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Artist Statement

Mental illnesses are seen as “fake” or obsolete in comparison with physical injuries or diseases. The resistance, procrastination, fear, hatred, and confusion brought on by these diseases make life seem impossible. Not being able to complete assignments, maintain relationships, or even the ability to administer basic self-care. Throughout life, being called hysterical, overdramatic, or asking for attention. To everyone else, it’s seen as an excuse or way out when that isn’t the case at all. Wanting to complete projects, make friends, and experience life like everyone else is something that Every individual strives for. Being told to “just do it” or to “suck it up and move on” messes with the mind as you begin to believe it’s “all in your head.” Having to fight with yourself and survive your own mind is not easy.

My work presents the personal struggles experienced by the people featured in this series, including myself. The mind is often clouded with a false sense of self and fools the mind into believing these feelings are wrong, that the body is disfigured, or that our needs are unimportant. The inclusion of the attributes represents the personal effect and impact on the individual as a physical entity. Regardless of our struggles and hardships, there is always hope even if we don’t believe it at the moment. By introducing light in the illustrations, I show that we have the ability to overcome our fears and hardships, open doors to recovery, and discover our own inner light. This light serves as an inspirational beacon to others and a reminder that there is always hope even if it seems dim or hidden.