

# Final Project

Art 236: Graphic Design  
Lissie Chin

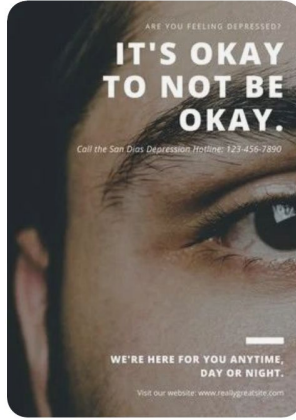
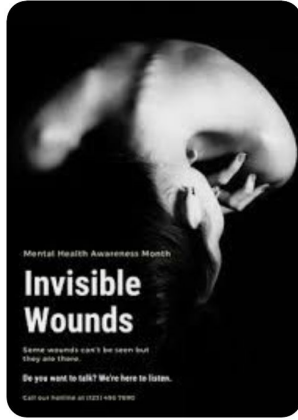
# Research Notes

- Higher levels of insomnia, depression, anxiety (in health care workers, but individuals overall)
  - Higher rates in stress
- Worldwide Statistics: Cases—101M ; Recovered—56M; Deaths —2.14M (now 2.19M as of Jan 28, 2021)
- Social Isolation
  - Leading cause/predictor for depression and anxiety
  - Need for connectedness for long-term resilience
- “People develop **resilience**. They learn how to deal with mental health challenges, and they find resources, internal and external, which they didn’t know existed.” (Cedars Sinai)
- Grief & Loss (Mourning)
  - Losses in various of forms — connection, jobs, loved ones, routine, etc
  - Emotionally overwhelming/ normal
    - Healthy mourning: restore hope/motivation and re-engage with our daily lives
    - May persist → Overlap with experiences and reactions
    - Feel “stuck”

# Research Sources

- Mental Health during COVID-19
  - <https://www.cedars-sinai.org/newsroom/long-term-impacts-of-covid-19-your-mental-health/>
  - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7494453/>
- Depression & Anxiety
- Loss and Grief
  - <https://www.camh.ca/en/health-info/mental-health-and-covid-19/loss-grief-and-healing>
- Social Isolation (Social Distancing/ stay-at-home)
  - <https://wmich.edu/news/2020/11/61977>
  - <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/#:~:text=A%20broad%20body%20of%20research,than%20among%20those%20not%20sheltering>

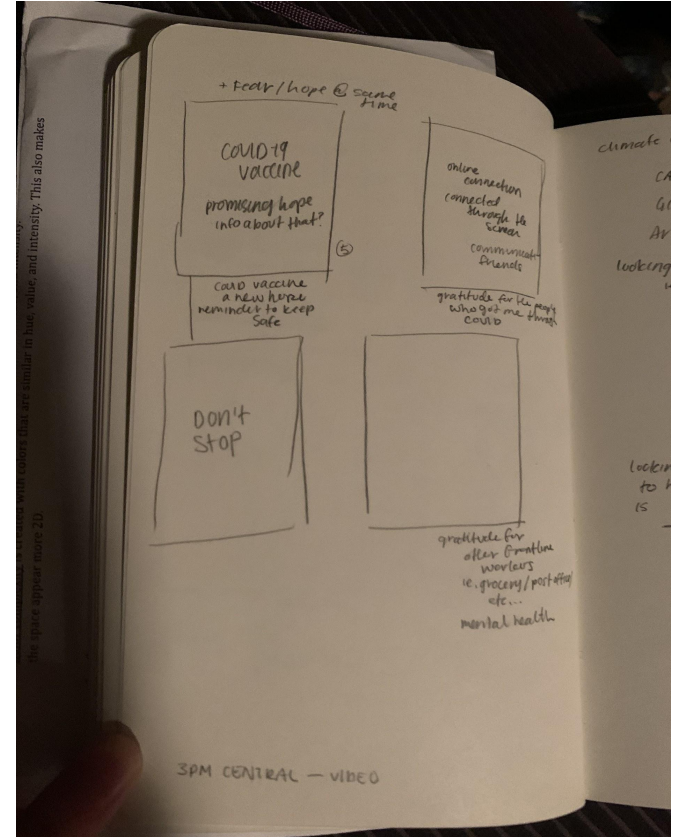
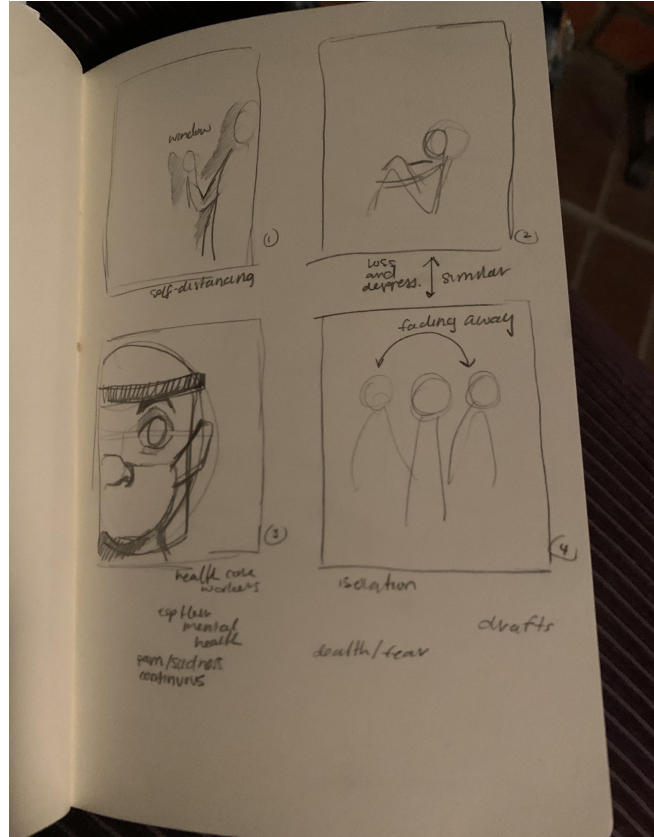
# Mood Board & Aesthetic Influences



Midnight walk by Shavkat Hoshimov / 500px



# Sketches



# Typefaces, Color Schemes, Graphics

Lato Light

abcdefghijklmnopqrstuvwxyz

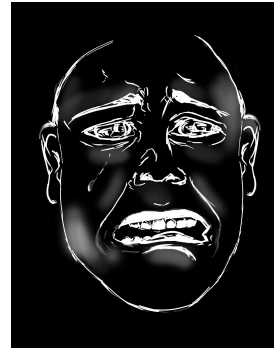
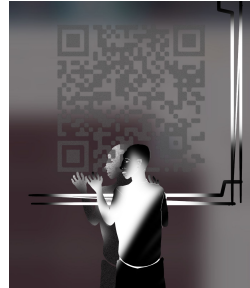
Aa

Lato Medium

abcdefghijklmnopqrstuvwxyz

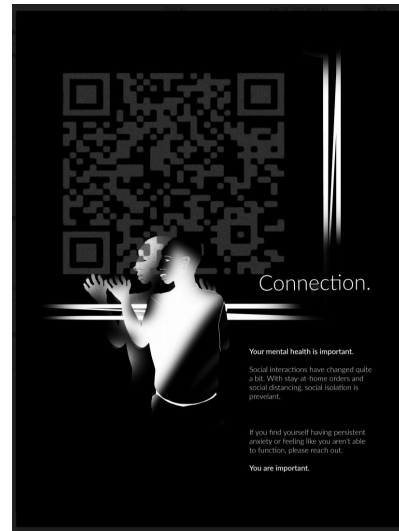
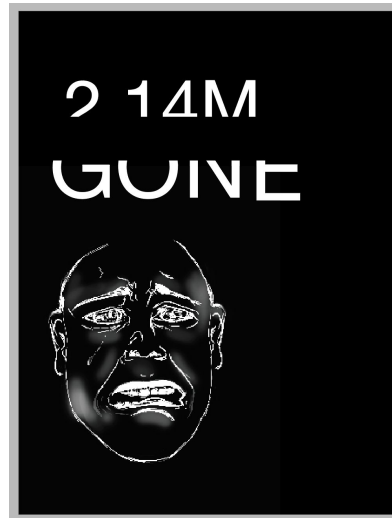
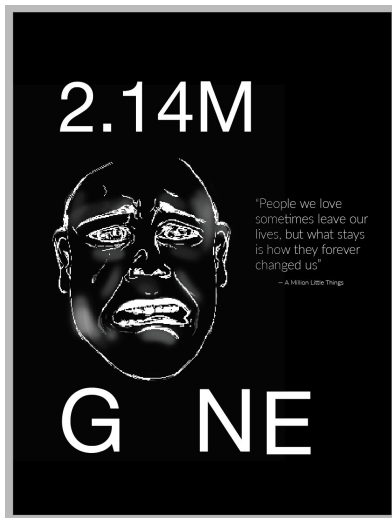
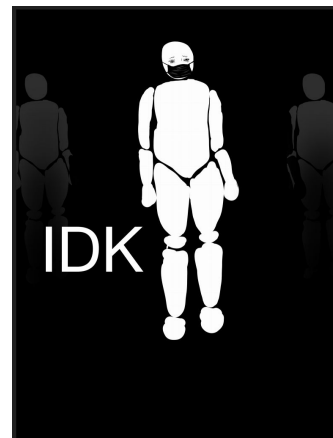
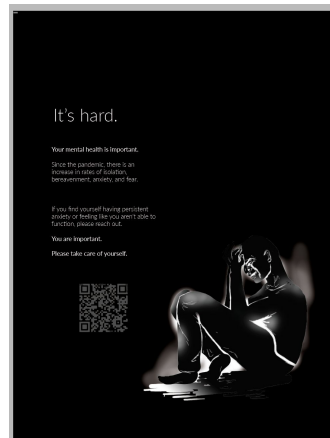
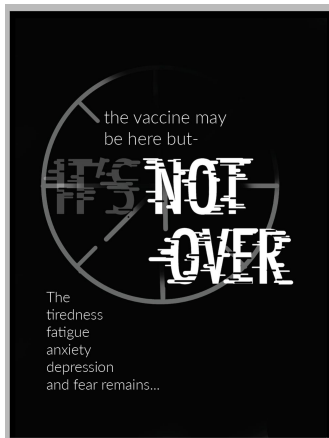
Aa

- Black and white
- Hand-drawn graphics  
Focusing particularly on the emotion



# Poster Drafts

The original drafts  
have been  
automatically  
updated while  
making finals



# Final Poster

## Resilience.

**Your mental health is important.**

Since the pandemic, there is an increase in rates of isolation, bereavement, anxiety, and fear.

If you find yourself having persistent anxiety or feeling like you aren't able to function, please reach out.

**You are important.**

**Please take care of yourself.**

Visit for more information, hotlines, and resources.



## Connection.

**Your mental health is important.**

Stay-at-home orders and social distancing are making social isolation prevalent and greatly impacting our mental health.

Finding ways to safely connect with others can help ease the sense of isolation.

But there are times where we have to sit with our own thoughts, which may not always be easy.

Take it slowly and reach out if needed .

**You are important.**

**Please take care of yourself.**

2.14M  
GONE



"People we love sometimes leave our lives, but what stays is how they forever changed us"

— A Million Little Things

## Change.

**Your mental health is important.**

Covid-19 has brought us, individually and collectively, tremendous loss and grief.

Grief can be emotionally overwhelming, but it's a normal reaction to loss.

However, these emotions can persist and overlap with other experiences and reactions. As a result, leading to lasting mental health challenges.

If you find yourself overwhelmed and seem "stuck", please reach out.

**You are important.**

**Please take care of yourself.**

Visit for more information, hotlines, and resources.

