

PROGRAMME ERASMUS+ / PARTENARIATS STRATEGIQUES
PROJET N° / PROJECT N° : 2020-1-FR01-KA202-080287



A day of my life

ACCENTUONS L'INCLUSION EN DÉVELOPPANT
EN EUROPE L'ENTRAIDE ET LA SOLIDARITÉ

EMPHASISING INCLUSION BY DEVELOPING MUTUAL AID AND SOLIDARITY IN EUROPE

If only we could see our minds



We can see disabilities such as people in a wheelchair, or the struggles of unsighted people, and therefore we will understand their problems better.

Through this project I aim to give mental illness a shape, through experiences that all people who did not experience mentally-related illnesses will have a hint of what these people go through.



Expression

Feelings can be expressed in so many ways...
drawings, music, writing, or even simple confessions.

Zszislaw Beksinski

He is a polish painter who lived between 1929 and 2005.

Seems like a nice guy, happy even.

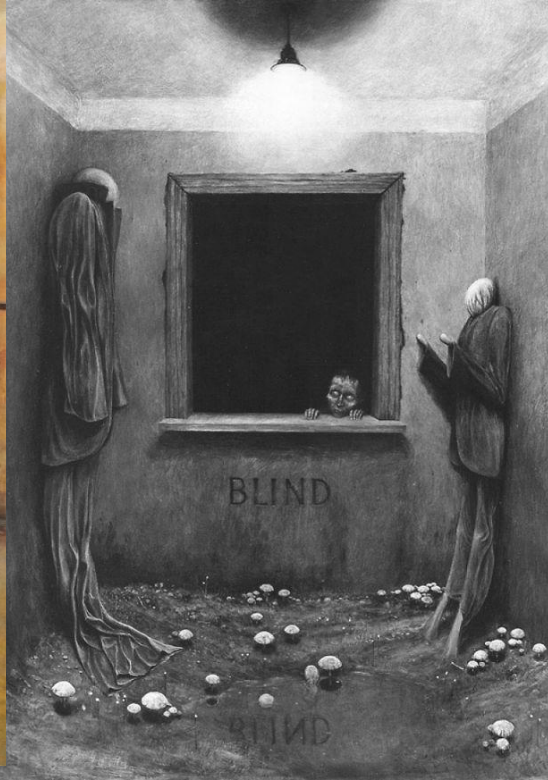
Let's take a look on some of his paintings and how he expressed himself through them!



©Agencja Gazeta



Dystopian World of Death, Decay and Darkness



These are just some of his so called "cursed paintings"

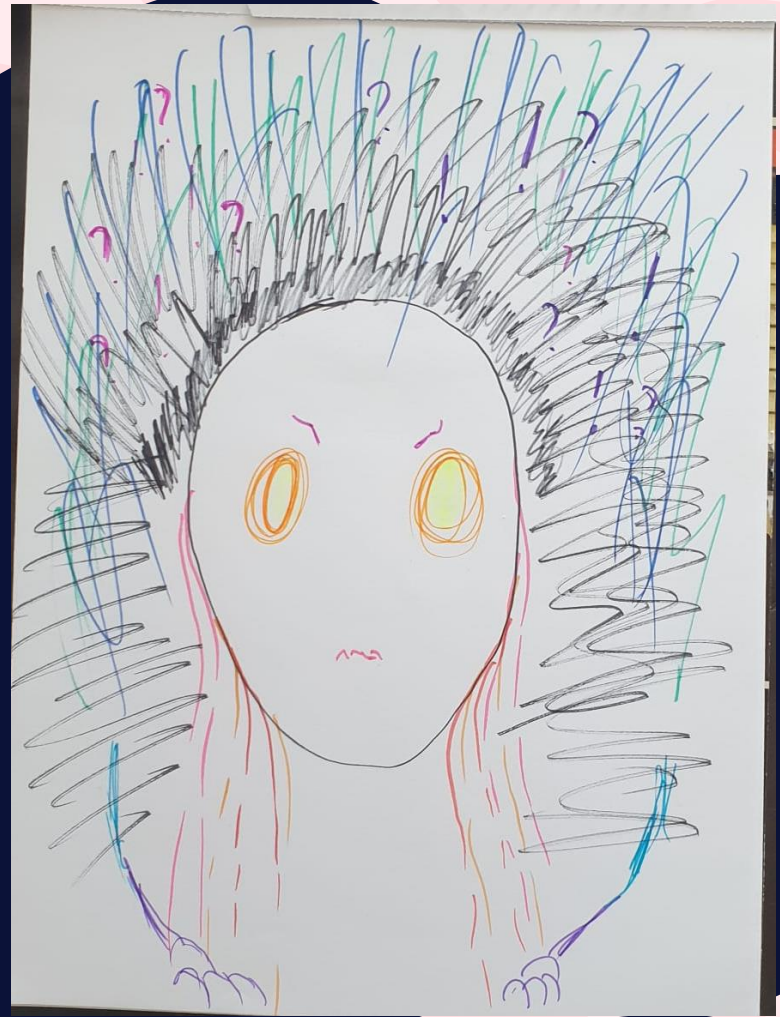




Drawings by
people in therapy



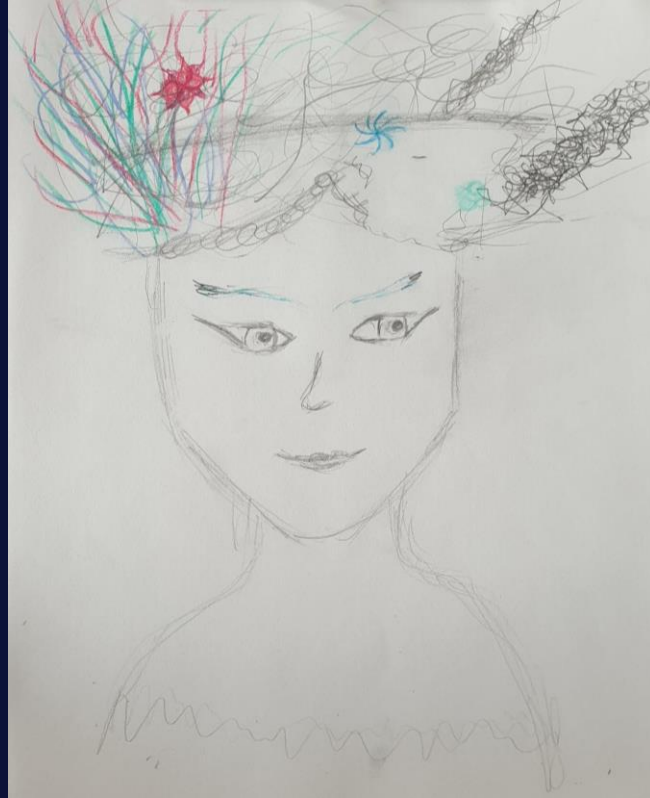
“Feeling overwhelmed by intrusive thoughts and like I could not control myself anymore”



How it actually feels



How the Internet
represents it





Also, sounds can express these states of mind

<https://youtu.be/nzxjYQ8aZuk?t=720>

Depression or Anxiety

PTSD or depression

<https://youtu.be/jvM9AfAzoSo?t=2820>

ADHD – “heavy blanket for the brain”

<https://youtu.be/9mhubEAfeV8?t=4002>

*A text written by a
person who suffers of
anxiety and depression*





She was afraid. It was surrounding her and, in the beginning, veiling around her like a white smoke. Immediately after she observed it wrapping around her ankles, it was like she would've been caught in a cage. The smoke was becoming ashen and as it was rising, it was getting darker and darker. When it reached the waist, it was already black, a black so dark that you could lose yourself in it like in a black hole. And as if that was not enough, from now on that smoke was becoming thick.

It grew more and more viscous like a moldy mucilage with a nasty smell. And it was not just outside her. She was feeling it in her stomach. She was feeling its sharp and piercing smell similar to an organ decomposing. Sometimes she was even seeing worms gathering around. As it was rising to the heart it was getting thicker and becoming even more like a consistent pitch. She was feeling that organically as well. She was convinced that now, through her veins, the melted lava was leaking slowly combined with bodies decomposing. It was already rising to the head and she was realizing that in this moment there is no way back. With the last drops of courage, she started to struggle strongly. With the pulse over any acceptable limit, she started pushing in every direction like she was inside a balloon. But the slag around her was responding with an even bigger force. She was already captive. Kaonashi swallowed her completely and now it was projecting on the interior screen a horror movie with craved out bodies and other endless atrocities which only humanity could have created. It was the strategy of darkness to show her once again the ugliness of the world and to convince her, an angle from beyond the planet Earth, that she did not belong here!





Confessions

These are some confessions from some
friends of mine that I interviewed

Words that are hard to say

"On my 18th birthday I ate a little too much cake and I got bloated. I had an anxiety attack in the bathroom of the restaurant cause I was feeling too fat for everyone to look at me"

01

02

"One day I fell like I can do it all, but the next whole month I am worthless and incapable of anything."

"I am afraid of the possibility of feeling bad again"

03

04

"I feel like running across the classroom all of a sudden"

"I cannot talk to my parents about it. They may be there physically, but mentally and emotionally definitely not."

05

06

"When I look in the mirror I always find something ugly about me. I force myself to stay there until I find something beautiful so I can feel better. Sometimes it takes hours."



If you want to learn more about the world of mental illness

<https://www.betterhelp.com/> – advice section, articles
<https://www.apa.org/>
<https://www.youtube.com/c/MindArchitect>
<https://www.youtube.com/c/CinemaTherapySolutions>
<https://www.youtube.com/c/Psych2go>
<https://www.youtube.com/c/MedCircle>



Thank you!