

Like it or Not

By Catriona Lunsford

This mask made of my own face, eyes wide open but facing inwards, explores who I feel perceived to be versus what I know to be true about myself. I can be seen as too much, too intense, too in your face and exist entirely outside 'the box' that is often shoved down my throat. My profession and lifestyle can put my mental health diagnosis on offer as my primary attribute. I know that truly I am scrambling to keep up with all the cracks, wounds and scars with whatever is available hoping to find belonging before this square peg completely burns out.