



# Collide!



## MENTAL HEALTH IN AN UNEQUAL WORLD

The past 18 months has been hard on each one of us! We thought why not spend sometime reflecting on our evolution through this time.

## INKTOBER

How is it October already?

We are borrowing Jake Parker's idea of daily prompts to draw.

Twisting it to be reflective, explorative, curious prompts to dwell on through words, art, pictures, portraits .....



With  
love and joy

HEMANGI VYAWAHARE  
&  
FARHEEN AYESHA

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## PROMPTS

- WHAT DOES HAPPINESS MEAN TO YOU?
- WHAT MAKES YOU HAPPY?
- WHAT IS HAPPINESS ASSOCIATED WITH?
- HOW ARE YOU WHEN YOU ARE NOT HAPPY?
- IS HAPPINESS THE GOAL OF YOUR LIFE? IF YES, WHY?
- WHO DEFINES HAPPINESS FOR YOU?
- HAVE YOU CURBED YOUR HAPPINESS? WHY?



# Happy?

## REFLECTIONS



I chased happiness. I believed that by getting good grades, being a good daughter and getting a job, I was assured happiness. I had come to associate my happiness with productivity and with being a “good person”- I don't know what the hell that means anymore. I allowed myself to enjoy my happiness if I performed well in academics and if I did anything that was socially laudable. I had created a category in my head which entailed good and healthy things equating to happiness and anything unhealthy, socially unacceptable and anything beyond the rules set out by my family to be bad and icky. I stopped myself from living in the moment and laughing at my own stupidity, I felt caged within this definition of happiness. Im learning, I won't lie to you, sometimes I still feel exhilarated after a long day of work or getting commended by my boss but now I am just happy going for a walk when there is a breeze, ringing the bell and running away, sitting on my sister, drawing and even writing this down because I am being so unabashedly authentic with myself. I don't plan to achieve happiness anymore and for me I think that's a step in the right direction.

Clap along if you feel you know  
what happiness is to you

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## CONCEPTS

Our culture is highly appreciative of sacrifice and productivity and we often learn to associate productivity and conforming with happiness. The more useful and giving we are to the society/family, we are supposed to feel more happy. We are conditioned from when we are kids about what are the things we can be happy about, now it is an automated connection we make. Do you realize that happiness is just as fleeting as every other emotion and that it is NOT THE GOAL of your life. By labelling and categorizing what we are supposed to feel happy for and otherwise, we are fitting into the societal structure. I would like you to question this dichotomy of happy and unhappy, and break it if you can! Understand if you're chasing it and for what reasons or if you are just experiencing it.



# Pursuit of Happiness



# Thank you

