

## Practitioners statement

During the creation of my major body of work, I explored various different artists that related to keywords that I felt related to my topic stress. After exploring a large number of unique artists I narrowed down to the top four that would, later on, influence me the greatest. These keywords that I feel represent the feeling of stress are tangled, tight, tension and pull. The four artists that influenced my thought process and production of work the most are, Evan Blackwell, Ernesto Neto, Fabrice le nezet and Skye Kelly. These artists challenged me to not only think harder about how stress can be portrayed physically but also how to use everyday materials to do so. Each artist reinterprets everyday materials such as zip ties in a large mass, stockings, concrete, and steel and toffee to create movement and tone in their work.

The aim of my body of work was to produce a series of pieces that replicated not only the stresses that I have but also the emotions linked with stress. I wanted my piece to not only connect with how I am feeling about my personal stresses but also connect with other people. I am personally drawn towards artworks that I myself can relate to, so I wanted to make a piece that speaks to not only me but to others. My three frames, Knot, Pull and Stretch, each showcase a different emotion linked to stress. Knot focuses on the tangled mess of confusion created by links and knots from black stockings. I wanted to represent the knotted stomach feeling that stressful issues create inside a person, as well as the confusion of endless disorganised thoughts. Pull focuses on the slow and painful effects that stress can have on a person. The pulling and pushing of the fabric momentarily change the form of the structure, but the frames internal structure remains constant. The manipulation of the fabric but the constant structure of the frame represents how internally my stresses feel as though they are eating me up, but on the exterior, I remain as if nothing is really affecting me. Stretch focuses on the weight and amount of stresses I'm harbouring. More than once I have felt that I am able to hold in a lot of my stresses and worries but every once in a while some particular issues feel too heavy to hold to myself. The white balloons represent all the different stresses I am holding in, the red balloons hanging below, are the select few that are too heavy to keep to myself. Due to only having one frame and three separate ideas that I wanted to portray I decided to take a series of photographs to express my artistic views to show all three of my frames and only exhibit my personal favourite. Along with my photographs, I also used film to document the process of creating each frame. After editing my films, I sped them all up to form a time lapse format to accompany my photographs and frame. The films themselves became one of my favourite pieces of art, the film showing the construction and deconstruction I also felt like it represented a new stress forming and developing.

Looking at my body of work overall I am very pleased with the outcome. One of the main issues that I had to overcome was producing a piece that was not cliché and also relatable to others. Although this piece is about my stress I was very conscious to not put myself into my piece (other than the film of the frames being created). I felt that if I was in my piece that the work would lose its ability to become relatable. I still wanted the emotions that I was attempting to portray to be recognised by others. I also initially struggled with the organic structure of Knot. The piece Knot was created twice, after creating and filming all three frames I decided to choose Knot to exhibit. The second recreation of Knot turned out better than the original, but I had assumed that recreating this piece would not be a challenge, seeing as though I had done it before. It was in fact very hard to reproduce, due to the fact that the first creation was very organic having no structure or order to follow. When creating the second Knot I was subconsciously trying to recreate the same piece, which in the way that Knot was created is highly unlikely to do. Although I struggled to recreate Knot, the final outcome turned out very effectively. Knot no.2 has an accidental cellular feel to it which I find very interesting because sometimes the internal stresses feel as if they are so deep inside you that they are in your cells as a part of you.

I am personally drawn to artworks that are contemporary and modern works such as Fabrice le nest and Ernesto Neto. I'm interested in works that challenge my thinking as well as pieces that aesthetically capture my attention. After completing my body of work I have a new found appreciation for artworks that use common generally overlooked materials in a way that creates something beautiful out a material that is not considered beautiful or artistic such as zip ties and stockings.