



insecure

NOT  
ENOUGH

YOU'RE  
BEING  
JUDGED

SL



# Drowning

**Student:** Sutton Nordhus  
**District:** West Valley School District  
**School:** West Valley High School  
**Instructor:** Rose Honey

## Drowning

**Medium:** Mixed media

### Artist Statement

My piece is meant to look messy and dirty to show the mess of peoples mind and how our own brains can belittle ourselves from what others might think about us. We are all drowning in our own thoughts reaching out for the help that others cant see and just wishing for someone to pull us out of our own thoughts. From the weight of others to our online view of the world and how fake people can be, we drag ourselves down even further to try to be like others because they are all watching and judging... or so we feel.

### Description

I created this piece to express parts of my mind and show my anxiety. In this piece I show a hand reaching out of dark gloomy water that shows us drowning by the weight of others opinions. The art strung on the wall by tape shows eyes staring judgmentally and social media apps towards the hand in the water; this tries to represent the feeling of all eyes on you even though its most likely not true, you can feel the pulling of others thoughts from your own brain. Also the effect of social media on every one and how it can make things worse. In my art it kind of shows what is inside my mind and how my brain drags me down and makes me thing worse of myself just like how the spray paint harsh words on the walls almost permanently engrave into our thoughts.

**Status:** Exhibit only