

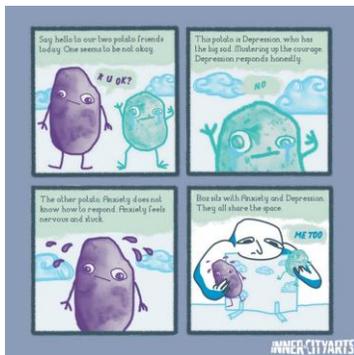
# WORK OF ART

## PUBLIC STUDENT ANNOUNCEMENT *Anxiety & Depression*

*In direct consultation with a mental health professional, and under the creative guidance of Inner-City Arts staff, our Work of Art student employees and alumni (called "Enterprisers") have been commissioned to create a catalog of Public Service Announcements (PSAs) across a range of mental health and wellness topics. Through both digital and print formats, student-employees design these PSA ads for the benefit of fellow young people and those who care about them—families and educators—to inspire hope, positivity, optimism, peace, and encouragement. The work is candid, joyful, informative, loving, earnest, animated, optimistic, outspoken, and offbeat in an artistic way. Above all, we lovingly call these "Public Student Announcements" because they are messages for young people created by young people.*

**Anxiety** has several types of disorders, including generalized anxiety disorder, panic disorder, and various phobia-related disorders. Occasional anxiety is an expected part of life, but anxiety disorders involve more than temporary worry or fear.

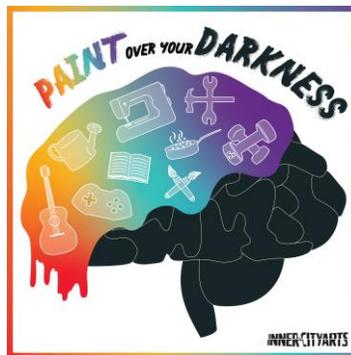
**Depression** is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.



### BOZ & FRIENDS

Created by Giyenra Lai-Alvarez

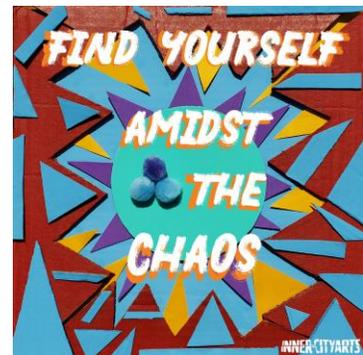
Boz is struggling to communicate that they're not okay. Boz has their potato friends named Anxiety and Depression to help work out their internal thought process. Boz needs more time to figure out their feelings all together.



### BRAIN PAINT

Created by Anthony Gutierrez

Do what you LOVE. Paint over the darkness in your head with hobbies and interests. Read a new book. Sketch what you see. Cook a different meal. Try a different exercise. Build something from scratch. Play a new game. Start a small garden. Sew some fun clothes. Find that healthy distraction!



### ADMIST CHAOS

Created by Samantha Nieves

Find yourself amidst the chaos. Find yourself in your breath despite the overflowing thoughts and remind yourself that you are in this moment.



**NOT ALONE**  
Created by Jazlyn Archila

Even in the most difficult moments, don't be afraid to reach out to someone. You're not alone.



**RELAX. REFLECT. REWIRE.**  
Created by Jared Fonseca

This is an artistic diagram that explains how our response to the present moment can often be influenced by reactions of the past which is okay. Reflecting and responding to the new with a goal to make yourself happy can be a way to not let our initial reactions affect us negatively.



**BALANCE IS KEY**  
Created by Ravin Brazfield

Anxiety and depression can affect how we view the past and prepare for the future. Try to ground yourself in the present!

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