

Brittney Coman Artist Statement

Declutter, 36"x48", oil on canvas

Intrusive thoughts always provoked me to lose focus on my objectives in life or clutter up my brain. Whether they stemmed from something or nothing, they always found a way to push to the forefront of my mind. "*Declutter*" is a visual interpretation of those intrusive thoughts. They attempt to enter and I attempt to shove them out, but sometimes I do let them take control. If so, am I opening the door to them or am I trying to close it? Is the light fleeing away from me or is it entering the room? Is the environment blissful or harmful for me? This is the push/pull I want the viewers to see in my piece and to interpret it based on their own internal conflicts with intrusive thoughts.

The inclusion of plants has been an ongoing symbol in my paintings. Personally, I love their appearance and I have many at home, but I started to explore how they can be used to further personify my mental health. They reach towards the light, they are quite fragile when it comes to their care, and they differ depending on their environment. Such can be said of people. Such can be said of me. Therefore, I plan on continuing my exploration of self in my oil paintings with the inclusion of plants and figurative work.