

Sherry Lam

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### Project Writeup

The social justice topic I chose was about mental health, specifically anxiety. Anxiety is very common among children and adults. 1 in 5 adults in the US has an anxiety disorder. It only becomes a problem when its symptoms start to affect the daily activities, such as jobs, school, relationships, or personal health.

I chose this topic because it is very important to talk about mental health these days. Information needs to be spread to all people of ages so that everybody can understand more about these conditions and reduce the spread of misinformation. It can also help for those who are having symptoms, but don't know what or why it is happening. We should all take care of our mental health like how we take care of our physical health.

The project is an adventure game that first brings the character through common symptoms of anxiety. It walks through all these symptoms, and hears related sounds. After a couple more symptoms, the character's mind goes into chaos because of all the cluster of problems it is having. An NPC appears, which is a dog, who offers to help find ways to relieve the pains of anxiety. So the character follows the dog, and finds 8 ways to relieve anxiety. These are all things you can do at home, but not the exact "cure" for anxiety since everyone is different.

The aesthetic approach for my project is a hand-sketched type of style. I wanted it to have a grotesque vibe to it since any mental health is not a pretty thing to look at. It would look messy and busy like how one might feel while having anxiety.