

# USING ART TO CREATE POSITIVITY





**"I CREATE TO BRIGHTEN OR DARKEN THE WORLD DEPENDING ON WHAT MY AUDIENCE IS IN THE MOOD FOR."  
- JESS BROWN**



**"I FEEL THAT CREATIVITY IS SUCH AN IMPORTANT THING IN ORDER TO SPREAD POSITIVE MESSAGES AND WHEN UTILISED EFFECTIVELY CAN INCITE MASSIVE CHANGE BOTH POLITICALLY AND SOCIALLY."- JUSTICE SOUTHWELL**





**"I AM VERY HAPPY THAT EVEN IN THE MIDST OF SO MUCH CHAOS, THERE ARE PEOPLE WHO CARE ABOUT ART."- NICOLE**



**"TO PRACTICE ANY ART NO MATTER HOW WELL OR BADLY IS A WAY TO MAKE YOUR SOUL GROW."- EVE HENDERSON**





**"I LOVE TO DESIGN, TO ME CREATING IS THE BEST WAY TO SPREAD THE WORD OF POSITIVITY AND GIVES A VOICE THROUGH ART."- IZZY HARPER**



**"ART CAN MAKE US FEEL BETTER." - AISHANDAVANIA**



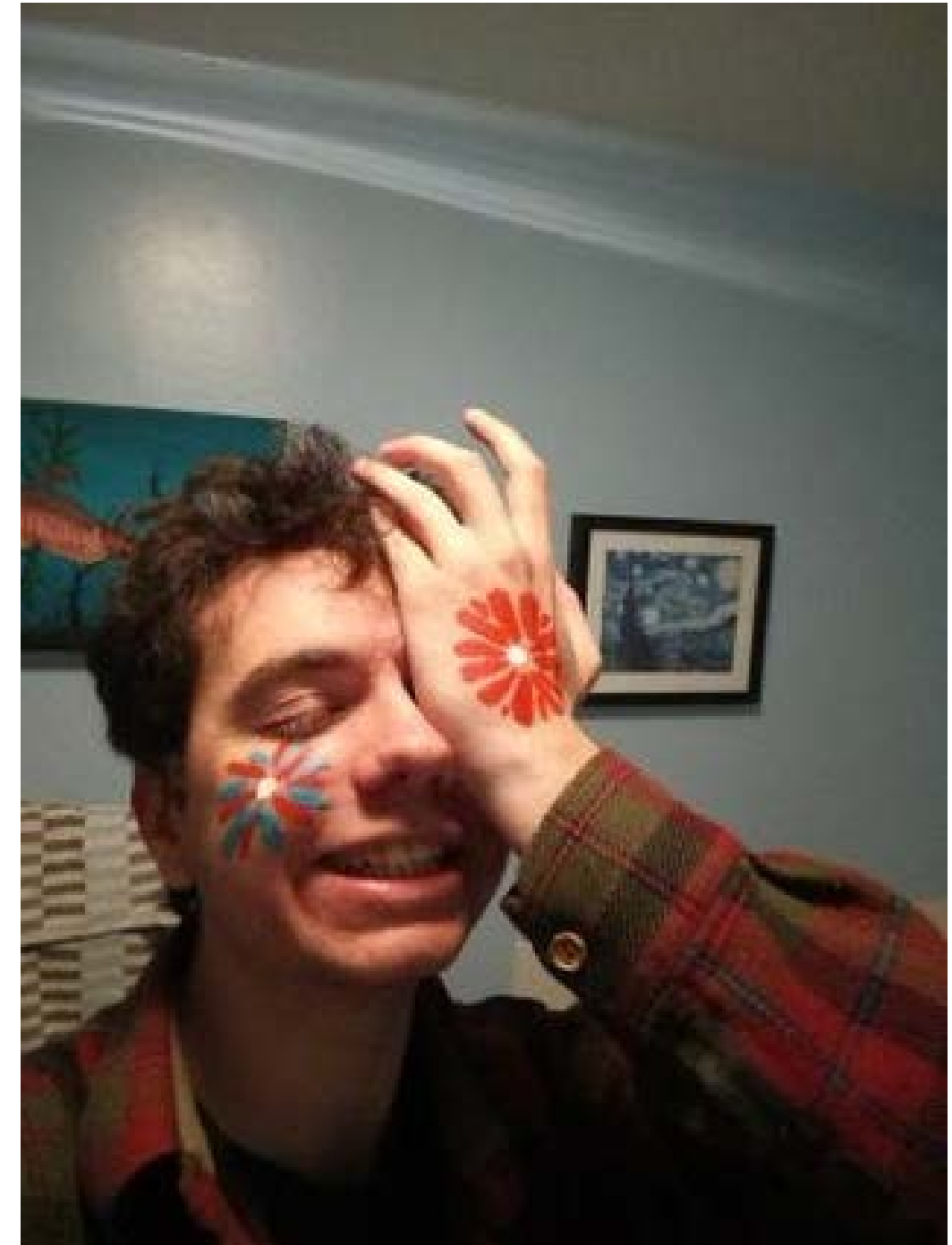


**"NOW MORE THAN EVER IS A TIME TO SUPPORT EACH OTHER AND SPREAD KINDNESS. I THINK IT'S IMPORTANT TO REALISE HOW DEPENDENT WE ARE ON EACH OTHER AND WE SHOULD HOLD ON TO POSITIVITY AND OPTIMISM TOGETHER."  
- HOPE SPALDING**





**“ART IS GREAT FOR A PERSONS MENTAL HEALTH. DURING LOCKDOWN, I’VE REALISED HOW MUCH I VALUE ART, MORE SO THAN EVER BEFORE. BEING ABLE TO LOSE MYSELF IN A PAINTING, WHICH I’M JUST MAKING FOR MYSELF HAS HELPED DISTRACT ME FROM THE REAL WORLD AND THE NEWS, I’VE FELT LESS STRESSED ABOUT UNI WORK BECAUSE I’VE BEEN HAVING FUN DOING MY OWN THING ALONGSIDE. ART SPREADS POSITIVITY AMONGST PEOPLE WHEN THEY SEE IT IN GALLERIES OR ON SOCIAL MEDIA AND BRINGS JOY TO BOTH THE ARTIST AND THE AUDIENCE.” - ELIOT ROBINSON**



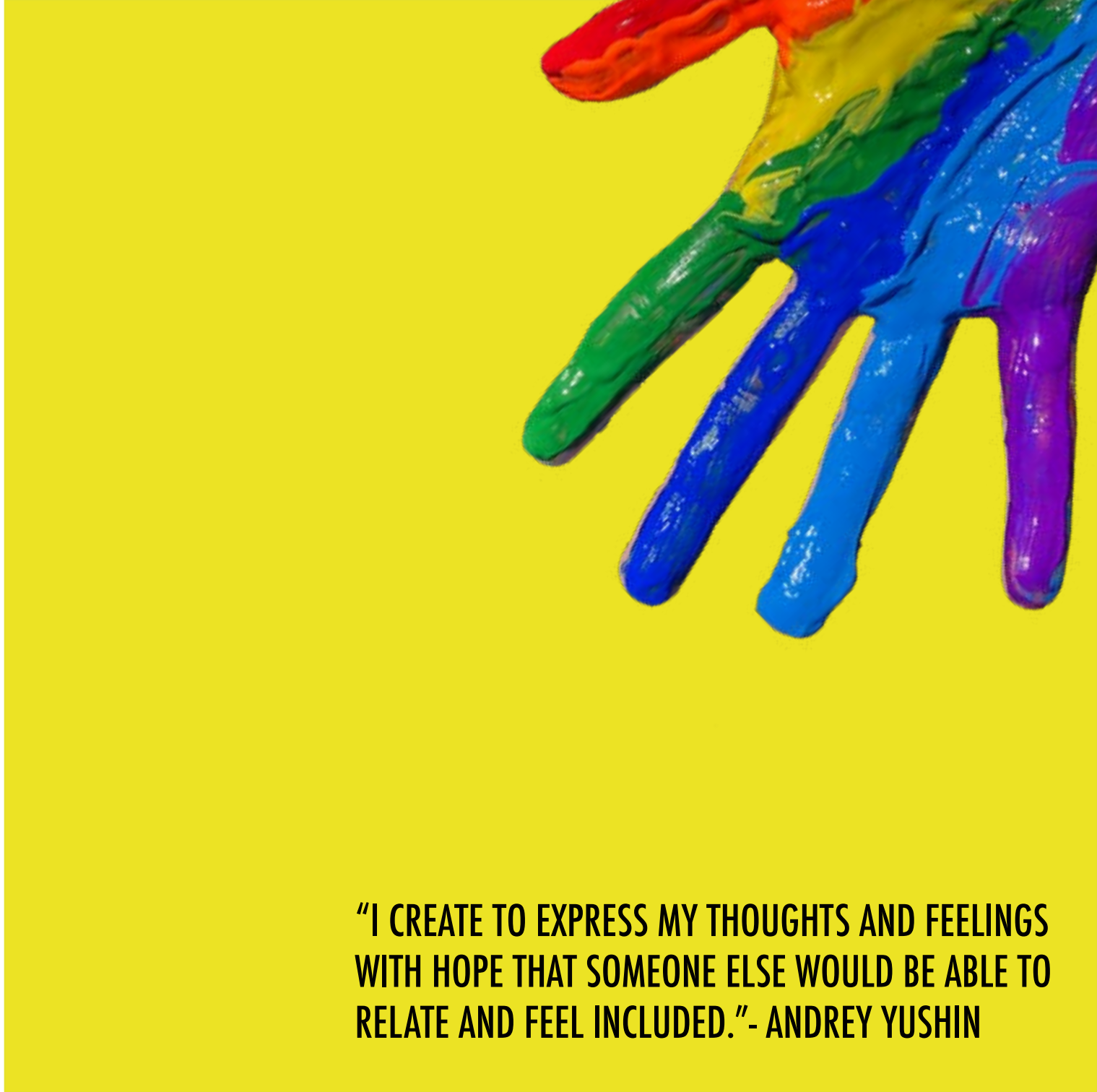


**"PEN AND PAPER WAS NEVER MY FORTE. SO I TOOK ART FACE TO FACE. LITERALLY." - ASHLEY**



**"I LOVE TO USE MY PLATFORM AS AN ILLUSTRATOR TO EITHER ADDRESS IMPORTANT TOPICS ON SOCIAL ISSUES, OR USE IT TO CREATE LIGHT HEARTED CONTENT AS AN ESCAPISM FROM THE SOMETIMES HEAVY WEIGHT OF THE WORLD. I THINK THIS IS WHAT MAKES ILLUSTRATION SO POWERFUL."- EMMA STEVENSON**





**"I CREATE TO EXPRESS MY THOUGHTS AND FEELINGS WITH HOPE THAT SOMEONE ELSE WOULD BE ABLE TO RELATE AND FEEL INCLUDED."- ANDREY YUSHIN**



**"ART IN ANY FORM, WHETHER CREATING OR OBSERVING,  
REDUCES STRESS. BY LETTING YOU ENJOY A SENSE OF  
FULLFILMENT, IT TRANSFORMS YOU INTO A MORE  
POSITIVE, WELL-ROUNDED HUMAN BEING."  
- LAUREN BEXTON**

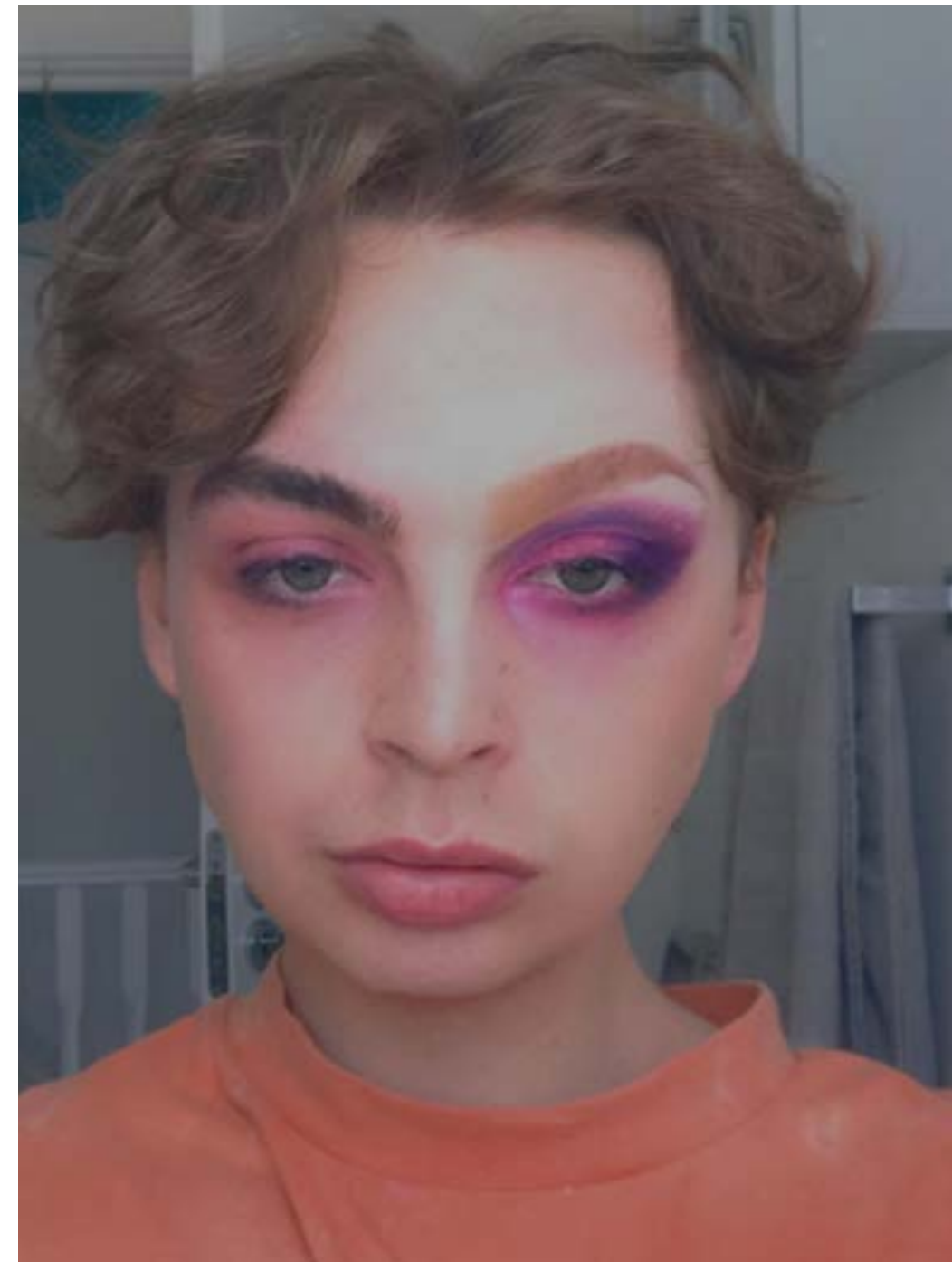




**"RAINBOWS REMIND US THAT EVEN AFTER THE DARKEST CLOUDS AND THE FIERCEST WINDS, THERE IS STILL BEAUTY." - AMALIA MULIA**



**"YOU'RE ABLE TO BE FREE AND TO CREATE WHATEVER YOU LIKE."- BRADLEY HOULTON**





**"I THINK SHARING WHAT MAKES YOU HAPPY THROUGH ART CAN INSPIRE OTHERS TO TRY NEW THINGS THAT MIGHT MAKE THEM HAPPY TOO." - HANNAH RADCLIFFE**





**"ART LEADS YOU BACK TO THE HAPPY PERSON YOU WERE AFTER THE WORLD TOOK YOU FROM YOURSELF." - TONIA**





**“USING ART TO EXPRESS OURSELF ALLOWS US TO SHINE BRIGHTER, EVERYTHING IS BETTER WITH GLITTER.” - EBONY GREEN**



**"ART IS FREEDOM WHERE YOU CAN UNLEASH YOUR  
INNER CREATIVITY WITH IT."- JUSTINE CONCEPCION**



**MANY THANKS TO  
JESS BROWN  
JUSTICE SOUTHWELL  
NICOLE  
EVE HENDERSON  
IZZY HARPER  
AISHANDAVANIA  
HOPE SPALDING  
ELIOT ROBINSON  
ASHLEY  
EMMA STEVENSON  
ANDREY YUSHIN  
LAUREN BEXTON  
AMALIA MULIA  
BRADLEY HOULTON  
HANNAH RADCLIFFE  
TONIA  
EBONY GREEN  
AND  
JUSTINE CONCEPCION  
FOR GETTING INVOLVED WITH THIS ZINE.**