

Young Ambassadors

This page has been written by our Young Ambassadors...



Creativity is unique to every person, but I think it's safe to assume that emotion is a powerful source of inspiration for everyone. We take inspiration from themes of heartache, tortured souls, or a romanticised aesthetic of depression. I admit, I personally do believe that heartbreak can make the most beautiful art, but it's so easy to forget that it's not the only way to fuel your creativity.

A lot of people tend to self-sabotage themselves and refuse mental health help because they fear losing that creative spark, my biggest coping mechanism was listening to music, daydreaming, and coming up with art compositions. I would spend hours mellowing in my sadness and reassure myself that it's okay for me to do that because, 'omg look at all the art ideas I have!'

When you're in a better mental state, it is so much easier to tell when things inspire you or move you. There'll be a warmth in your heart when you really like something, and that is where I've found all my recent inspirations from. For example, I'll be on the bus to school, and I'll see someone smile just as the sun hits their eyes, and then I'd think of how picturesque it was, how pretty and happy they were. My heart would feel warm and all of a sudden, I feel inspired to paint.

One of the main things I learned on my mental health journey, is that love and gratitude and what makes you happy is just as powerful a source of inspiration as things that hurt you. The reason being, both emotions hit you at your core, they are a part of your identity. So now, I use my art to connect with my identity, I've recently been focusing on researching Arab culture and painting our embroidery, textiles, and weddings. It helps me feel connected and proud of who I am, and genuinely heals a part of me that's been so deeply hurt by racism far better than how I used art as an outlet before. This was honestly a eureka moment for me, because ever since I was a little kid learning how to draw for the first time, I've been searching for my art style, my own muse. Something that makes my art distinctively me, and somehow, I've found it when I wasn't even searching for it, because I was searching for myself instead.

To summarise, improving your mental health won't ruin your creativity. By improving your mental health, you are discovering yourself again. You will open doors to so many new sources of inspiration, by simply looking after yourself.

~ Leena