



# FINAL MAJOR PROJECT

# MIND AT HOME

2020 - 2021

## PREPARED BY

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# MIND AT HOME

*Using two different lenses to provide a mindful conclusion about our growth throughout 2020-2021.*

## Artist Statement:

Multiple National lockdowns have meant that everyone is spending more time at home while experiencing a chaotic change. In addition to this, because of the heightened political and economic climates, anxiety is immensely high. These two elements in conjunction with each other have resulted in mistrusting emotions emerging and being attached to our homes, the place where we usually feel most at ease. It can be difficult to feel good at home when there is little enhancing our self-esteem. These photographs showcase various scenarios demonstrating the contrasting results between a positive and negative mindset. This portfolio guides you through a typical household; a dining room, kitchen, bathroom, living room and bedroom. The mise en scene, cinematography and editing are all structured to explore the lows and highs of the Coronavirus pandemic. As well as this, each pair conveys a scenario most people may have endured over the past year. Using two different lenses to provide a mindful conclusion about our growth throughout 2020-2021. Reminding us to be accepting of the bad and good that comes with new experiences.

### **Pair 1: Homeschooling**

Homeschooling can be a new and daunting task for any parent and due to the schools being closed, guardians across the globe have taken on more responsibility. The first two photographs are located in the dining room where many ad hoc classes were being held. Here we see the frustration as well as the joy, from the chaotic and unnerving to the satisfaction of accomplishment.

### **Pair 2: Social isolation**

There are members of our society that have lived alone and have encountered extreme loneliness. Due to this, these two photos are dedicated to the social impact of the pandemic. In the literal sense, this pair represents isolation. Meanwhile, it also shows the assistance of technology and how it has played a key part during the Coronavirus, connecting people in a time of need when missing loved ones.

### **Pair 3: Mental health**

The next pair observes an individual's mental health, while the world is unitedly under stress. Occasionally, it is imperative to look back in the mirror and see how we treat ourselves to then reassess the situation at hand. Lockdown has provided us with a fundamental time to be vulnerable, but also an opportunity to reflect.

### **Pair 4: Remote working**

The transformation into remote working from home has been bizarre, to say the least. Approaching a desk with a clouded mind can sometimes lead to a negative attitude, easily affecting your day and causing it to be more challenging. From your outfit to your available space, many factors make a difference in your productivity. Here we see that finding this balance isn't always easy.

### **Pair 5: Relationships**

Lastly, the upkeep of relationships and friendship has been another major theme explored within this project. After a tiring year, we can recognise how important it is to be respectful while sharing an intimate environment. Finding comfort in each other allows us to remain positive; it's the little things that count.

















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