



## Creative Intervention

### Anxiety – Don't Think

HANA SHAFI

*This illustration is meant to be an over-the-top representation of how it feels to experience mental distress. I explore what I consider to be less understood symptoms such as chronic anxiety, obsessive compulsions, excessive ruminating, and intrusive thoughts. As part of an ongoing series, I illustrate how symptoms feel by depicting them as physical manifestations on the body. I make the illustrations disturbing in order to communicate the feelings or emotions of these symptoms, rather than presenting a sexualized or romanticized depiction of mental distress. I draw these symptoms in the way that I feel them.*



Anxiety – Don't Think (Hana Shafi)

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