

CREATIVE RESEARCH DECK

# BREAK FREE



VANESSA ALZATE



CAPSTONE: RESEARCH AND DEVELOPMENT



## BREAK FREE

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An experimental narrative documenting the journey of a young adult female's inner struggle with mental health disorders Anxiety and Depression. Mental health will be represented by a faceless entity only the protagonist can see, and display how this presence disrupts her routine and relationships in her life.



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<b>OBSERVED</b>	<b>HISTORICAL</b>	<b>ANECDOTAL</b>	<b>EMBODIED</b>	<b>THEMATIC</b>
Research existing media, fillms, and art about your topic/genre/style	Seek articles, essays, or books that inform your project.	Interview an expert on the topic of your project, experts by lived experience and/or experts by their knowledge.	Participate in a site specific activity related to your project's content.	Identify 3 key themes that have emerged in your project.



# HAUNTING OF BLY MANOR

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The Haunting of Bly Manor inspires my theme of my capstone because I will be using a physical entity that only the protagonist can see to represent the presence of mental illness. The existence of a physical entity that isn't a manifestation of the paranormal but of your own subconscious trauma.





## OBSERVED RESEARCH

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# CINEMATOGRAPHY

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By using close ups or extreme close ups as a technique for efficient storytelling, you are able to focus on the visual element of the story. Using close ups to showcase the protagonists emotions or even as a transition into an out of body scenario can be a powerful tool. Close ups can also separate the protagonist from reality by placing active elements on the background while focusing on the foreground. The cinematography will focus on close tighter framing, specifically focusing on facial features.





# EUPHORIA

The color palette from the series is visually compelling and uses vibrant shades in order to represent the mood the protagonist in. It also represents almost a differentiated reality and an out of body experience when the vibrant colors take place.

Within my capstone I want to use the element of color in order to differentiate what is reality and what is happening inside the protagonist's mind. I wanted to use color as a tool to aid in the visual elements but also act as a tool for transitioning between realities.







# PHOTOGRAPHER KATIE JOY CRAWFORD

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This photographer does a phenomenal interpretation of the reality of living with an anxiety disorder. This idea of being trapped within the barriers of your own mind almost as if being restricted and limited by these boundaries is a theme I want to explore within my capstone.

I want to explore the concept of being restricted and trapped within your own mind. Almost being face to face with your inner demons and having to combat them on a daily basis.



# A HELPING HAND

## BY SYDNEY WALTER

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**This essay published by the international bipolar foundation discusses the importance of recognizing that mental illness directly affects your physical being. This stigma prevents people from getting help for themselves.**

“Mental illnesses should not be thought of any differently from physical illnesses. In fact, I believe the two are inseparable. Because the whole body is connected and interwoven, the two cannot be separated. The brain is an organ just like everything else in the body and can be hurt like everything else. When the brain is ill, it is not isolated in just the brain, but instead affects the whole body and the overall wellness.” (Waltner, par.2)

“Receiving help is the most important thing anyone can do for themselves. But unfortunately, the stigma keeps people from getting help. Mental illness should not be something to be ashamed about or thought of differently. When mental illness is treated equally to other illnesses, more people will have the courage to get help and better their lives.” (Waltner, par. 5)





# HISTORICAL RESEARCH

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Situational depression can occur over circumstantial events but it is different from diagnosed clinical depression which can occur from unknown triggers. Both types of depression have similar symptoms but both are different.

“Everyone feels sadness, which is a natural human emotion. However, clinical depression is a serious condition that can profoundly impact every part of a person’s life.” (Higuera, par. 1)

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## **SITUATIONAL DEPRESSION VS. CLINICAL DEPRESSION BY VALENCIA HIGUERA**





# HISTORICAL RESEARCH

## MEDIA AND THE PORTRAYAL OF MENTAL HEALTH DISORDERS BY INTEGRATIVE LIFE CENTER

Inaccurate depictions of mental health in media encouraging negative stereotypes and stigma.

“Social stigma is the disapproval or discrimination against a person based on their characteristics – such as culture, gender, race, age, intelligence, and health.”

“Self stigma is the process by which those with a mental health disorder perceive public stigma, internalize it, and then apply it to themselves.”





## DR. IESHA WHITAKER PSYCHOTHERAPIST



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Dr. Iesha Whitaker is a licensed and certified psychologist who works for Lifestance Health. I will be interviewing this mental health specialist because as a psychologist, this offers an outside perspective of how mental health affects young adults. Dr. Whitaker, can offer me insight on how environments can act as a trigger towards young minds and can negatively affect the development of these disorders.



# HAUNTED ESCAPE ROOM

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Haunted Escape Rooms trap you inside a room giving you no escape. This encourages feelings of anxiety and fear.

Being immersed in an environment outside of your control, making you feel trapped, hopeless, scared represent what being trapped by mental illness feels like.





## ESCAPE ROOM

### FEAR

The haunted escape room had a prison cell theme. You are the prisoner and have a set amount of time to escape before you get caught. The environment was unexpected, I did not have control of my environment. Lights would turn on and off by themselves, doors would slam, eerie noises and other visual elements. Not having control over my environment made me feel uneasy and paranoid. Subjecting yourself to the unknown factors and triggers around you can result in unpredictable outcomes.



### ANXIETY

Being pressured to figure out decisions unsure of the outcome relates to the unpredictable nature of mental health. You can make decisions and fool yourself into thinking it is the right choice but in reality you are shooting in the dark. The fear and stress of not knowing whether you are making the right moves can evoke a sense of hopelessness. Making the wrong move can also drag you down and bring you backwards rather than forward, allowing you to start over and lose all your progress.





# THEMATIC RESEARCH

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## ISOLATION

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The main character often feels detached from her reality and experiences a sense of isolation and loneliness. Mental health journeys often lead the person to go through it alone if they don't have anyone reliable who understand what they are going through.



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## RESILIENCE

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Being able to fall apart and hit rock bottom can be mentally draining and exhausting. The way mental health can directly impact your physical health should not be seen as a weakness but rather a strength.

To struggle and fall apart and pull yourself together out of strength of will, shows you are resilient.

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# THEMATIC RESEARCH

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## ACCEPTANCE

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To accept mental health as a part of you and change your perception of it and of yourself can make you more aware and give a sense of control.

Mental health is normal and shouldn't be something you hide from or reject because it is normal.

By accepting it, you allow yourself to be aware and be able to have control over it, rather than let it control you.



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