



Self-Expression

Self-expression has always been one of my core values. The more I learn how to express myself visually, the more fluently I speak and I hope that I can reach you with my work.

I believe that art can extract mental pain and that we can educate each other about mental health issues with the use of art. In the pieces below I would like to reflect on my postnatal depression and post-traumatic symptoms that I showed after the births of both of my children.



The first piece of my work aims at showing the tension and pressure that I felt and my daughter must have felt too.

The second piece refers to the symptoms of the illness (foggy thinking, blurred vision, tunnel thinking, self-absorption).

The third piece shows the fury and anger at myself and my own illness and the need to protect my child from my illness and my weaker states of self.

Photography helped me build up a creative eye and soothed me and my children as I was able to register the bliss and wonder and reconnect with the world around and trust in myself and God again.



I hope that my photographic work would encourage mums to be very honest with their states of mind and soul and at the same time be very gentle with themselves.

This photographic journey has been essential for my well-being and recovery and soothing and reinstating hope.

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I feel a tremendous amount of gratitude for every opportunity to speak about mental health and to heal not only personally but also together as a society. This fills me with delight and a strengthened sense of belonging.

Get in touch.

Alicja Pyszka-Franceschini

Web: www.acredibledreamer.com

Instagram: @acredibledreamer

Twitter: @alicja_pyszka

Telephone: 01332 769 335

Email: pyszkaala@gmail.com

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