

What effect does nature have on our psyche?

I wanted to explore the emotional and psychological effects that the natural environment can have on humans. Being in nature has many nurturing benefits leading to stress reduction and happiness; in particular, blue and green spaces produce these results. I was also interested in how our relationship with the environment is extensive and ever-changing; this relationship is both complex and effortless.

My life has centered around the natural world, from wading in creeks to seeking out hints of green peaking through the built environment. To capture this sense of awe and discovery that comes from these interactions with nature, I wanted to create a space teeming with life. I used a variety of mediums to build texture and create a multi-dimensional piece. The acrylics and printing allowed me to be very abstract, while I had to be more technical for the oil paintings and sculptures. I worked in a collage format where I used paper mache to create the sculptural elements, oil paint with canvas to depict more detailed imagery, acrylic paints to play with colors, and printing with monotypes and linocuts to create layers and texture. I let each piece that I made guide the next. Through the process this piece has evolved into a world of its own. From the paper, paint, glue, tape, and snips of scissors, creatures started to appear. Find yourself looking up under the birds. Do you see the sky? Watch the green grass tremble with each gust of wind and reflect on your own experiences with the natural world.

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