

For this project I was very inspired by my past and current relationships. I thought a lot about my personal experiences with friends, and how I've been affected by certain people. Both in positive and negative ways, friendships can have a huge impact on your mental health, and even how you think. Many studies I read showed that kids with supportive friends are likely to have higher self esteem in all areas of their life, even academically. And the opposite is true as well, where kids with more negative friendships feel those effects in their life, and in the future.

The first step I took was painting the bodies on canvas. I wanted my piece to be very eye-catching, so I chose to paint with bright colors. I embroidered a lot throughout the bodies to add more little details, including some beads. I next cut out the canvas and sewed and stuffed the bodies. The blue body is meant to represent me, and the orange body is a kind of culmination of friends from my past who have had a big impact on me. My hope for this piece is to inspire the viewer to reflect on their relationships, both past and present, and how they've been impacted by them.

*THE ANATOMY OF FRIENDSHIP*

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