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Art 175
Final Project
Artist Statement

/aNGˈzīədē/

Anxiety is a mental health disorder characterized by feelings of worry, fear, nervousness or unease that are strong enough to interfere with one's daily activities. My sister dealt with anxiety all her life. Our grandfather passed away when we were kids, which is when she developed separation anxiety with our mom. She had to see a counselor at a young age. She also dealt with being bullied because of her eczema on her face. On top of all of that, she also had asthma, which helped trigger anxiety attacks. Unfortunately, one day her heart started to beat too fast for her to live and she passed away. As soon as she passed, I started to have anxiety. All it takes is just the smallest memory or even just a picture that could trigger my anxiety. It is a feeling that I will have for the rest of my life.

When I start to have anxiety, it feels like I'm stuck in limbo. I start to think about so many things. I think about if there was a way to save her or how I did not get to talk to her the night before. Then I try think about the positive side, how she isn't in pain anymore. I start to feel a little better, but then another memory strikes me and I'm back and the whole process repeats. This feeling is very uneasy. It is like drowning. When you are drowning, water takes over and consumes your body. With my anxiety, my feelings and emotions take over. It's like I am drowning in my own body. Once I get out of the feeling, I start to feel better and I get on with my life. However, that feeling could strike me at anytime.

This piece was created using Unity. I created this world to show my feeling of anxiety ever since my sister passed away. I am stuck this world that has no escape.

This world is my anxiety.