# NTN’s First Exhibition

Next To Normal is a team that brings hope to patients who suffer mental illness and provides scientific theory and more information about mental health disorders for those who are interested. Our first exhibition plan to launch in March 2021 in Shenzhen, China. We will discuss what NORMAL and ABNORMAL are from the full spectrum of points of view: psychologically, socially, and artistically.

We will introduce the common symptoms of the six selected categories of abnormal psychological disorders and reveal the world of patients who suffer from these disorders from their point of view. The primary goal of our exhibition is to increase the awareness of the serious impact of mental health disorders on people around us and reduce the prejudice and discrimination against mental disorder patients by conveying our idea of “it is normal to be just next to normal.” We will also provide support for sufferers who need understanding and embracement from society by helping them to overcome their anxiety, fear, their feeling of insecurity, and many other factors that negatively affect their mental state.

**Our message for our exhibition visitors:**

For visitors who are currently suffering from mental disorders, you are welcome to share your stories and perhaps obtain some advice from our event organizers. We will show you the possible causes of your illness and offer some potential resolutions for you to alleviate your discomfort.

For the other visitors who want to learn more about the subject, we hope our exhibition will help you to acquire more information on physiological disorders. Aside from learning, it is gratefully appreciated if you could bring to the event your compassion, empathy, and willingness to support the sufferers who could just be around us.

If you want to connect with us, feel free to send us private notes to our inbox on our website. We are looking forward to seeing you at our exhibition!

# Next to Normal

人们在生命体验的过程中，对于“正常”的追求即对于一种身处群众而非异类的安全感的追求，对于一种多维度的健康的追求，对于一种心安的完整的追求。

In the course of people's life, the expectation for being “normal”, in essence, the pursuit of security, the pursuit of health, and the quest of completeness.

因为这些原因，我们似乎总是太迫切地想要证明自己是「正常人」：睡觉、吃饭、排泄—行为正常；读书、写作、交流、—思维正常；愤怒，欢笑，哭泣—心理正常。

Based on these needs, we always seem too eager to prove that we are "normal people": sleeping, eating, excretion—normal behavior; reading, writing, communicating, thinking normally; being angry, laughing, crying—normal state of mind.

因为这些原因，我们又似乎总是太迫切寻找「反常」的参照物，来强调我们是如何符合「正常」的标准。惶然如此，其实我们时常不明白，「正常」作为一种无法抵达的绝对概念才是“正常-反常”的矛盾本身。

Based on these needs, we always seem too eager to look for "abnormal" references to prove that we indeed meet the "normal" criteria. In fact, we do not understand that "normal" as an unachievable absolute concept is where the "normal- abnormal" confrontation comes from.

失眠、暴食、蒸发掉的10公斤体重；诡谲的画、毫无头绪的日记、言辞跳脱的对话；狂躁、失重感的焦虑、骤然黑白的心情……你知道，这些看似的「反常」背后，是每一个我们都可能会面对的生命困境。

Insomnia, binge, 10kg weight loss; eccentric paintings, confusing diaries, disorganized speech; manic state of mind, free-floating anxiety, suddenly depressed mood... You know, behind these seemingly bizarre behaviors exists every dilemma that we normal people may encounter in life.

——这一次，让我们停止“正常—反常”的归类，尝试不再标榜或是纵容二元对立，去尽可能柔软地体验而不非得要悟出什么。

在正常的「旁侧」，就很好。

This time, let's stop rushing to label “normal-abnormal”, which we’ve done for a long chaotic time and try not to advertise or indulge with dichotomy; instead, to experience it as softly as possible without having to realize anything.

Because we are all human beings and it’s normal for human to be just next to normal.

Slogan：

Blur the line.

It’s NORMAL to be just next to normal.

It’s ok to be just the neighbor of NORMAl, you know, best neighbor ever.