

STATE OF MIND

A voice and a choice

Candice Lloyd
Siobhan Parry



Welcome and introductions

Apologies

Why?

Dr says -

Antidepressants
will sort you out!

Listen to me
more,
don't palm
me off

Your Just
Attention
Seeking

Being told to
JUST get over it
or to JUST
cheer up

Having tattoos
as a form of
self relief from
wanting to feel
pain. To help
cope in stressful
times.

Young people
being told
they have
nothing to be
depressed about
not listened
too.

Being told I
was milking
the system
when I was
feeling depressed

Sometimes
Physical Pain
eg: cutting wrist
numbs the
mental Pain
and feels like only
way out

We need to
stop asking
why!?!
Sometimes there
is no reason
why you just
need support!

How?

Voltage

- Good name, but in my opinion it doesn't fit the project.

- Maybe try:

~~STATE~~ STATE

- State of Mind project ✓ I

→ CHANGE ✓

- Bit aggressive

Sounds dangerous
but not in a good way

Sounds ok.

Too static for my liking.

What does it look like?

things that help
games



meditation

Youtube

talk to friends

talked to self

Hobbies

watching favorite youtubers

fact videos

Mom

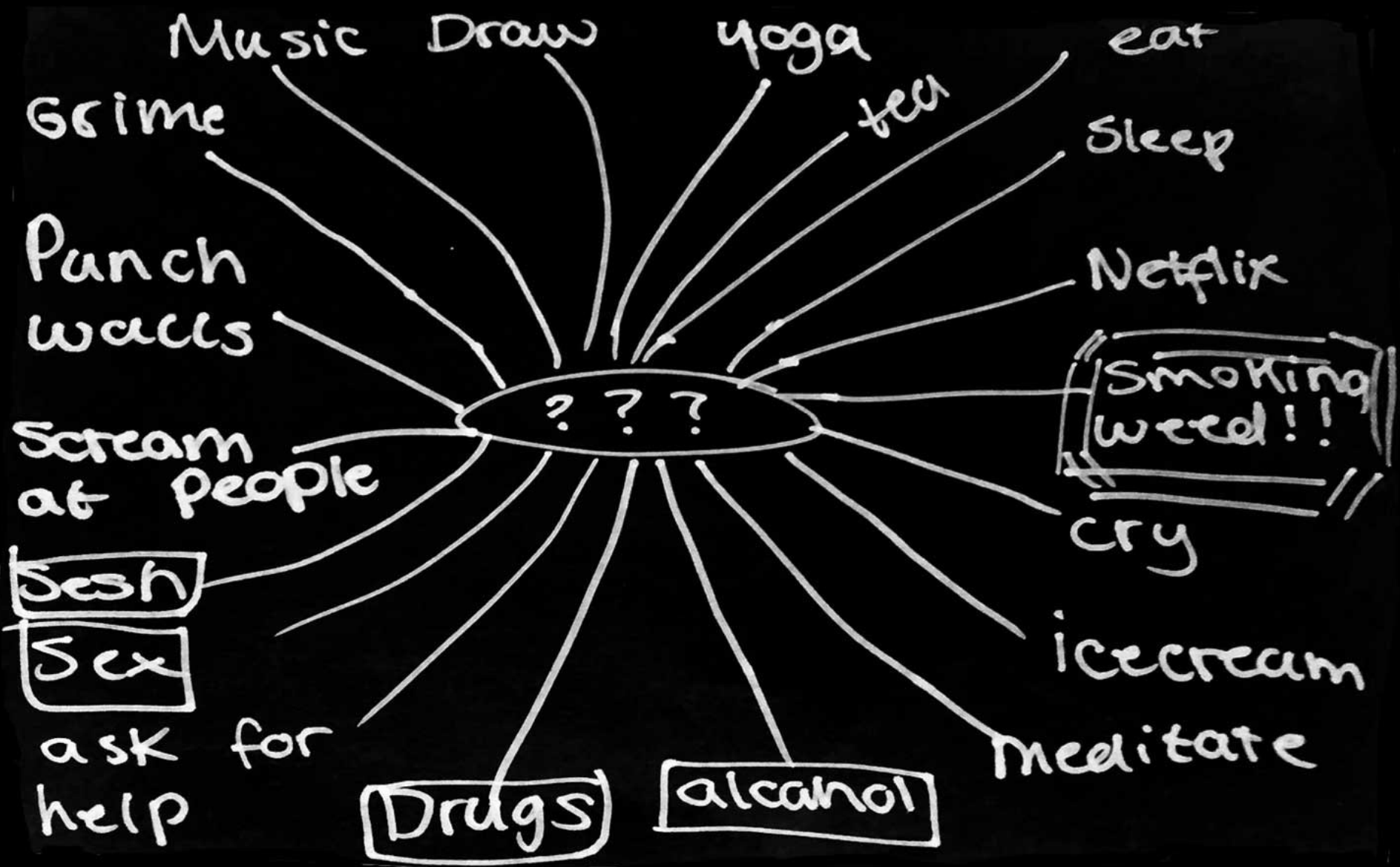
Thinking of happiness



Favorite games

Thinking of Somewhere nice

~~know~~ hugo



slugging PPI off

YOGA

RANTING

Listened to
tunes

Cuppa
tea

Bath
fresh
air

SESH

Read

Therapy

Massage

Grey's
Anatomy

Sea side

Getaway
holiday

Listen
to Dolphins

Gym

Tip-ee

hug

Meditation

Trina's
Meal

FOOD

(sausage rolls,
Mash, cheese,
pot noodles)

Socialize
with
Brunlin

spa
day

Netflix

Talked to
my parents/friends

Long
Shower

Breathing
Exercises

Hike

NAPS

Dance

Friends

hug

Screaming

pretty
clothes

makeup

musical
theatre

warmth

crying

ranting

eating
non-vegan
food

Netflix

board
games

Harry
Potter

SLEEP

- Eating
- Going out with friends
- Exercise
- Ranting
- Cry
- Music
- Read quotes
- Scream into a pillow
- Sesh
- Deck someone
- Play games
- Hug
- ~~Ragging my~~
- Ragging my sister's hair

↑↑↑

Chemical imbalance in brain?

* Emotion parker *

Can be genetic

Labyrinth of Problems

↑↑

PILE OF WANK



instant feeling shitmess

ISSUE

Some kind of feeling

media glorifies/romanticizes # lol

emotional eating # carbs



Sleep. No Sleep. Sleep



I am in
CONTROL
of my
LIFE



A black and white photograph of a workshop or classroom. Several students are seated at long tables, working on projects. In the foreground, a student with glasses and a patterned scarf is focused on a task. Other students are visible in the background, some standing and some sitting. The room is equipped with overhead lights and a large piece of machinery, possibly a CNC machine, in the background. The text "Make your pledge" is overlaid in the center of the image.

Make your pledge