

# 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!**

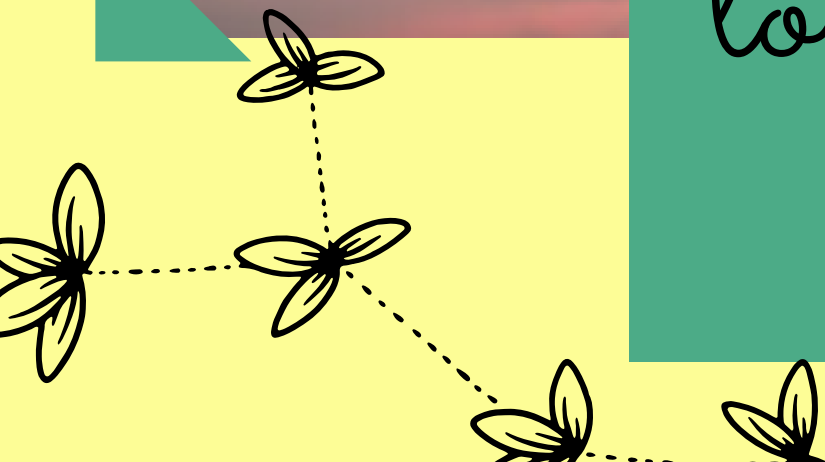
How is it October already?  
We are borrowing Jake Parker's idea of daily prompts to draw.

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



With  
love and joy

HEMANGI VYAWAHARE  
&  
FARHEEN AYESHA

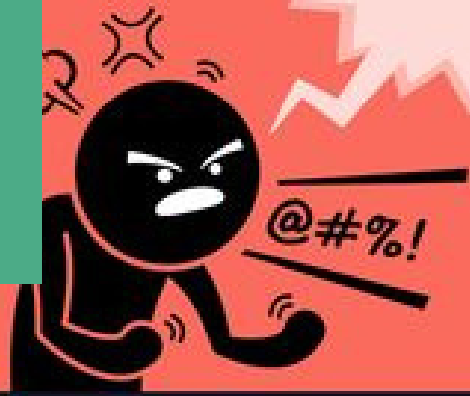


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## PROMPTS

- WHAT DOES ANGER MEAN TO YOU?
- WHEN DOES ANGER COME UP?
- HOW DO YOU EXPRESS ANGER?
- WHAT IS YOUR RELATIONSHIP WITH ANGER?
- HOW IS ANGER GENDERED AND CASTEIST?
- WHAT ARE THE MEMORIES AND FEARS ASSOCIATED WITH ANGER?
- HOW IS POWER CONNECTED TO ANGER?
- WHEN IS ANGER ACCEPTABLE IN SOCIETY?
- WHAT LABELS DO WE ATTACH TO ANGER?

What is this anger trying to tell you?



# Anger

## REFLECTIONS

I had been ashamed of anger as a child and growing adult. I always associated anger with physical violence and it scared me and I promised myself to never allow myself to be angry... I hated it .... I would cry, isolate myself and shut down to avoid acknowledging and experiencing anger for what it was, just another emotion. I viewed it in a very negative context. Recently though I have understood my relationship with anger, it is extremely protective of me, it is also my ally, it is the cheerleader and motivator that pushes me to aim higher and succeed.... My anger has at times bullied my insecurities, anxiety, guilt and fear and helped me cope with various situations. Understanding it has helped me understand my own judgements, boundaries and vulnerabilities better.



Sit with your anger and listen to what it tells you

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## CONCEPTS

It is easy to notice the overt responses to anger and it is usually shunned away and shamed or in other cases prided on. But what if anger was covering up or putting up a facade for deeper emotions which are unclear to us. It could just be the tip of the iceberg. The theory posits that even though it is displayed outwardly, it is more often than not protecting you from deeper, more vulnerable emotions and experiences that may be too confusing and difficult to express.

Icebergs are large pieces of ice that float on the surface of the ocean. What you can see above the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



# Anger Iceberg

Take courage in unearthing and exploring what you find!

Thank you

