AWAKE SEEING MENTAL HEALTH THROUGH ART
The first image titled "Radio" is a psychological expression of how radio can inflict sociological anxiety in our society.

18”x24“
David Bearon  
Television, 2009  
Acrylic and mixed media on canvas

The second image titled "Television" is a psychological expression of how TV can inflict sociological anxiety in our society.
The third image titled "Hands" is a psychological self portrait. My hands are my way of expressing my mental state. At the time this was created, I had just lost my father and my life was in chaos. This deals with grief and the confusion associated with it.

Approx. 12" x 10"
Jon Helander  
**Untitled, 2008**  
*Pen and Ink*

Stress and anxiety are the pieces of this artwork, I guess you could say it's a neuron, make it what you choose but here you go - my first submission.

22"x5.5"
Danielle Vogt
Untitled, 2008
35mm manipulated using Adobe Photoshop

The first piece represents, abstractly, the idea of fantasy behind eating disorders and we women seem to foreshadow their own hopes of being thin. This digital photograph is a metaphor for the anorexic woman imagining the "perfected" image within.

3.5”x6”
The second piece deals with bipolar disorder. The idea of having such polar opposites, in this case happiness and almost a state of sedation. In effect, it signifies the exhaustion of such extreme oppositions on the mind.

3.5”x6”
The third and fourth pieces symbolize depression and they very much speak for themselves. The "white" piece symbolizes the emptiness and saturated emotions we can have from depression, while the other much more ethereal/colorful piece speaks of the entrapment depression can cause. Seeing so much beauty surrounding us, yet we cannot enjoy it. So we're taunted by it.

6.5”x8.5”
Danielle Vogt
Untitled, 2008
35mm Manipulated using Adobe Photoshop

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9"x13.5"
Theresa Cushshon
Denkyem
Wood Relief

These images are African Adinkra symbols. The meanings are translate power messages. For example, the Sankofa symbols means that if you do not learn you lesson in life you must return and learn it. I suffer with depression partially because I am disconnected from my rich African American culture. Living in Minnesota culturally is very different and equally challenging, especially when one is used to be around proud, conscious Black folk. My previous environment reflected and celebrated the uniqueness of Black people.

36”x36”
Theresa Cushshon
Duafe
Wood Relief

24”x24”
Theresa Cushshon
Sankofa
Wood Relief

24”x24”
Sara Paul
Stop.Rewind.
Record.Reject., 2008
Acrylic on Canvas

The image relates to the internal struggle I faced in high school about having an abortion. It is similar to the identity crisis people face in high school about trying to fit in. *See notes page for further description.

20"x20"
Sara Paul
The Process, 2008
Acrylic on Canvas

The Process is an image relating to my continuation of understanding my personal process of coping with the internal feelings of unwanted sex, becoming pregnant and then having an abortion. The image is an open shelf, which are steps I am working towards to comprehending my abortion and all the bottled up feelings I felt from it. These shelves represent the past, present, and future to bring myself forward and into freedom of the uncomfortable felt emotions. The dark black backing to the shelves are the solid outline of the words: Past, Present, and Future, which correlate to the word/step on the shelf until I am free to speak and teach/talk openly with others about my experience.

20”x20”
This image relates to the inner beast of unsure feelings would be made of me after coming forward with what had happened to me. I was unsure if I would become a coward and be ashamed or be proud and speak freely, but I found myself to be stuck in between the two. The screaming middle me is just does not care anymore, but it is still contained for secrecy sake.

20”x20”
Danielle Warzala
Untitled, 2008

THERE ARE VARIOUS EYES AND...

VARIOUS TRUTHS: THERE IS NO TRUTH
The image represents the attempt to see beyond the unfortunate parts of our lives, even if the positive parts are hard for us to look at. It is a reflection on human attitudes toward the events that shape us. Although perfect tranquility didn’t exist for the woman in the image, she looks to a brighter future.

12”x16”
Dakota Hoska
Mirror Mirror, 2008
Linoleum Block Panel

Perspective on the work: I believe I speak for many women when I say that when a woman looks in the mirror, she feels disappointed in herself. It doesn't seem to matter how pretty, thin or attractive a woman is, there is always a pressure to look better. This print represents my own conflicting emotions as I attempt to define my relationship with food, my body and my self-esteem. This print illustrates the self-loathing, the hunger and the connection a woman feels between food, beauty and sexuality. I have struggled with my body image for most of my life. This struggle has sometimes made me feel desperate. This print is meant to capture that desperation as well as the confusion many women feel as they grapple with this same issue.

32 ½” x 24 ½”
Dakota Hoska  
Escape From Myself, 2000  
Oil on Canvas

Perspective on the work:  
Whenever I try to achieve something new, I am filled with such strong feelings of doubt and fear that I truly get sick of myself. This painting reflects the feeling of trying to escape all of the internal darkness I face whenever I reach for my dreams.  

20”x24”
This painting captures a feeling of isolation and loneliness common to all of us at different points in our lives. The branches extend longingly into the cool sky, almost imploringly the sky to give them some attention. However, these same branches and their leaves are susceptible to the mercy of the windy elements. This painting reminds us of our individuality and the fact that we are all fragile standing against forces much greater than ourselves.

24”x16”
Who would have known that by the end of the year I would be reduced to this—hidin' in my underwear, dress-taking pictures of myself in the mirror because instead of really dealing with my emotions I turn it into a subject. Subjectifying myself. Minnesota winters are so hard... they say depression is self-interested—it is So are self-portraits maybe traits why I take make self-portraits when I feel this fucked up. How is it that I so often seem like having my shit together. I keep thinking what makes depression 'arty'-dressed in outside costumes smoking pot student stereotypes artists care emotions its even encouraged (kind of—not really in these newie busy-busy universities). Sometimes I can't tell you what I need what I want even how I am. Today I had an image in my mind of what I want to be to myself—to force myself to be open instead of having what feels like a boulder in my chest open cracking the asthma—now my chest open bleeding out the coxal bones pulled out junctions what I have my fingers on that great void to do I don't feel like I can that great void to be a mask of what I could come pick the thing up on my body on the ground I would be laughing at my parents that anyone the fucked up thing to do isn't real in our emotions real. Hopefully as the days get longer this weight will be lighter. I'll be joyous again and won't even be able to remember this. All it takes is a smile from the right person a joke at the right moment and it's gone however when I'm left alone I'm whole other shit.
This work was inspired by my interest in human's history of consciousness. At the time I was learning about Freud's studies of the unconscious mind and how its desires manifests themselves in dreams and episodes of forgetfulness. Freud's case studies looked at many mental illnesses such as hysteria and obsessive compulsive disorder. I wanted the work to show sorrow in the man's face because we are often plagued by our endless thoughts. We are taught that eccentric individuals and schizophrenics should be shunned but in many times these people are some of the most brilliant minds.

15”x12”
This work represents all forms of intoxication and the effects they have on the psyche. Any substance can be used for one's pleasure and many times this indulgence can leave to addiction. The addiction can be physical or psychological and I tried to show the who range of chaos that result from this. Throughout the painting there are little demons that represent human's innate drive to seek altered states of consciousness.

15”x12”
This work is about body image and the notion of self concept. This could be a reference to eating disorders and body dimorphic disorders because it conveys a feeling of tension and conflict with the color scheme and shows an anonymous human figure that is meant to represent the ideal standard of beauty while at the same time looking fragile and slightly emaciated.

15”x12”
Patrick Smith
Slave Rabbit, 2007
Mixed Media

Showing

Genetic anthropomorphism of anxiety and self image.

26”x36”
This piece is a reflection of depression and loneliness, when all one wants is happiness again. Sad, tired, and stressed out, one is overwhelmed by the reality of their situation, and can only find empty words and smoke.
Broc Blegen
Untitled (Utopia),
Color Print

Not Showing

This piece is an examination of the duality of loneliness and individuality in an increasingly connected world. Can one find strength in individuality, or will self-esteem regress into a state of isolation and depression.

20”x20”
Fernanda Hart
Fragmented Life, 2008
Acrylic on Wood

After marrying someone from the US and decided to move here, I found myself lost in the process of adjusting to this new culture. During these first years of feeling removed from everything I knew and everyone I love, I struggle with the big feelings of isolation, anxiety, and depression. As I started to explore my interests in Art, my work became my main channel to not just connect to this new environment but to reconnect with myself in a way I never thought was possible.

24”x36”
Fernanda Hart
Desarraigo, 2007
Acrylic on canvas

24”x24”
“AWAKE”
Seeing Mental Health through Art

Active Mind’s present an art exhibit featuring Pieces by University of Minnesota Students

Opening Reception: May 7, 5-7pm
Exhibit: May 4-29
Boynton Health Services, Main Floor

List of Artists:
David Bearon
Jon Helander
Danielle Vogt
Theresa Cushshon
Sara Paul
Danielle Warzala
Sarah Peterson
Amelia Smith
Sarah Sosa
Dakota Hoska
Patrick Smith
Broc Blegen
Fernanda Hart
Emily Showers