

2023

Anxious Reality: The Expression of Anxiety through Mixed Media Art

Abbey Cashman

Follow this and additional works at: <https://digitalcommons.assumption.edu/honorstheses>



Part of the [Art and Design Commons](#)

Anxious Reality

The Expression of Anxiety through Mixed Media Art

CASHMAN, ABBEY E

The shrill screeching of your alarm shocks you into reality. Most first thoughts in the morning include “what’s for breakfast?” or maybe “What’s the weather looking like today?”. But no, people with anxieties first thoughts in the morning are an onslaught of ‘what ifs’, a questioning of every little aspect of what could possibly occur, what could elicit stress today to the point where the words get clogged in their brain, mucking it down like honey and a swarm of bees to match. It’s a force to pull yourself from the comfort of a sheet cocoon and into the cold morning air promising harsh realities. Your feet feel like they have cinder blocks tied to them, weighed down with possibilities of the impossible. But you have to get up you have to force yourself forward to appear to be a normal functioning member of society. You force down food around the lump choking you in your throat, chug down coffee in order to blame the shaking of your hands on the caffeine so you are simply a quirky coffee addict and not insane. You flinch at every loud sound, cringing as you identify yourself as weak. And it doesn’t stop there. Your entire day is like this to the point where you are beyond mentally exhausted and all you think about is how nice it would be to be curled up back in bed. You are like a car with a shoddy engine and it’s taking its toll. But you push through. You keep going till you finally get the rest you so desperately crave just to wake up and do it all over again the next day.

Now, picture you go through this struggle every day. Every day, no breaks. Constant, and people try to shove your disorder into a definition forgetting you exist as a human being, in actuality, a person just like your prosecutor forcing a stigma on you. How can one identify something so ominous, so great by just a few words, to somehow explain what it feels like to never have a mind at rest? You are sick. Anxiety is medically defined as possessing a chemical imbalance, a physical deformity. Medically, those with anxiety face harsh physical symptoms such as shortness of breath, headaches, lack of sleep, constant exhaustion, racing heart, and even

dizziness. Yet, people refuse to recognize anxiety as the illness it is. You have a disease but it is in a constant state of misrepresentation that you so crave to escape from.

Anxiety has always been commonly misunderstood. Even within its history it is clear that anxiety was never understood as a disease of the mind rather than a superstitious vanity. It was a system of so-called cures inflicted on ill individuals with no success in treating their illness.

From lobotomies to witch burnings, somehow anxiety was to be cured. Now we have a concrete definition, anxiety is a generalized and persistent feeling of worry and stress resulting in physical symptoms and possible repercussions such as ulcers and heart issues.

I myself have struggled with anxiety for the majority of my life and find misrepresentation to be frequent and very misleading to the public. The reality is misconstrued by under exaggeration and stigmas. Many artists have exposed their trauma through art, utilizing color and image to better represent their own struggle. I have decided the best way to display the reality of anxiety is to present it through mixed media. Through this project, a combination of artistic materials, I am showing you my reality as well as that of so many others who struggle from this not so easy illness in hopes of expressing what it is to me.

Anxiety at its Base:

It is imperative that to give a creative perspective of a topic, a base line concrete definition is provided as a foundation for the project at hand. Creative projects seem to be solely opinion whereas anxiety itself is a concrete and clearly witnessable disorder in today's society.

Anxiety is described by the Mental Health Foundation as a feeling of stress and worry on a consistent basis, meaning it is not triggered by a specific event but is rather an unpredictable

entity that causes the sufferer to experience feelings of panic and distress without cause. (Oxford Dictionary). Anxiety is to not be confused with stress, however. Whereas stress is a reoccurring feeling for everyone, anxiety is considered to be the reaction to said stress. In the terms of the disorder, the feelings of anxiety are consistent and triggered by things that should not induce stress. The disorder is marked by a variety of symptoms both physical and mental. These include but are not limited to a consistent feeling of fatigue, shaking, shortness of breath, and racing heartbeat. Anxiety is not just the mental battle it is presumed to be. (Physical Symptoms of Anxiety: What Your Body May Be Telling You)

The history of anxiety has proven that anxiety has never been fully understood. Thinking back to the original acknowledgment of mental illness, around the 17th century, anxiety was perceived as radical ailments such as melancholia, possession, witchcraft, or even the product of an angry god. Anxiety was believed to be every other ailment except for its reality, causing misdiagnosis and the presentation of inappropriate remedies. It seemed as if the disease was the sufferer's fault and was misunderstood in ways causing poor remedies. One of the most extreme examples is trephining, the process of drilling a hole into the skull of the affected in order to exorcise demons out of the individual's mind. Obviously, as this was in the 1600-1700s, these procedures were not done in a sterilized environment and therefore usually led to death of the patient for a cure that would have done absolutely nothing but add trauma to the individual. The misunderstanding of the mental illness did not stop there. Some considered anxiety to be a form of witchcraft, "the devil's work", and instead of offering solutions, these individuals were simply killed. They were burned at the stake for simply being ill.

Now obviously the examples presented were extreme in circumstance but the fact that they actually occurred shows enough of how the mentally ill were understood (or perceived).

From here people began to realize that people suffering from mental illness had exactly that, an illness. Instead of being burned at the stake, or treated with a hole to the head, individuals who presented “strange” qualities were placed into mental asylums by the 1800s. This was a huge step towards the recognition of disease being present but that does not mean treatment was offered within these asylums, or even adequate treatment. The asylum was designed to separate the mentally ill from the rest of society in order to maintain a safe and “normal” community. The creation of asylums came from a better understanding of the disease, and while it was beginning to be recognized, it wasn’t until the 19th century that efforts were made to fully understand and treat the illness and its patients. ([“Results from the 2012 NSDUH: Mental Health National Findings, SAMHSA](#))

A turning point for mental health care came with Dorothea Dix, who went into one of these asylums and was horrified to discover what the asylums entailed. At the asylums she visited, she came across patients existing side by side with prisoners, all forced into the confines of bars and filth. She witnessed the so-called treatments: submerging patients in cold ice baths for hours at a time, shock treatments on totally conscious patients, and even beatings in an attempt to snap them out of it. Inhumane treatment was essentially the go-to and proved to be increasingly detrimental to the individuals experiencing it, the result being not only mental dysfunction but physical as well, including but not limited to weak muscles, blindness, ulcers, etcetera. Only it did not seem to matter: patients were treated like prisoners with no regrets. Dix recognized the mistreatment and abuse and acted for change. She argued that treating these people inhumanely and not trying to understand the disorder was a stain on society. Dix triggered a movement towards understanding mental health and how to treat it instead of shoving these sufferers into the same category as prisoners. ([History.com Editors. “Dorothea Lynde Dix.”](#))

Evidently, this was a huge shift as people began to acknowledge mental health as a crisis instead of some kind of ailment brought on by a supernatural force. Viewing mental issues as an actual illness opened a whole new field of understanding and built a community of people with the disease. In today's society, mental health has been regarded as a constant in the average day-to-day life, although it still holds prejudice and stigmas and has never become completely understood.

Today, anxiety and mental health disorders are much more recognized, and people are now more open to admitting they have the illness. That being said, there has been a massive increase in cases of mental disorders. Approximately 40 million adults or about 18 % of the adult population in the United States report having a mental disorder. ([ADAA. "Facts and Statistics | Anxiety and Depression Association of America"](#)) Compare this to a decade earlier when the total of U.S. adults with a mental health issue was approximately 34.1 million individuals. (["Results from the 2012 NSDUH: Mental Health National Findings, SAMHSA"](#)) This data means that within a span of ten years, almost ten million more individuals began to suffer from mental disorders. If this trend is to continue, this would mean a drastic increase of almost 1 million individuals per year. It is about time that society begins to understand the ailments and their effects of this growing epidemic on the individual sufferers as they make up a large percentage of the population of the United States alone.

It is also evident that anxiety is still stigmatized even when looking at the healthcare system in respect to treatments for mental disorders. While we have come a long way from lobotomies and electric eel therapy, now it is a matter of poor funding and untreated individuals dealing with not only their illness but constant stigmas and financial hardships. The current main source of financial independence for mental health sufferers is Medicaid. ([Modd, Megan. "403](#)

Forbidden.” *Psychology Today*) However, these funds go into a group of branches related to the cause, leaving little funding already going into the problem. This leaves the question of what is left for people with the illnesses. Without the help of Medicaid, individuals have to rely on insurance coverage in order to get treatments, but even then funds are limited and so many restrictions are placed on what constitutes proper care.

Mixed Feelings and Mixed Media:

Mixed Media is a form of art that incorporates multiple artistic styles and mediums in one piece. (Tate) Mixed media is an unnoticed art form, mostly mischaracterized as collage, however the distinction is that mixed media is the incorporation of multiple mediums of art. Meanwhile collage is typically constructed of flat images and sometimes even reproductions of images. Not only that, but it is extremely challenging as it often fails as the different mediums sometimes clash. In this case specifically looking at Andy Warhol’s *Modern Dance of Death*. Here he utilizes multiple mediums to express the trauma of anxiety and death. It is imagery meant to make the reader feel what he is feeling. He presents this piece with the goal of hopefully helping the reader better understand what it is to possess a specific view or feeling. Within this series he creates a representation of fear and death, evoking a sense of fear and uneasiness. Visual representation to describe something that words can’t always grasp. Many famous artists have attempted the art form of mixed media; take for example Andy Warhol and his *Modern Dance of Death*. This series dissects Warhol’s ideas of life and death in multiple works. The key to these art pieces however, in relation to mixed media art, is that even an individual considered to be a master artist kept to few mixed media aspects. He mostly utilized photography and typography in order to get his point across over his classic style of painting.



A relatively new form of art, mixed media began in the 20th century as a result of developing technologies. Beginning in the Cubist movement, artists like Pablo Picasso began to create collages out of multiple mediums. (“Mixed Media: History, Types, Techniques, Mixed Media Art.”) Picasso utilized a style of layering different types of textures. For example, take his utilization of newspaper clippings, oil paint, rope, and even fabric in *Still Life with Chair Caning* (1912). (“Mixed Media Art: For the Brave and the Adventurous.”) This piece demonstrates perfectly the idea of utilizing multiple artistic aspects and art forms to create a singular piece. Picasso was able to create a whole new visual dynamic through the viewer dissecting the different aspects in order to create a whole picture.



“*Still Life with Chair Caning* by Pablo Picasso (1912)”

Another classic example can be found in the work of Robert Rauschenberg.

Rauschenberg displayed yet another example of mixed media as he painted on a variety of different materials to create new texture and elements in the paintings. Take, for example, his piece *Monogram* (“[Monogram | Robert Rauschenberg Foundation.](#)”). This piece is composed of sculptural and 2d aspects. It features prints, a tennis ball, fabrics, and wooden panels. The piece is different as it utilizes sculptural aspects. This widens the scope of what can be used to create art of this medium.



Monogram 1955-59 Rauschenberg

The main question is why should an artist choose the mixed media style over the traditional one medium art form. Rauschenberg explained that utilizing and creating what he called a “combine,” a new level of emotion and connection to a piece can be reached.

Combines specifically act as a collage of sorts, a piece is put together of a combination of a multitude of pieces. As artists are no longer limited to just one art form, they are able to create

a more dynamic, engaging, and multilayered piece. It allows for a piece of art that includes the viewer as they have to dissect and engage with those layers of work in order to grasp a better understanding of the piece.

Anxiety and the Arts: Anxiety Expressed Through Mixed Media

This project is a combination of something misunderstood and one of the most engaging forms of art in order to grasp an understanding of mental health in a context that I understand. Mental health is beyond misunderstood and mixed media allows for a dissection of it on its basic level. Using multiple materials makes a piece seem more chaotic, more fluid, harder to understand, like how anxiety functions.

An important thing to note is that it is scientifically proven that art stimulates and exercises the brain in a way that eases anxiety symptoms. Art helps to improve brain neuroplasticity, meaning that engaging with art whether doing art or viewing it, exercises the brain and keeping the brain and nerves within flexible and active. (“*Art Therapist Locator.*” *American Art Therapy Association*) According to a study done by the American Art Therapy Association, as individuals took in artistic elements, it exercised both hemispheres of the brain and therefore connected the creative and logic sources, causing them to engage and connect. At the basic brain level and function, the more the brain operates the more neurological connections are made. That being said, the brain has the ability to fire more impulses and deal with emotional responses faster.

Not only are art and anxiety connected in a way that promotes treatment, it is also evident that art tends to promote a better understanding of things as it exposes the viewer to a new perspective of an issue. Art allows for a look inside the creator’s mind. As for this project, I myself have experienced anxiety for a majority of my life and find that the way I can express it best is through artistic means. This would allow for my viewers to grasp a better understanding of anxiety as an individual who has it, sees it.

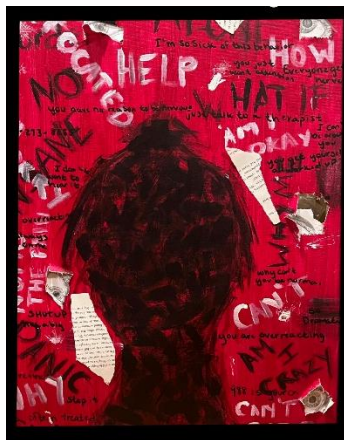
The Pieces:

Composition One:

Think Good Thoughts

Materials: Acrylic Paint, White Ink, Paper, Charcoal, Sharpie, Graphite

24”x18”



“Stop making a big deal out of nothing.”

“You are fine, would you just stop.”

“You want attention, we get it.” All things you hear when you have anxiety. It’s like everyone is watching you and judging you and you are this faceless burden. No one hears you, but rather hit you with their opinions of how you should act. You are not at the forefront, your illness is. But it isn’t treated like an illness, it is treated like a call for attention or an act. That’s all it is to others, in turn, you are your anxiety to them. And they want you to know it.

I started with a red acrylic paint base. Over top, I made a hazy expressionist figure to represent myself. It is almost translucent and untouched by the outside chaos in order to represent how people slap a label on you and you are no longer a person to them. Not only that but their words are not to help you but rather hide you. Then, using paint I wrote out words that are supposed to represent my own thoughts, they are purposely streaky and barely readable to represent the feeling of being ignored. In bold black lettering made with Sharpie is the other phrases representative of what others say. I then took an exacto knife and cut into the canvas, putting eyes made of graphite behind to represent judgment. White ink was splattered over the top to simply add to the chaotic feel.

Composition Two:

In the Eye of the Beholder

Materials: canvas, acrylic paint, charcoal, graphite, pan powder pastel, book pages, sharpie

18"x24"



The only way I can describe anxiety at times is these words buzzing around my head. It's like my head wont quiet itself and it fully encases me. It's all jagged edges that don't fit together just right and the words and the thoughts just don't make sense. This piece in particular is based on that feeling. Nothing makes distinct sense and it is all chaos and confusion. I have been informed that I have indicators for when I get an anxiety attack. My eyes get huge. My pupils blow out. As if they are some kind of door for the words to leek out of. They don't fit of course. They get trapped right behind my eyes, the words. They buzz and swarm and when they can't get

out, they keep bouncing around my head. They don't make sense of course. It's all jagged and rough thoughts that I cannot piece together.

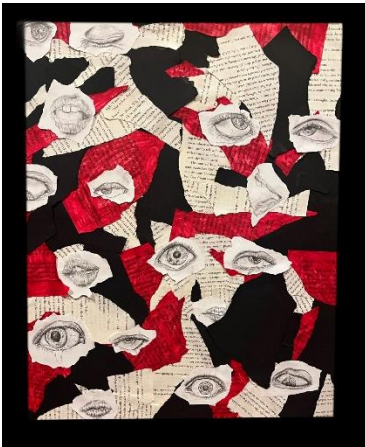
The main aspect of this piece is the eye in the center. This specific piece was done in graphite on traditional drawing paper. Then over top I layered a black charcoal. Then I ripped pieces of black paper, book pages, and inked book pages and arranged them in a collage overtop of that.

Composition Three:

Scrambled

Materials: book pages, construction paper, graphite, paper, sharpie

18"x24"



When you suffer from anxiety, it takes over your identity. You have no idea who you are. No idea what is up or down. Just feel like people exist to judge you. That is what this piece is meant to represent. It has no identity, no focal point, and instead you are to

dechiper it on your own. Everything is a jumble of words and jagged edges and you are left to pick up your own pieces.

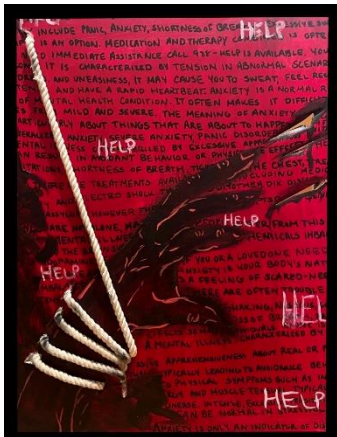
For this piece I began by creating a background of variations of ripped papers. The primary three that I used were black construction paper, book pages, and sharpie colored book pages. This was to create a layered and jagged effect while maintaining my color scheme. Then I drew mouths and eyes with graphite and regular drawing paper, which I tore to place the individual pieces on the board in order to create faces of sorts.

Composition Four:

Anxious Attachment

Materials: rope, paint, paint markers

18"x24"



This piece is supposed to depict how after someone is diagnosed with anxiety, they are tethered to that diagnosis from then on. It is an aggressive tie that never lets go and brands the

individual for the rest of their lives. When people see you they see the diagnosis not you. Not only that but the individual sufferer often feels held back. They are limited by their fears and their definitional diagnosis just works to enhance that feeling.

I started out with a base layer of red acrylic paint. Then over top I painted the black hand and shadowy figures with a black acrylic-based paint. After this, using an exacto knife, I cut a hole at the top of the canvas and a few more at the base of the hands, I used these to thread the rope through and weave through the canvas. After securing the rope to the back of the canvas, I used a lighter to burn the edges of the rope and pan-pastel to make it look worn and rough. Then I used a black paint marker to write aspects of the definition of anxiety on the background with subtle paint letters spelling help in between. Then finally I added details to the hand and cut three rips at the tips of the fingers to indicate a struggle of being held back.

Composition Five:

Comfort in The Chaos

Materials: book pages, acrylic paint, canvas, graphite, white charcoal, black paper

18"x24"



This painting depicts a representational version of anxiety and how often sufferers find almost comfort in the constant that it presents. This specific piece was influenced by my own life as all of these pieces are. I was finally put on medication during my senior year of high school and when the anxiety started to dull, it (unsurprisingly) made me anxious. It was like I was suddenly missing something that had been with me for so long. It was weird, it was suddenly receding. The only thing that seemed to remain constant in my life was leaving me. I should have been happy, thrilled the meds were working. But I couldn't stop the nagging feeling that something was missing. It has been this thing, this presence with me since I can remember, and suddenly with a tiny capsule just like that it is gone. This painting was meant to reflect how anxiety seemed to be some kind of misguided friend to me and it got to the point where I almost found comfort in being anxious as weird as that sounds.

I began with acrylic paint on canvas. After the canvas had a coat, I moved over to drawing paper and graphite. I drew the self-portrait in graphite utilizing shading and deep strokes, adding detail with a fine eraser. I cut the image, purposefully ripping the edges and burning them with a lighter after to give it a raw and natural look. Once this image was placed on

the canvas I went onto black paper with white charcoal and took on the hands. After these outside images I had created were placed, I went over the top with charcoal and created the cracks. The cracks are mostly composed of black marker with white charcoal acting as the highlights. There are also rips in the canvas, made with an exacto knife and patched from the back with book pages.

Conclusion:

This project utilized aspects of anxiety and mixed media to mirror each other and amplify their commonalities. Anxiety is chaos and judgment, and loss of self and mixed media is similar in chaos and deconstructiveness. All five pieces are aspects of anxiety that I have faced, however not everyone experiences anxiety the same and not everyone experiences my pieces the same. This project was to be able to show my reality and mixed media was the best outlet for this.

Citations:

ADAA. "Facts and Statistics | Anxiety and Depression Association of America, ADAA." *Anxiety Statistics*, adaa.org/understanding-anxiety/facts-statistics. Accessed 8 Mar. 2022.

Ambryx1. "What Is Multimedia Art." *Movement for Hope | Neuroscience. Art. Innovation*, www.movementforhope.org/what-is-multimedia-art/#:~:text=We%20firmly%20believe%20that%20multimedia,everyone%20to%20be%20involved!! Accessed 18 Mar. 2022.

"Anxiety Noun - Definition, Pictures, Pronunciation and Usage Notes | Oxford Advanced Learner's Dictionary at OxfordLearnersDictionaries.Com." *Oxford Dictionary*, www.oxfordlearnersdictionaries.com/us/definition/english/anxiety?q=anxiety. Accessed 18 Mar. 2022.

"Art Therapist Locator." *American Art Therapy Association*, arttherapy.org/art-therapist-locator/?gclid=CjwKCAjwx46TBhBhEiwArA_DjErUY_svBceSftmXdxN8lsH0aVoZg9wldkbcKaR698pY2RxAV4hcBoCvFkQAvD_BwE. Accessed 24 Apr. 2022.

ArtZolo. "Understanding and Appreciating Mixed Media Art." *ArtZolo.Com*, 15 Jan. 2019, www.artzolo.com/blog/understanding-and-appreciating-mixed-media-art/#:~:text=Mixed%20media%20gives%20the%20flexibility,and%20crafts%20can%20be%20created.

"EHow." *Ehow History of Mixed Media*, 2020, www.ehow.com/about_6615166_history-mixed-media.html.

Ginsburg, Irena F., and Catherine Eng. "On-Site Mental Health Services for PACE (Program of All-Inclusive Care for the Elderly) Centers." *Journal of the American Medical Directors Association*, vol. 10, no. 4, 2009, pp. 277–80. *Crossref*, <https://doi.org/10.1016/j.jamda.2009.02.013>.

History.com Editors. "Dorothea Lynde Dix." *HISTORY*, 21 Aug. 2018,
www.history.com/topics/womens-history/dorothea-lynde-dix.

"Interactive Mental Health Online." *RemedyLIVE*, 16 Mar. 2022, www.remedylive.com/anxiety.

"Mental Health." *Mental Health*, 19 Dec. 2019, www.who.int/health-topics/mental-health#tab=tab_1.

"Mixed Media Art: For the Brave and the Adventurous." *Art Acacia Gallery*, 26 Oct. 2020,
www.artacacia.com/blogs/posts/mixed-media-art-for-the-brave-and-the-adventurous.

"Mixed Media Art Guide: 4 Types of Mixed Media." *MasterClass*, 30 July 2021,
www.masterclass.com/articles/mixed-media-art#4-notable-mixed-media-artworks.

"Mixed Media: History, Types, Techniques, Mixed Media Art." *Altenew*, altenew.com/pages/mixed-media-art. Accessed 18 Mar. 2022.

Modd, Megan. "403 Forbidden." *Psychology Today*, www.psychologytoday.com/us/blog/the-debrief/201805/awful-joke-can-feel-pretty-good. Accessed 11 Mar. 2022.

"Monogram | Robert Rauschenberg Foundation." *Rauschenberg Foundation*,
www.rauschenbergfoundation.org/art/artwork/monogram. Accessed 18 Mar. 2022.

"Results from the 2012 NSDUH: Mental Health National Findings, SAMHSA, CBHSQ." *Samsha*,
www.samhsa.gov/data/sites/default/files/2k12MH_Findings/2k12MH_Findings/NSDUHmhfr2012.htm#:~:text=In%202012%2C%2034.1%20million%20adults,million%20persons%20and%2013.6%20percent). Accessed 18 Mar. 2022.

"Special Report on Art and The Brain." *Art & Creativity for Healing*, 10 July 2020,
art4healing.org/special-report-art-and-the-

brain/?gclid=Cj0KCQjw29CRBhCUARIsAOboZbKb83RebjCDcMuCz9p4JX4Hkh33ep3O6Hq
xRGnSdUaHM7wHkDb1H4QaAg1mEALw_wcB.
In-text citation

Tate. "Mixed Media." *Tate*, www.tate.org.uk/art/art-terms/m/mixed-media#:~:text=Mixed%20media%20is%20a%20term,of%20different%20media%20or%20materials. Accessed 18 Mar. 2022.

Collins, Bradford R. "Warhol's Modern Dance of Death." *American Art*, vol. 30, no. 2, Summer 2016, pp. 32–57. *EBSCOhost*, doi.org/10.1086/688590.

"Warhol's Modern Dance of Death" is a prime example of anxiety being displayed through artwork as it focuses on the anxieties proceeding the Cold War and the emotions involved within the Red Scare. This piece is a collection of his portfolio and a description of his work during the Cold War period. It also plays off the ideas of fear of death and mortality. Not only is this a direct illustration of how Warhol's images perceive fear and stress, it also ties in ideas of the time period's effects on perception. The conclusion of the article is the utilization of color and medium the Warhol utilized was able to convey these feelings of personal distress and fear and relate it on a level to all of society. The limitations are that it is based on solely Warhol's series of Doom and Death whereas he does a very similar approach in more pieces outside of this project. It is also important to note that this article focuses on images from a specific time frame and technological advances have resulted in artistic advances that cannot be analyzed. It is mildly outdated due to this fact. This is very similar to my own thesis as I aim to do a very

similar feat by conveying personal anxiety and experience through art on a level that is relatable to the average person in society.

“Home.” *Gel Press Printmaking Art Supplies*, <https://gelpress.com/anna-dabrowska-finnabair/>.

This is a specific portfolio of a multimedia artist known as Anna Dabrowska-Finnabair. This relates to my project as it is a multimedia artist, one of the few to actually make a living off of it. The portfolio demonstrates what multimedia art can become when done successfully and acts as an exemplar for what I hope to accomplish.

Eng, Erling. “The Hidden Order of Art (Book Review).” *Art Journal*, vol. 37, no. 3, Mar. 1978, p. 286. *EBSCOhost*, doi:10.2307/776153.

Eng dives into the application of computers and how they are utilized to generate art, specifically tackling Ehrenzweig’s book looking at the psychological efficiency of art. This article is primarily composed of an analysis of the psychology behind art and how multimedia affects that. It is evident that through expression of art such as the classic painting versus computer-generated art forms, mental issues and illnesses can be addressed and tackled, which Ehrenweig states in his book. Through art, mentalities can be better understood and explained to the public through visual representation. Take for example Ehrenzweig’s own work in which he utilizes basic color and shape to display emotions and issues that he deems underexposed. By showing a visual display, it gives the viewer a palpable item to grasp onto, forming a definition based upon that specific representation. The article is slightly limited in the respect that it is dated and is from a period of little to no computer-generated art and can overlook the impact of the multimedia expansion that has since boomed. The conclusion is that art and psychological aspects go hand in hand, for my thesis in particular the psychological disorder of anxiety through an artistic representation will be able to provide a new reality and understanding by connecting a palpable definition rather than the basic wordy explanation.

ADAA. "Facts and Statistics | Anxiety and Depression Association of America, ADAA." *Anxiety Statistics*, adaa.org/understanding-anxiety/facts-statistics. Accessed 8 Mar. 2022.

When looking into the ideas of anxiety and its current effects on the population, it is relevant to look at the statistics associated with the disease. The ADAA, or the Anxiety and Depression Association of America, is an organization dedicated to observing these statistics and offering support and solutions for these illnesses. They are a reputable author as they are an organization dedicated to observing these numbers and is specifically designed to target anxiety disorders. This specific article gives the most recent statistics as well as the variety associated with anxiety. Its main purpose is to inform the reader of facts supported by statistical evidence rather than comparing hypothetical thoughts to another author. As it is purely fact based it is a good source for examining the trends that anxiety has and how observable and common it is in the real world. These statistics will not only help support the severity of the topic of anxiety but also reinforce the idea that it is a common experience that is relatable and important to understand. Not only that but by giving factual evidence for the different types and cases of anxiety disorders it universalizes the experience and connects a lot of individuals through a mass diagnosis. For example, this source provides a list of subcategories directly linked to anxiety, one of which being OCD. OCD is believed to be a completely separate diagnosis from anxiety when in reality it is a subdivision of it. Not only that but it brings to light the commonality of the illness through statistics, one of which being that approximately 18% of the United States population is affected by an anxiety disorder. For my thesis, this source backs the relevance of the topic of anxiety. It is something misunderstood and yet beyond common, reinforcing the idea we need a better understanding of what exactly anxiety is. The source makes it clear that there is room for better understanding and even a more creative rather than numerical approach to doing that. That being said it backs the idea that we have statistical and numeric understanding but that is a complete variation from witnessing and understanding the disorder.

ArtZolo. "Understanding and Appreciating Mixed Media Art." *ArtZolo.Com*, 15 Jan. 2019, www.artzolo.com/blog/understanding-and-appreciating-mixed-media-art#:~:text=Mixed%20media%20gives%20the%20flexibility,and%20crafts%20can%20be%20created.

ArtZolo is a blog designed to better understand aspects of art and their functions. In this case the blog explores the need and importance of mixed media art. This source lays basic definitional work and structure for mixed media, offering examples and reasoning for it to be an imperative art form. The source is a blog, meaning it is written directly from an author of an artistic background who works within the field they are writing, offering the reader a more up close and personal viewing of the style. Mixed Media is an art form composed of more than one artistic medium, whether that be two different base of paints or even photography collided with drawing. It is described here as a collage of sorts as it is almost a combination of dissected works combined together to form a complete piece. This specific source even goes so far as to argue it allows for more expression for the artist as more options are present to work from. In avoidance of arguing different artistic view points, the source instead utilizes other artists in the field to provide examples and art works that are currently representative of the field of mixed media. It is not challenging perspectives of other artists but rather broadening the definition of mixed media by including and describing variations of tactics and styles, making the mixed media approach more broad and universal. For the case of my thesis, the source offers definitional work to give my viewer a better understanding of the practice of mixed media. It offers something concrete to look to to describe the work at hand and therefore allows for a better description of the technical practices being put in to play here. This article does however limit itself to looking at just the artists provided and doesn't engage any outside sources. It offers a more broadened definition of mixed media, which is not necessarily a bad thing as I can now hone the definition in to fit my own thesis.

