







## stress within the mind body and soul

**Student:** Kaya Bohannon

**District:** Kettle Falls School District

**School:** Kettle Falls High School

**Instructor:** Kimberly Walker

### stress within the mind body and soul

**Medium:** Water paint and ink

#### Artist Statement

My whole life I have suffered from severe anxiety, stress and panic are feelings that I am well antiquated with. While trying to create a concept for this competition I found myself being completely overwhelmed by the immense pressure I placed upon my self. My mind was unfocused and I could feel the heightened adrenaline in my veins wreaking havoc on my body. I was unsure, falling apart and quickly becoming depressed. On a day when I was particularly dreary an idea struck me, what if I were to embody the emotions that the idea of competition brought me? That is the basses of this peace. My emotions tearing my physical form and my mind apart. There were many days when I wanted to give up, many sleepless night where I questioned weather I was even good enough to participate, but in the end I overcame it all and created something I could be proud of. Perhaps, and this my hope, that this peace of art could inspires another to triumph over anxiety and depression as well.

#### Description

Surreal, Tie Die, Zen-tangle, Expressionist, Painting

**Status:** Exhibit only