

Chelsey Brejanee

Featured Artist

Creating art occupies my hands and allows some relief from the intensity that often consumes my mind. I'm in active recovery from a rather intense eating disorder that often creates space for severe depression, anxiety, and actions of self-destruction. My best work has come from times where my mind is too crowded for me to exist within it peacefully or safely. Whether it's the energy behind painful urges that need to be released or I'm imagining how life in full recovery will feel, whatever is happening in my brain spills out into clay sculptures, abstract paintings, and interactive installations. I never know how my pieces will look or what they will be until they're done. I often gaze at them afterward and allow them to inform me of what I truly feel, think, or need in the moment. I've found that how my art looks is not nearly as important as how I feel during the process of creating it. Art, for me, is about healthy expression and survival. It is what's keeping me alive.