Joyce Lau

In the presence of something “indefinite” or “uncertain, people often experience anxiety. Humans need to derive sense through their lives and can be left in states of depression and distress by the irony of the universe and their very lives. Some people hear the word “depression” and think of sadness, but that is not all it entails. Depression includes anxiety, general discontent, fatigue, and detachment. Anxiety bars the sufferer from the risk of discovery, the desire to explore new ideas, the possibility of exiting a comfort zone. It makes sure that it will never be alone. It finds you in the midst of joy or alone in your own mind. It is quiet and constant, reminding you of your past failures and fabricating your future outcomes.

My artwork shows how it feels to deal with mental health. Everything around you can be peaceful and still, while your own head is tangled, cloudy, and chaotic, and you feel out of touch. My digital drawings illustrate anxieties about the human condition, the self, and the relationship with the world. It’s an opportunity to face oneself, and this is a result of going to places you hate the most about yourself and finding beauty. There is nothing wrong with you as a person if you live with mental illness: it’s important to open up about your experiences.