



Kaleidoscope MA Degree Show Birmingham School of Art Birmingham City University 31st August — 3rd September 2023

Minting Chen MA Art and Design: Interdisciplinary Practices
Anxi-Tales: Dressing Up My Demons and Dancing

Embarking on a journey of self-discovery, my project delves into the complex realm of anxiety through three interconnected modules. Through animated portraits, I depict the unending vortex of anxious thoughts that envelop my world. Based on two tried-and-true methods - placebo and distraction, I designed an anti-anxiety armour. When I put on this armour, it acted as a visual metaphor for the power of facing fear directly. I documented the profound effect it had on me personally. This is not a cure-all for anxiety, but rather a glimpse into my experience designed to ignite a dialogue, raise awareness of this intricate human condition, and invite viewers to learn about their own struggles.

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Opening Times
Thursday to Saturday 11.00 — 17.00
Sunday 11.00 — 16.00

Private view
Thursday 31st August
18.00 – 20.00

