

"IT NEVER REALLY
GOES AWAY"



MOTION COMIC ON MENTAL HEALTH AND ILLNESS

Noel Jyothis (Sreedevi Jyothis) | Communication design-186450009

Guided by - Prof. Prasad Bokil

Mental Health and illness

Mental health - cognitive, behavioral, and emotional well-being, affecting how people think, feel, and behave.

Mental illness- mental health conditions or disorders that affect your mood, thinking and behavior.

Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Mental health problems may not
always be caused by **huge trauma**
as most people believe.

It's not simple as that!

BACKGROUND STUDY ⇨

COMMON FACTORS

Biological factors
(such as genes or brain chemistry)

Life experiences,
such as trauma or abuse.

Family history
of mental health problems.

COMMON DISORDERS

Anxiety disorders

Panic disorder, Phobias,
Obsessive-compulsive disorder (OCD),
Post-traumatic stress disorder (PTSD)

Mood disorders

Major depression ,
Bipolar disorder,
SAD (seasonal affective disorder)

Schizophrenia disorders

Highly complex condition
with fragmented thoughts and hard to
process information.

ABOUT THE PROJECT



PROJECT FOCUS

The two main Mental health issues represented are:

Atelophobia and Anorexia nervosa

The story includes the introductory chapter or prologue of the story and three chapters. It has main two characters suffering from two mental health issues and representation of their internal feeling.

Atelophobia

Fear of not being good enough or it's a fear of imperfection.

Being Terrified Of Flaws
Avoid Situations Where You Might
Make Mistakes
Setting Impossible Standards
Rather Do Nothing Than Do Something
Incorrectly
And Fear Interferes With Your Life

I AM NOT GOOD ENOUGH



Atelophobia and perfectionism

People with atelophobia make perfection their goal, a goal they never reach because it's impossible. (setting high standards for yourself) .Causing **paralysis, not motivating.**

Most perfectionists respond to their stress by working harder.

People with atelophobia, on the other hand, do nothing to avoid making any mistakes.

Anorexia Nervosa

An eating disorder causing people to obsess about weight and what they eat.



Eating disorder characterized by an abnormally low body weight, an intense fear of gaining weight and a distorted perception of weight. People with anorexia usually severely restrict the amount of food they eat and try to lose weight by exercising excessively and the person continues to fear weight gain.

Anorexia isn't really about food. It's an extremely unhealthy and sometimes life-threatening way to try to cope with emotional problems.

A person suffering from anorexia, often equate thinness with self-worth.

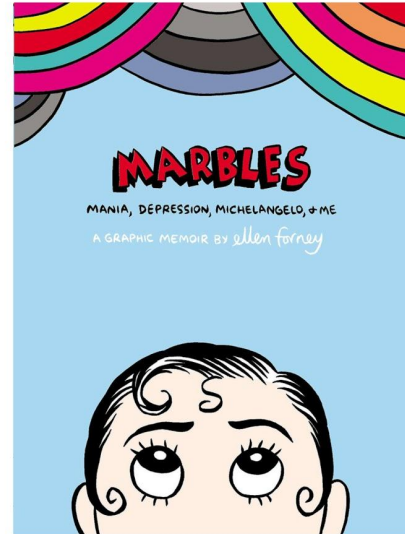
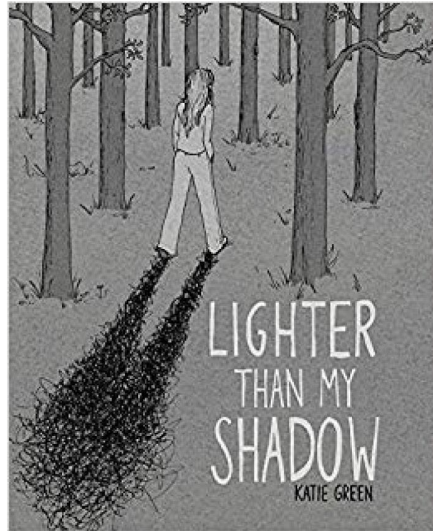
Both of these mental issues are deals with ideas of perfection (Work-related or body-related) and is used to estimate self-worth leading to a high level of anxiety issues and depression.

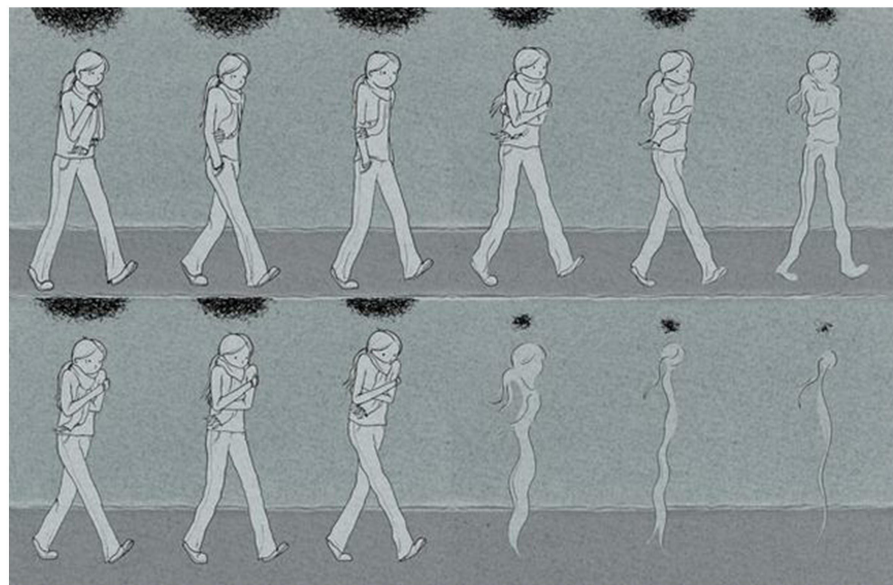
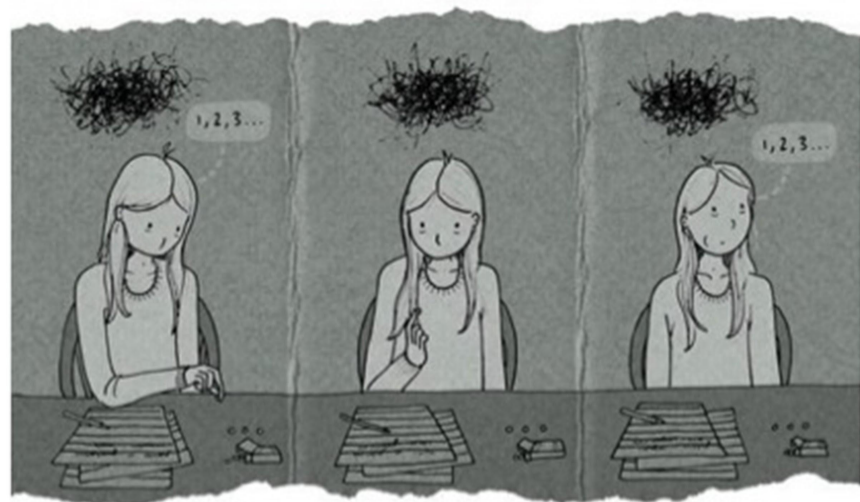




BACKGROUND STUDY.
GRAPHIC NOVELS, FICTIONS AND FILMS.

GRAPHIC NOVELS/COMICS BASED ON MENTAL ILLNESS

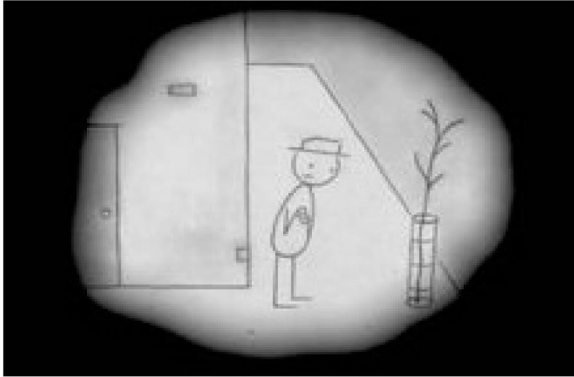




THE SENSE OF HEAVINESS WAS ALLEVIATED BY A BACK-HANDED
SENSE OF CRED...



ANIMATIONS AND SHORT FILMS BASED ON MENTAL ILLNESS



IT'S SUCH A BEAUTIFUL DAY: Depression & Mortality



Fears- Nata Metlukh



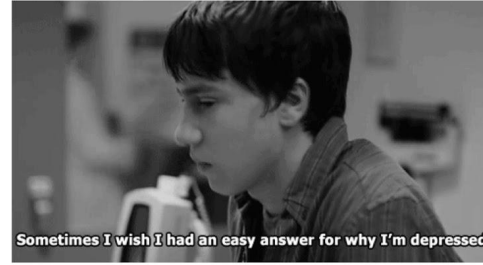
This actually happens a lot- Tom Law



MOVIES



To the bone



Sometimes I wish I had an easy answer for why I'm depressed

It's kind of a funny story

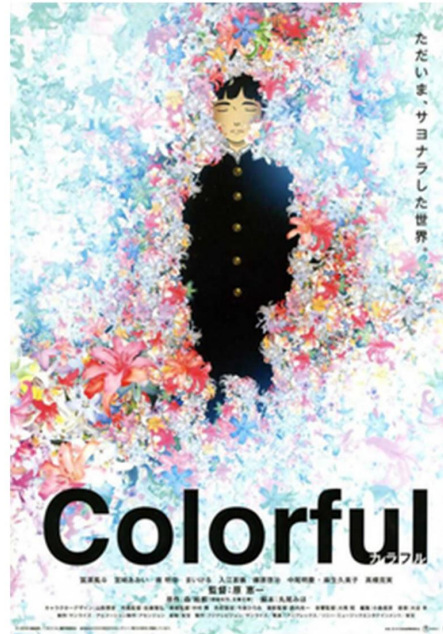


Girl, Interrupted



Perks of being a wallflower

ANIMATION MOVIE

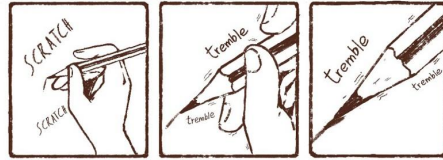


Colorful, Japanese animated feature film directed by Keiichi Hara. Based on the novel of the same name written by Eto Mori.



I feel like I suffered too much.

MAKING OF THE MOTION COMIC



ABOUT THE STORY

About the story/ Initial ideas and sketches

Story of two sisters striving for their own idea of perfection leading to fears, anxiety and depression and also trying to deal with it alone. It talks about how each other see perfection and good in another person never realising what's going on in the mind of the other but still works on making each other feel better. Until they goes back to being alone and they pulled back into the shadow of their own fear. Because 'IT NEVER REALLY GOES AWAY.'

Prologue: Introduction to characters and their mental state

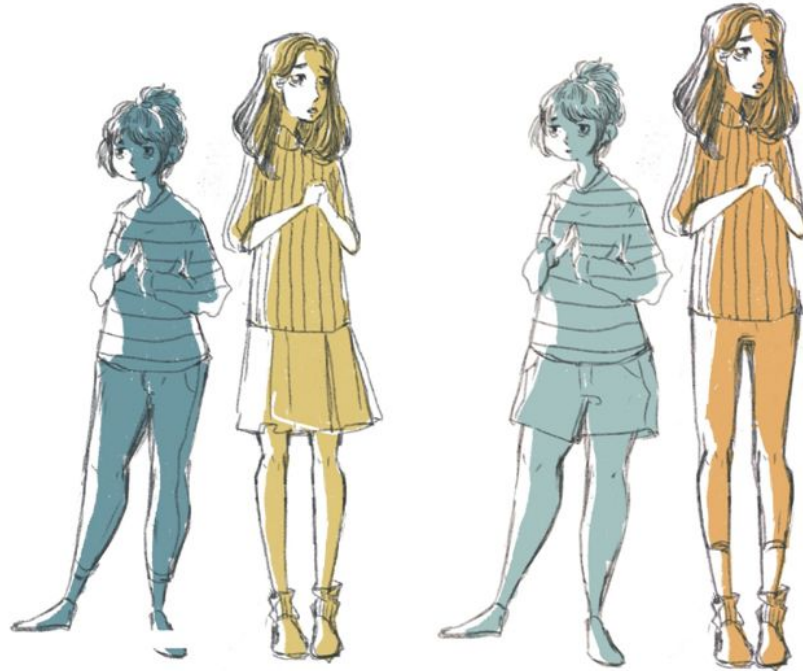
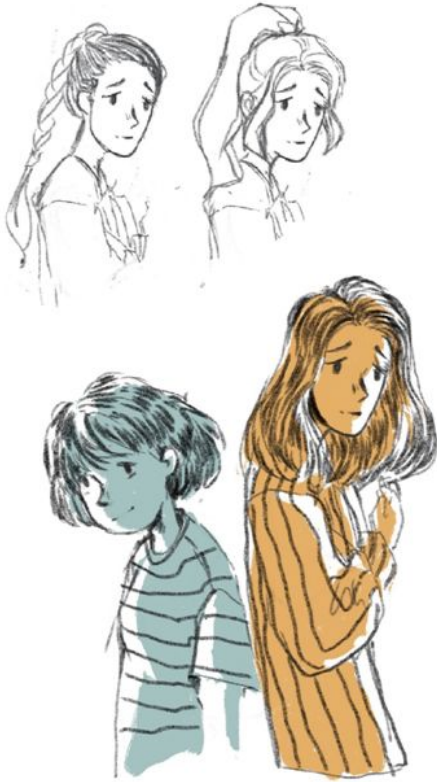
Chapter 1: Explains the phobias and disorders they are experiencing and how it's affecting their everyday life and activities individually.

Chapter 2: The idea of perfection they see in the other person and self to be unworthy. The uneasiness they feel in each other and trying to help one other.

Chapter 3: When everything goes back to normal the same thoughts pulls them back into darkness and fear.

Character design-

The two sisters



Chapter 1

(Girl 1) "Scratch, Scratch," she forced the pencil more than her hand started trembling. It's not getting any netter how much she tries. She sat surrounded by a heap of crumpled paper which continued to increase and pile up more. The frustration deafened her as a shrilling sound rang in her hear that drove her crazy. She looked at the sheet.

The red marks are appearing over the mistakes and are crowding the paper. Nothing is right. Nothing is perfect. Nothing is good enough.

Nothing is ever good enough. Everything goes blank as she lost her senses. The piled-up anger and frustration lay there as a broken pencil.

(Girl 2) "98,99,100" The shaking legs looked weaker than ever as she lay there catching breath. But she had to be quick on feet as she stood on the weighing machine to see her worth by a couple of digits on the scale.

Dressing herself up she left to a pile of vegetables. Chopping veggies, cooking, boiling, stirring because making herself preoccupied was easy. But as she placed everything on the table it seems like her mind came back to the place she never wanted to think about. "It' all right," she reminded herself when she called out, "Sis, Foods ready."

(Girl 1) Staying under the hot water for so long felt comforting, maybe not in a good way but still, it was much better than being outside water. But she had to leave sometime. "I'm coming." She stepped out into a room full of her crumbled worthless ideas as she dried herself. Her sister was waiting for her at the dining table with a well-cooked rich meal. "Wow, this is quite a spread. I'm sorry to make you wait." She felt a bit of happiness, maybe it was not happiness. Just a distraction. "It's alright," said Girl2
Enjoying the meal was a great distraction until Girl2 asked, "So, how is your work going on?" Unable to lift he head and avoiding the eye girl 1 said, "Okay, just fine." while in back of her head her mind said, "I'm not you. I'm not perfect."

(Girl2)

"Alright" but behind those words, she thought, "She can keep it together no matter what, unlike me," as she kept taping on the plate with her fork and not taking a bite. Her hand trembled as her body forced herself to eat as her mind screamed the opposite which deafened her and as all she could see was the number popping up in front of her plate. The calories, bolder and bolder, "I...I... think..I'm done." She got up and left the table, "I'm sorry. I had some earlier." With a fake smile, she walked away as her sister looked shocked as she sensed something wrong again.

Chapter 2

Girl 1 checked the time before she walked up the stairs. It's past five. Carrying a plate with two glass of coffee and a few sandwiches. She hesitated as she was about to knock. Maybe it was because of what happened that day at lunch. There was a lot of uneasiness. She turned the doorknob and peeked through the door.

Lost in thoughts, Girl2 sat looking outside the window with a writing pad in her hand and a lot of books around.
girl 1 turned back feeling downcast by the feelings she always felt. She turned back and looked through the door again.

"SHE IS PERFECT." Everything about her is perfect. She is beautiful, intelligent, smart, kind and caring, BUT.
She looked at the bin filled with food hardly touched or eaten for days and then she knocked at the door.

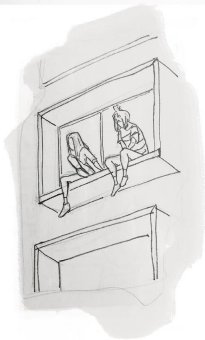
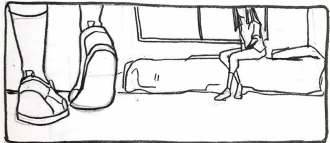
"I bought some coffee and snacks."
"Oh.. okay, thanks. You can leave it there", Girl 2 turned her head away again. Unable to decide whether to leave or not girl 1 stood there staring for a moment until she placed the tray down and walked towards her sister, "What are you doing? I'm so bored." Girl 1 sat on the bed and slides open the window.

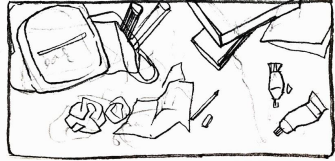
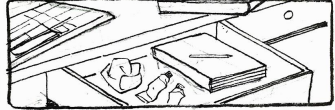
"Just solvingclass works. Nothing interesting." said girl 2
Climbing outside the window ledge girl 1 turned back and asked, "Pass me the tray."
"What are you doing?"
"Sorry, I have no idea. I couldn't think of anything so figured come and disturb you and the view is great from up here."
After staring at her sister for a while Girl 2 also climbs up the window. But there was a silence that continued that bothered Girl1 as she looked at her sister with a void expression and that had to be broken.

"So, I made a total fool out of my self today....In class." said girl 1 suddenly.
"Uh...What did you do."
"Well, we were given this work....."The conversation continued as girl 1 slipped the tray towards her sister to take it. Talking the coffee and sipping both continued the story. Both laughed a lot and girl 1 continued saying,"I sounded like an idiot and everyone laughed. I can't figure out. So I made up some shit. But I don't care." Both laughed and in between forgetting all about the disorders inside their head they sat there enjoying the snacks with a great view.

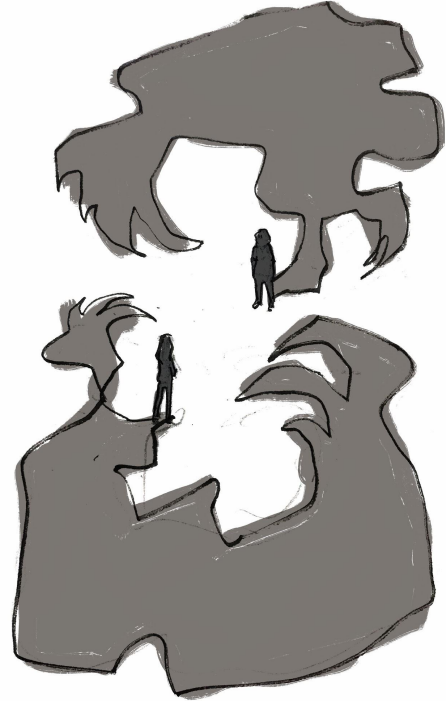
Girl 2 was watching her sister laugh so much telling the stories of her life as she felt, "SHE IS PERFECT. She smiles a lot, Laughs a lot. Honest and brave. She accepts her flaws. BUT..." She remembered the words her sister always says, "I never will, I can't, I was stupid."

"Hey, I know someone who admires your work." said girl 2
Chocking on the coffee she replied, "Me? Why? Who?"
"Because you have crazy ideas and thoughts."





↓ behind.



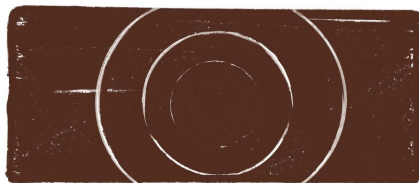


SOME
TIMES,

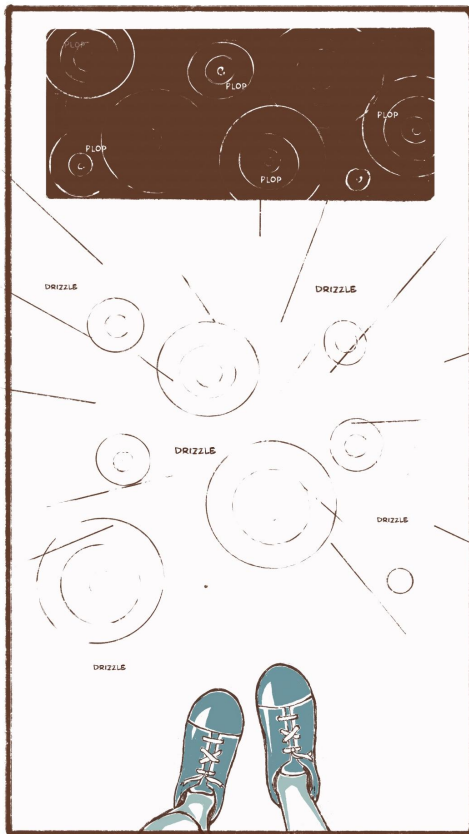
it feels like
i'm about to
OVERFLOW



BUT,
NOT YET



after all, IT'S ALL MY FAULT



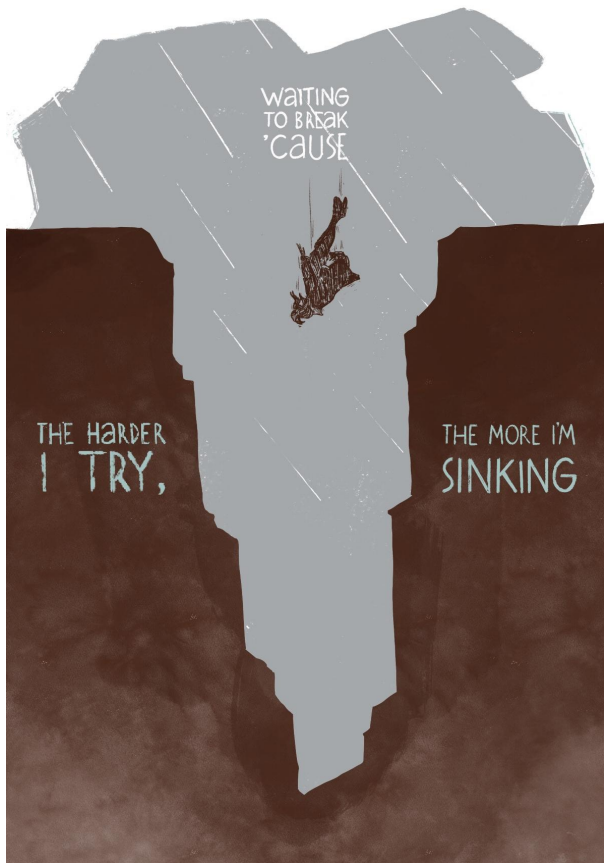
I WISH I COULD CHANGE
THE WAY I THINK !

as I WATCH THEM MOVING FORWARD



AND I STAND IN THE RAIN ALONE

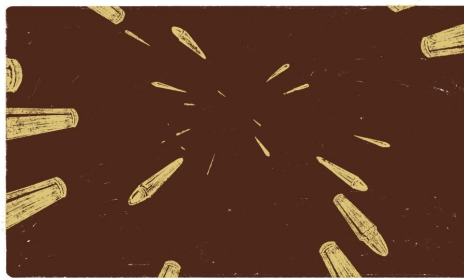




WAITING
TO BREAK
"CAUSE

THE HARDER
I TRY,

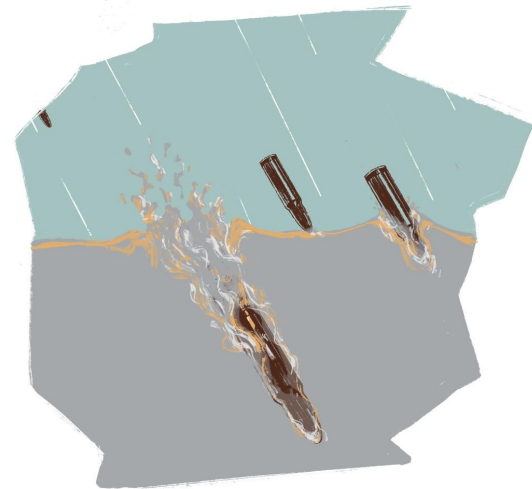
THE MORE I'M
SINKING



I WISH
I NEVER
FELT LIKE
THIS AS MY
MIND
SPIRALS



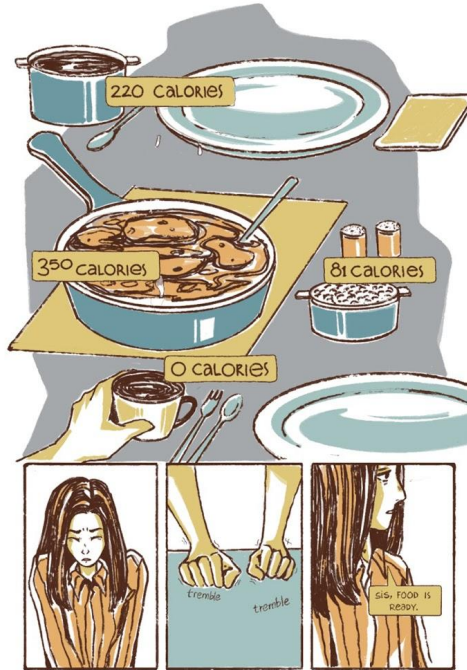
AND LEAPS
ME TO THE
PATH OF
DAMAGE
AND ANGER



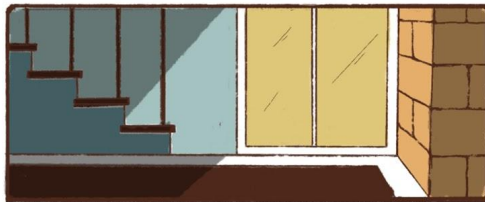
AND WE ARE
SORRY
FOR THE
TROUBLE
WE HAVE
CAUSED

WHEN WE
WERE NOT
OURSELVES

FEW FINAL IMAGES



FEW FINAL IMAGES



she is 'perfect'



BUT...



FEW FINAL IMAGES



FULL MOTION COMICS :

<https://noelijothis.github.io/itNeverReallyGoesAway/>

Thank you!