

inside
out

Riley Anderson
Student
Harvard University





“You cannot free someone who is caged in their own cage”

Anjum Choudhary

Megan Lee
Socialite
Taiwan





I was told I can do anything I want to do,
I can be anything I want to be.

Now, I can't do anything I want to do,
I can't be anything I want to be.

Patricia Smith
Actress
United States

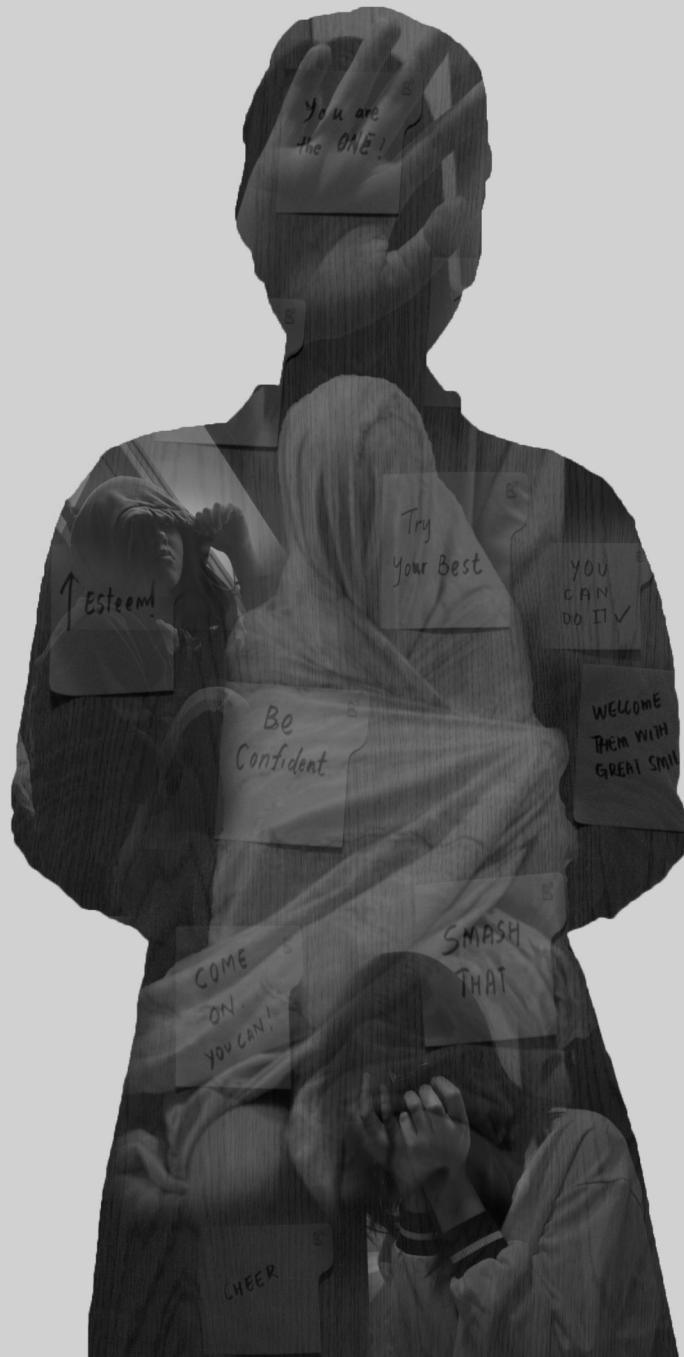




“My eyelids are heavy,
but my thoughts are heavier”
Anonymous

Caroline Brown
Waitress
United Kingdom





"It's okay to be scared.
Being scared means you're about to do something really, really brave."
Mandy Hale

Elizabeth Monet
Chess Grandmaster
France



Louise Yeoh
Chief Executive
Malaysia





“Everyone around you feels like they’re killing it,
so it’s like you’re the only one who’s got problems”
Alisa Cohn

Kim Yea-ji
Singer
South Korea





“Sometimes, all you can do is lie in bed,
and hope to fall asleep before you fall apart”
William C. Hannan

Yayoi Nakano
Artist
Tokyo





“When you feel like giving up,
just remember the reason why you held on for so long”
Hayley Williams

Nicole Wilson
Rock Star
Canada





“If you don’t control your temper,
your temper will control you”
Stephen King

Nina Ivanov
Ballet Dancer
Russia





“The illusion of perfection is an illusion anyway”

Amy Adams

Artist's Statement

“Inside out” is a series of photo montages that aims to raise public awareness about women’s mental health. Life isn’t always as perfect as we might want it to be and there are always ups and downs in everyday life. But it is okay to not be in the best state of mind every single day. In today’s fast-paced societies, most of the time, people mainly share their positive news and choose to hide the internal misery they may be feeling. These feelings are often suppressed as many are ashamed to speak out. All of this has led people to avoid and suppress their true emotions and feelings about themselves. Without proper support, keeping all our inner-most feelings hidden can lead to serious mental health problems like breakdowns. Our emotions and feelings shouldn’t remain hidden and should be embraced and accepted so that they are out in the open. So, do speak out to the ones that are close to you and let your true emotions out. If you do, it will feel a lot better and you will be relieved and wonder why you hadn’t done so before.

There are many reasons why people choose to hide their emotions and feelings to themselves and others. Most people can be judgemental before they understand the whole story. These judgemental thoughts can really get in the way of people expressing themselves truthfully and honestly. Many of us are guilty of subconsciously judging and labeling others through their appearance and social media presence. However, this might not be who they really are. “Inside out” aims to serve as an example to remind everyone not to ‘judge a book by its cover’ and understand that they are really only seeing someone’s “outside” appearance. It might not be the same as what is happening inside them. A glamorous lifestyle and appearance might be for self-preservation or as a mask that aims to conceal. If everyone was willing to stay neutral and be prepared to understand before they judge, it would certainly have a positive impact by allowing people to speak out about what they have hidden inside. If you notice that someone needs to be listened to, do so with empathy. You will never truly know about people’s backgrounds or what they may have been through. It will inevitably mean a lot to someone for having you around, willing to listen to their story. The minute someone starts talking, it gets easier.

“A problem shared is a problem halved”.

It's okay not to be okay

by Celestine Ong
2021