

Novia Perkins

Double Vision

Acrylic on Canvas

During the pandemic, and 2020 as a whole, it became very hard for me and so many other people to look on the bright side. All of my classes were online, my parents lost their jobs, we lost our insurance, and we couldn't see our friends. It made my already very limited social life nonexistent. Now, the only thing I seemed to have the energy to do was sleep. Even watching TV seemed like too much energy. My already rocky mental health continued to go downhill, and I found myself over thinking more and more often. I became scared of everything, and would panic if somebody said they wanted to hang out with me, and would avoid it for months at a time. Once school started up again virtually, I threw myself into my schoolwork. I saw people even less than before. I was waking up tired and fatigued with a headache every day, just waiting for it to be over. I would get a heavy feeling sickness in my chest wanting to be with people again, but I couldn't bring myself to talk to anybody. It's been very difficult and isolating. Its one thing to separate from people for all of our safety, but it's another thing to not have anybody to talk to the whole time.

This painting is supposed to represent how I felt, and still do feel. It represents the over thinking and emotional overflow you feel when you're alone. It's he blurred lines, the aching to be with somebody other than yourself, to be a part of the outside world, and how that outside world can just feel static when you're so stuck inside your head.

In 2021, I plan to get the help I need. My family is working on getting insurance and jobs again, and I can hopefully attend therapy. If that doesn't happen this year, then I'm still going to try working on myself. I'm even more stressed than before, with 6 classes and no free time. Summer is going to be my much-needed time to reconnect with myself and with some of my friends. I plan to paint and watch TV and swim and just try my best to relax. To say I'm ready for summer is an understatement.