



Mind, Body & Soul Process Book

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ART2602 Intro to Digital Media



Word Lists

Mind

1. overthinker
2. curious
3. artistic
4. adaptable
5. open-minded

Body

1. quiet
2. clumsy
3. nimble
4. dyed-hair
5. eyes

Spirit

1. soft
2. sensitive
3. imaginative
4. introverted
5. shy

Brainstorm: Word Association

Mind:

Overthinker - thought bubbles, clouds, skull, scribbles

Curious - cat, books, question marks

Artistic - art supplies, picture frames, paintings

adaptable = plants, kintsugi

Open-minded - clouds, sky, stars, books

Brainstorm: Word Association

Body:

quiet - key, zipper

Clumsy - Scattered stuff, paint splatters

nimble - wind, motion, hands

dyed hair - colors, snow (bc its light)

eyes - dark, glasses

Brainstorm: Word Association

Spirit:

Soft - marshmallows, feather, teddy bear

Sensitive - tears, water

Imaginative - butterflies, moon, stars, space

Introverted - headphones, alone, snow globe

Shy - rabbit, deer

Images: Mind

<https://www.msn.com/en-au/lifestyle/smart-living/18-superstitions-and-their-origins/ss-AAyS3ua>

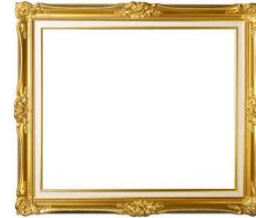
[:https://www.freeiconspng.com/img/43656](https://www.freeiconspng.com/img/43656)

<https://in.pinterest.com/pin/759067712171072302/>

<https://www.needpix.com/photo/513664/book-shelf-old-library-old-books-vintage-study-literature-retro-library-books>

[Clouds Transparent Images – Browse 202.007 Stock Photos, Vectors, and Video | Adobe Stock](#)

<https://www.pexels.com/photo/photo-of-ivy-plants-2530313/>



Images: Mind

The images I chose for the mind poster all represent different elements of my mind. For curiosity I chose a picture of a black cat since cats are known to be curious creatures. The library picture was chosen because it reminded me of two words in my word list: curious and open-minded. Books are a way to learn new information which satisfies curiosity and I think someone who is open-minded is more likely to seek out new information. The gold frame was chosen to represent me being artistic. I went with this because art such as paintings and photos are often displayed in frames. The particular frame I chose to use is decorative and could be seen as a work of art in its own right. For adaptable I went with vines because they're quite adaptable and can grow in many different conditions. Finally, the last image I chose for this poster was clouds. They represent how I'm an overthinker and can often have my head in the clouds. This overthinking can also fit in with my habit of daydreaming.

Images: Body

<https://unsplash.com/s/photos/old-keys>

https://www.freepik.com/free-photo/female-hand-demonstrating-gesture-getting-touch-isolated-black-studio-background-concept-human-emotions-feelings-psychology-business_14224477.htm

https://unsplash.com/photos/w32Lz3tOnuE?utm_source=unsplash&utm_medium=referral&utm_content=credit

<https://breathinggarden.com/brown-flowers/>

<https://www.washingtonpost.com/travel/2019/09/12/why-spilled-cup-coffee-forced-plane-make-an-unplanned-landing/>



Images: Body

For the body poster I chose pictures that mostly represent parts of my physical being. Some represent my appearance and others represent the way I carry myself. For my appearance I mentioned my eyes and hair. My eyes are a dark brown and to represent that in the poster I chose a picture of a dark brown flower. The flower makes a round shape, which is fitting to represent an iris of an eye. My hair is dyed so I chose a picture of a sky with clouds to use to represent the lightness of my bleached hair. To represent my quietness I chose a key. I'm a very clumsy person so in order to show that in this poster I picked a picture of a cup tipping over with coffee splashing out of it. Finally, the hand represents the word nimble.

Images: Spirit

<https://www.ebay.com/itm/144667620900>

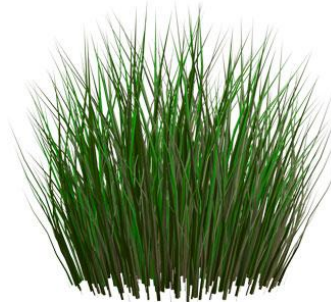
<https://picjumbo.com/water-drops-on-glass/>

<https://www.raising-rabbits.com/rabbit-pictures.html>

<https://www.istockphoto.com/photos/snow-globe-empty>

<https://www.ukri.org/news/funding-for-next-generation-of-space-science-missions/>

<https://purepng.com/photo/13332/clipart-grass>



Images: Spirit

To represent my spirit, I thought about who I am emotionally as opposed to who I am intellectually like I did with my mind. The first word I thought of was soft and in order to represent that I chose a teddy bear. I'm a very shy person and to represent this I used a rabbit since they tend to be shy creatures. For my sensitivity I used a photo of raindrops because water as an element reminds me of being sensitive and raindrops appear similar to tears. To represent me being an introvert I used a snow globe since they can contain small worlds or a single figure such as a snowman. Finally, the space picture is representative of being imaginative.

Process

Before starting the creating process, I had a vague idea of what I wanted to make in my head. Some aspects of this project, like working in a square composition, were challenging. For some elements in my posters, I had to adjust them to get the look I wanted. For instance, the clouds in the mind poster had to be duplicated, with one flipped upside down, to not have a harsh, flat edge. I also used the smudge tool to blend the two together and give the clouds a kind of painterly look. Another example of this is in the spirit poster. I had to adjust the snow globe to get it to look transparent by lowering the opacity and duplicating a mask of the bottom half so only the glass was transparent and not the whole thing.



Final Images:



Mind



Body



Spirit

Artist Statement

This project contains visual representations of my mind, my spirit, and my body in three different posters. The viewer of these images should, hopefully, be able to get an idea about who I am by seeing these images.

This was an interesting project to create because it's a more abstract take on a self-portrait. Rather than representing my physical appearance, I was representing who I am on the inside. Even the body poster is less literal and some aspects I chose to represent there were not even about my appearance but how I carry myself. The final posters have a whimsical look to them which I like. It fits in with some of the words I used to base my images off of such as imaginative and artistic. I think these images will give the viewers something to think about and can result in different interpretations.

The posters for this project are representations of my mind, spirit, and body. The final result are images with a whimsical and abstract look to them that the viewer can think about for awhile.

Project Reflection

This project challenged both my photoshop skills and my creative process. Although I had used photoshop before and am familiar with it, I think working on this project allowed for me to grow in my skills and get more comfortable with the program. At first, I wasn't sure how I was going to go about this project. It took me a bit to come up with 5 words for each poster and finding images that would suit each one while also working well in a composition. It wasn't until after I finished my word association that I started coming up with different ideas for the posters. The idea for the mind poster came to me first. I thought about having a library that led up to some clouds with a cat walking on top of them. The hardest one for me was the body poster. I struggled with that one, including coming up with the word lists, for awhile, but I finally managed to come up with something I like. Overall, I'm happy with how the posters turned out. Despite any issues I had, the end result is something I'm proud of.