My self portrait is titled “Head in the Clouds”. It is focused on the short and fleeting nature of my attention span.

All my life, it’s always been hard for me to focus. Growing up, teachers would tell me that it seemed like my head was in the clouds. In college, friends tell me that I walk around as if I’m “in a daze”, or that in conversations it seems like I’m only “halfway” there.

People tend to interpret my distraction as a sign that I don’t care about them or what they have to say– but that has never been the case. It’s always just been hard for me to explain.

The moving parts of this piece represent the way my brain organizes my thoughts. If I focus on one single thought or move slowly and deliberately to another, everything is relatively easy to keep track of.

However, once I start trying to jump around quickly from thought to thought or focus on multiple things at once, things get jumbled around easily, which can be really disorienting in real life.