

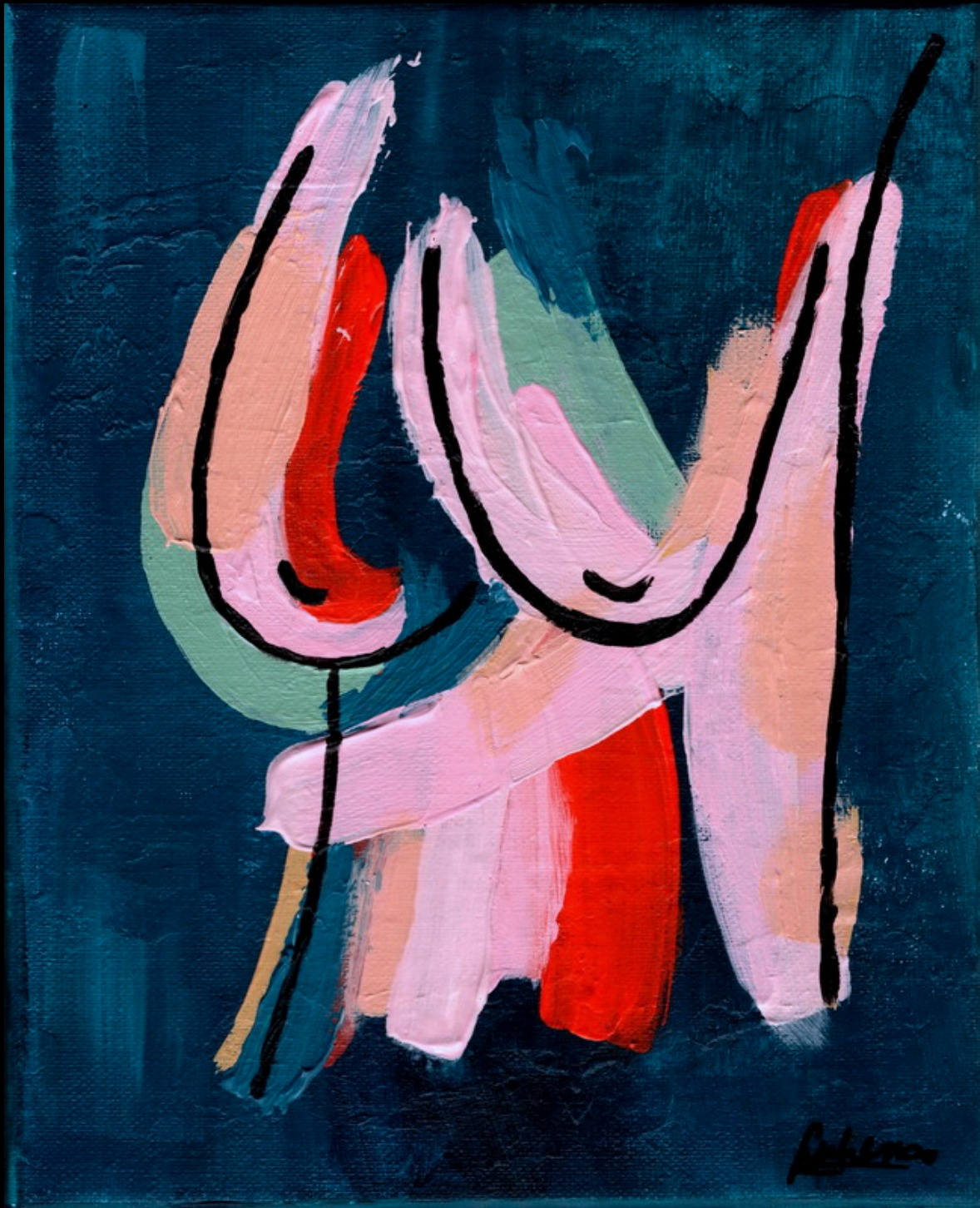


Tick Box and Trend

Hello, I am abstract artist bringing colour to people's lives as well as empowering female bodies and speaking out about mental illnesses.

I started this journey of abstract art in 2018 when I was off work with depression and had tried to take my own life as I felt worthless.

All my life I have suffered with anxiety and depression after childhood trauma and have struggled to find happiness.



When I was off work, I obtained a set of paints and a canvas from the local Poundstore and became fascinated how it felt to create something that distracted me from my mind for at least a few minutes. I started to look at paintings I would see in real life and study why I liked them or what made that picture appealing.



From there I practiced with watercolour and using inspiration from artists on Instagram and Pinterest my own style started to form and I used art to express what started this passion.



My recent paintings 'Tickbox and Trend' express my difficulties at work and the prejudice that is still present for people who are classed as mentally disabled.

I want to speak out this is not how our society should be and we need to invest in our mental health as they are no less valid than any other illness.

I hope you enjoy my art and please try to just throw some paint at a poster one time in your life. You may be the next Picasso!

If you would like to buy my art or follow my artistic journey, please visit my website www.abstractflo.co.uk or follow me on Instagram @Abstractfloss.

Florence Newman

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Promoting Creativity As A Coping Mechanism For Disability