

Artist Statement

In hoping to communicate the feeling one experiences when dealing with anxiety and panic attacks, I have created a game in which the user must guess a number between 1 and 10. I aimed to have this game slowly evoke some sense of what I have felt when experiencing panic attacks, and I used text taken directly from my own experiences. Some of the text that exists in this project is taken from things people have said to me or things I have thought to myself while experiencing a panic attack. I also incorporated old email communications between my therapist and me during my more difficult time dealing with mental health problems. Other text sources include a guided meditation program I used in the past to help calm me down, internet articles explaining how to deal with panic attacks, and text taken directly from the label of an anti-anxiety medication I have been prescribed.

This game seeks to evoke anxiety in the player by having the numbers they are guessing between get higher and higher each time they guess incorrectly, lowering their chances of success. This is meant to mimic the feeling of experiencing a panic attack, in which the simple fact of failing to calm yourself down often directly leads to you feeling more panic, which in turn leads to you having less of a chance of calming yourself down.

In the end, the user is no longer asked to guess the number, but is prompted to use the same textbox they once used to enter their guess to instead communicate how they feel. This is because beginning to write was one of the final things that helped me to improve my mental health. Finally, after the user has done some writing based on prompts that I would often give myself when trying to write in order to improve my mood, the numbers they are guessing between become 1 and 1, and they no longer have to guess, as they are guaranteed to succeed. The game ends with an excerpt from my favourite story, a story that I read during a difficult time that helped me to realize that I wanted to write, and in turn helped me to feel much better. This whole experience is meant to communicate that

improving one's mental health is a long journey, and not something that can be fixed with a single solution.

Works Cited

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