
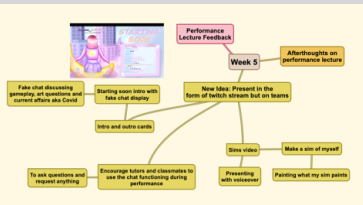
Why brain gotta do this

Cos she broken

I just want to paint pretty pictures that make people happy :(that's all I want

Not permanently, recovery is nonlinear

Further thinking about summative in Week 5 contemporary AR



Loose shape drawing practice

childhood

Observational portraits

Observational animals

Outside / weather / nature / play