

# TELL ME HOW YOU FEEL



Celia Cousineau  
*Senior Capstone Project*



How can I help young adults *identify* feelings caused by mental illnesses, *validate* them, and *communicate* them using illustration?

It's difficult to regulate emotions when transitioning to adulthood, living on your own, and learning how to take care of everything else at the same time. It's often one thing that is forced to be overlooked, and can be overwhelming or even debilitating.

Many people are able to easily identify and understand emotions, but find it difficult to take themselves seriously and to engage with self-help materials, therapy, and wellness routines.



# INTERVIEWS



*Lawrence, he/him, 21*

Lawrence has experienced some pretty severe bipolar disorder, making it easy for him to categorize a few things: depression, mania, and paranoid anxiety. There was a pretty distinct difference between what was a normal emotion, and what was caused by disordered feeling and behavior.

He was able to receive help because of the severity of his disorder. He also clearly identified what helped him, which was medication, therapy, and routine in daily life.



*Jackson, he/him, 20*

Jackson doesn't have any diagnosed mental illnesses, but still struggles with intense feelings. His feelings were categorized into depression, anger, anxiety, and paranoia. Instead of being distinct, they pretty easily bled together.

One of the largest causes was simply life - difficulties living with his parents, school, and heartbreak. Because the issues were caused by problems in his life, he often felt like he wasn't worthy of professional help or a structure for self care.



*Levi, they/them, 20*

Levi has also faced severe bipolar including major depression, dissociative identify disorder, and ADHD, partially stemming from trauma at a younger age. They were able to easily identify it and start to get treatment after showing signs of depression including self harm.

Their main struggle has been coping with overwhelming feelings over time, including struggling with substance abuse. Talking with close friends has been a healthier, more effective coping skill.



*April, she/her, 25*

April has experienced family trauma in her past, and found that a lot of negative emotions and reactions were very easily linked to it.

After distancing herself from it in college and working through it in therapy, she was able to work through it and feel more functional in her day to day life.

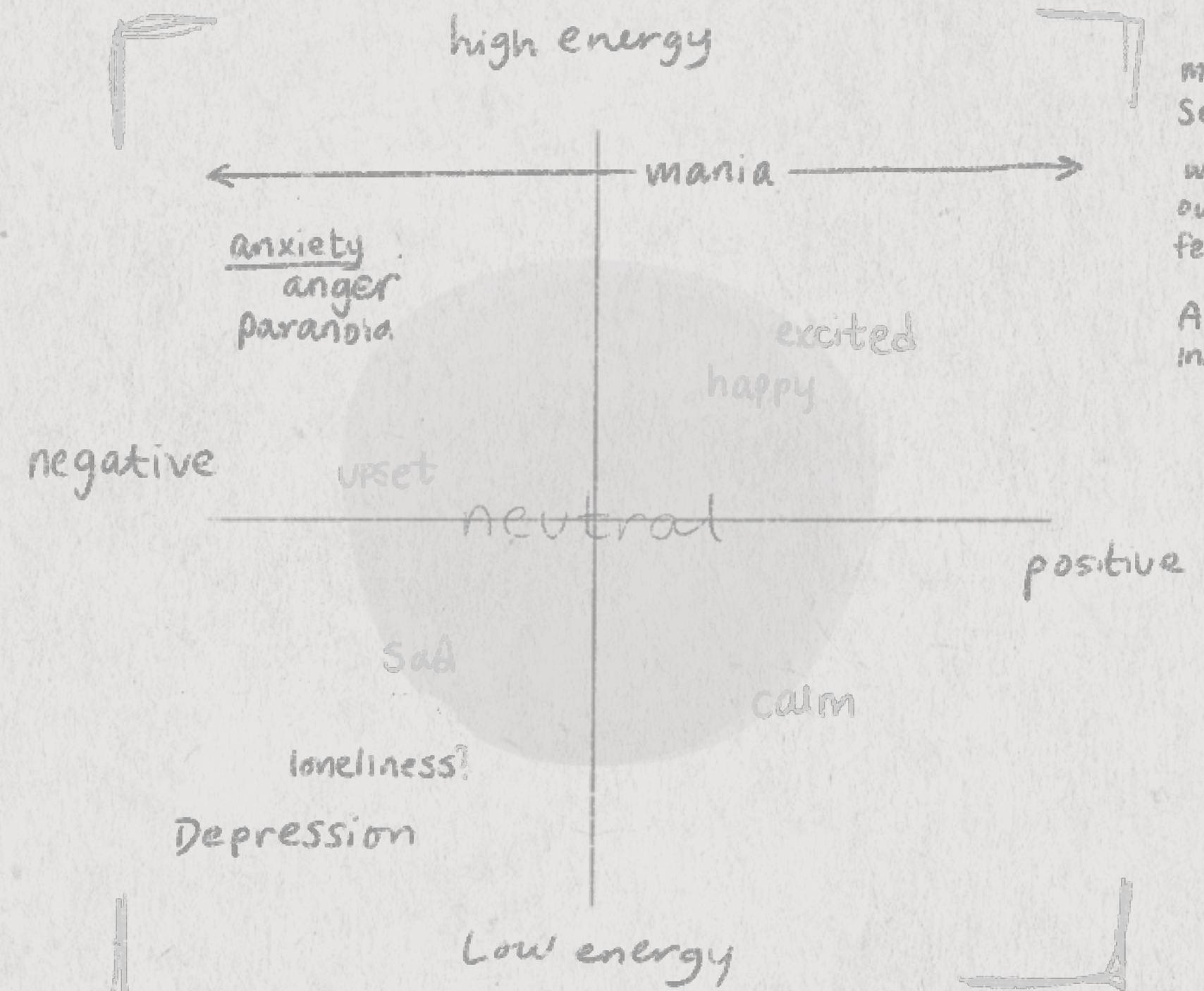


# UNDERSTANDING THE PROBLEM

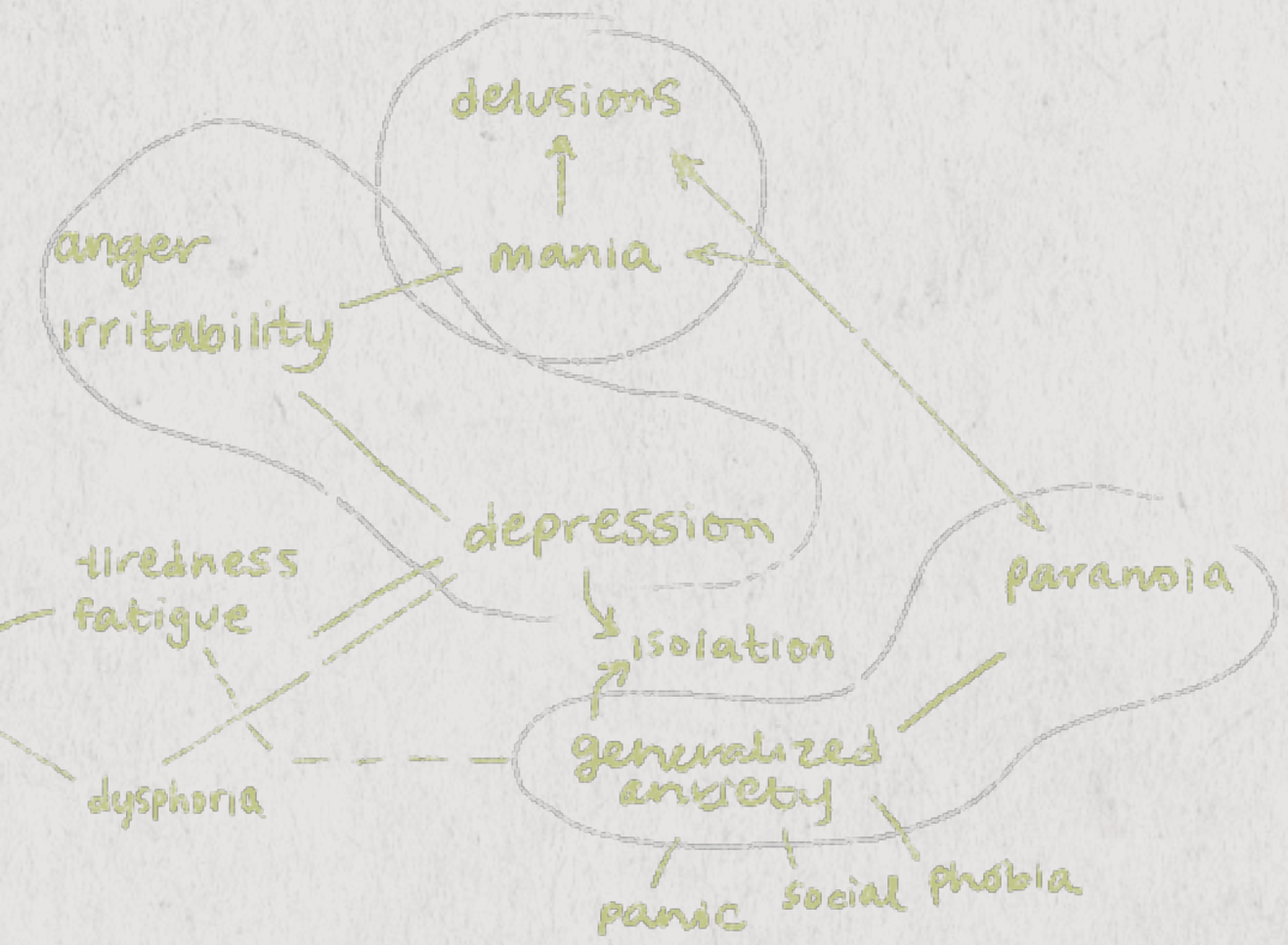
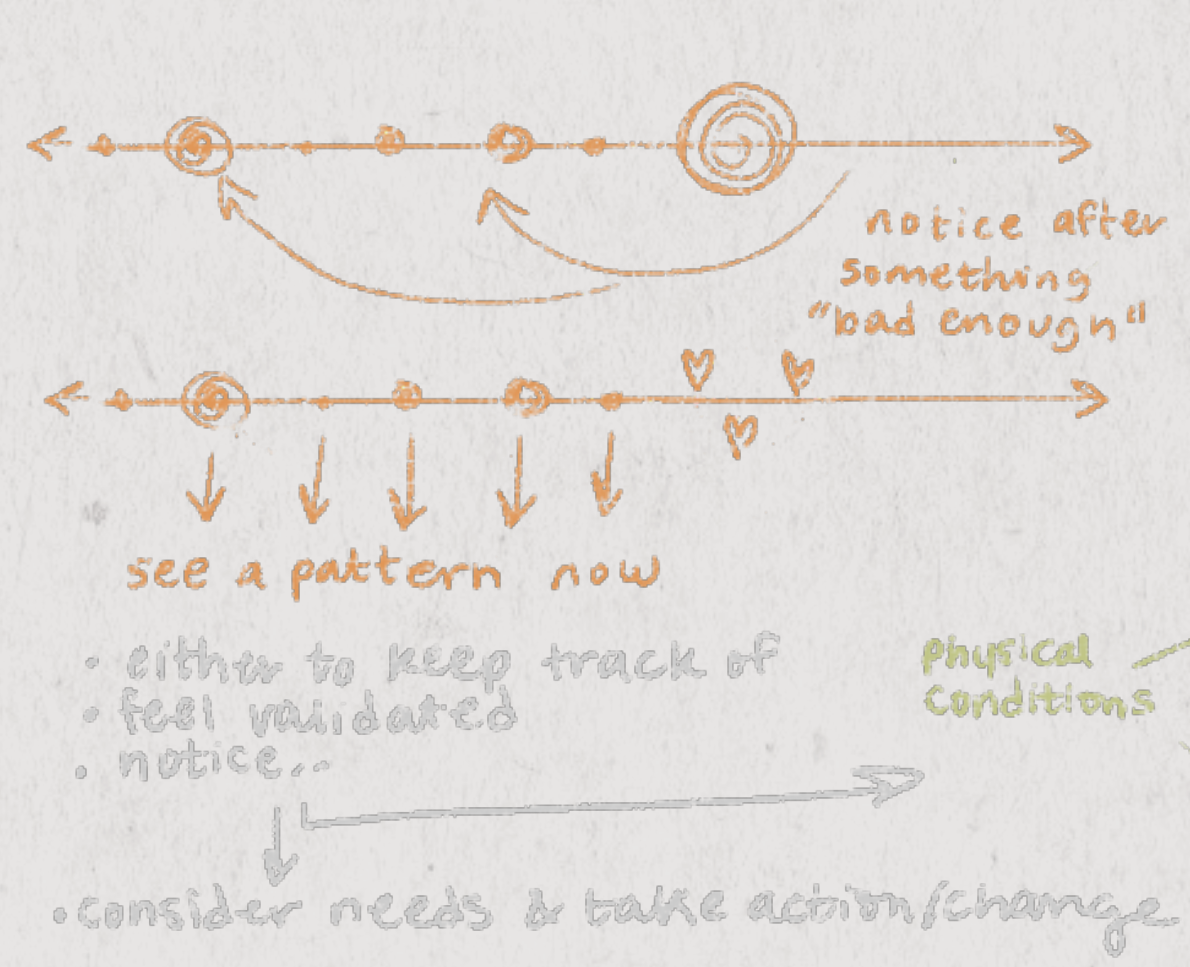


Maria, Licensed Clinical Social Worker

The difference between emotions, feelings, and what we would classify as a mental illness is a pattern of dysregulation and dysfunctional behavior over time. Any emotions that are not validated and taken care of have the potential to be classified as disordered thinking.



mental illnesses can be a set of many feelings, which can also exist on their own without "disordered" feelings/illness. Address/discuss more individual feelings





# TELL ME HOW YOU FEEL

*A book to help you tell your own story*

The book will be divided in a few chapters, each focused in on one group of emotions:

- anxiety (generalized, social anxiety, panic disorder)
- depression and mania (as seen in bipolar disorder)
- depression (as seen in major depressive disorder and more)

Each chapter will follow a similar story-like structure, discussing when someone first experienced these feelings, memories that stand out, recent improvement.

At the end of a story, a blank template will be left for the reader to write and draw in their own similar story.

Deliverables:

Printed book, links to digital book

Informational/promotional posters

Website mockup

Social media



# VISUAL STYLE AND MOODBOARD

## HEADLINES - Handwritten

Subheads And Small Titles - *Bookmania italic*

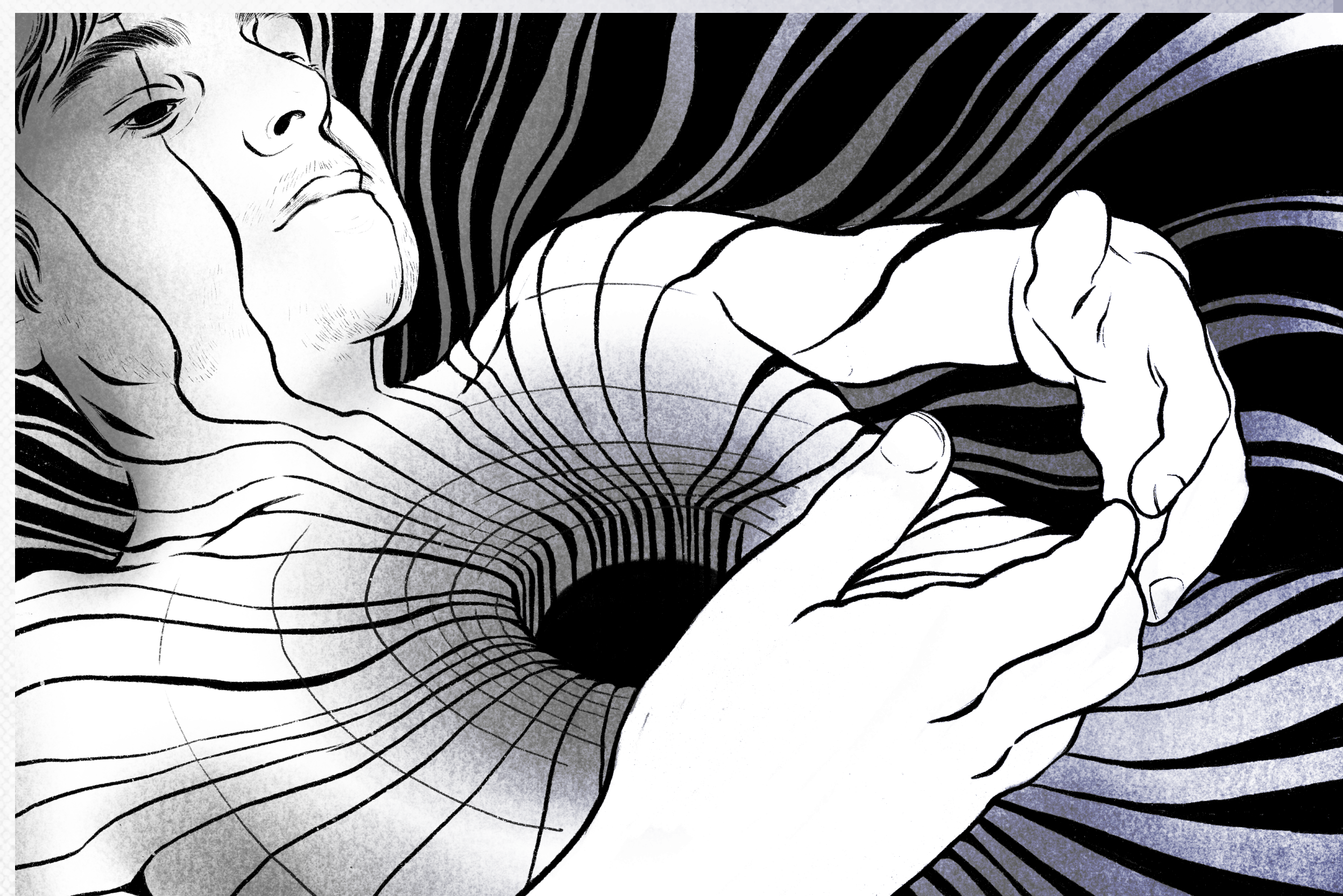
Body text: Inkbook, a font I hand made based on Bookmania, to give body text a more textured and handmade feel to better fit together with the illustration.

### Handwriting

Although it might be more effort, I think my own handwriting and handmade typography will better blend into the illustration, and convey a more open tone. This is a custom font to save time.

Out of necessity due to time, the art is mostly black and white with a pop of overlaid color when needed.

The color palette will consist of mainly black and white to mirror the handmade comic book or journal feel of the book's artwork.

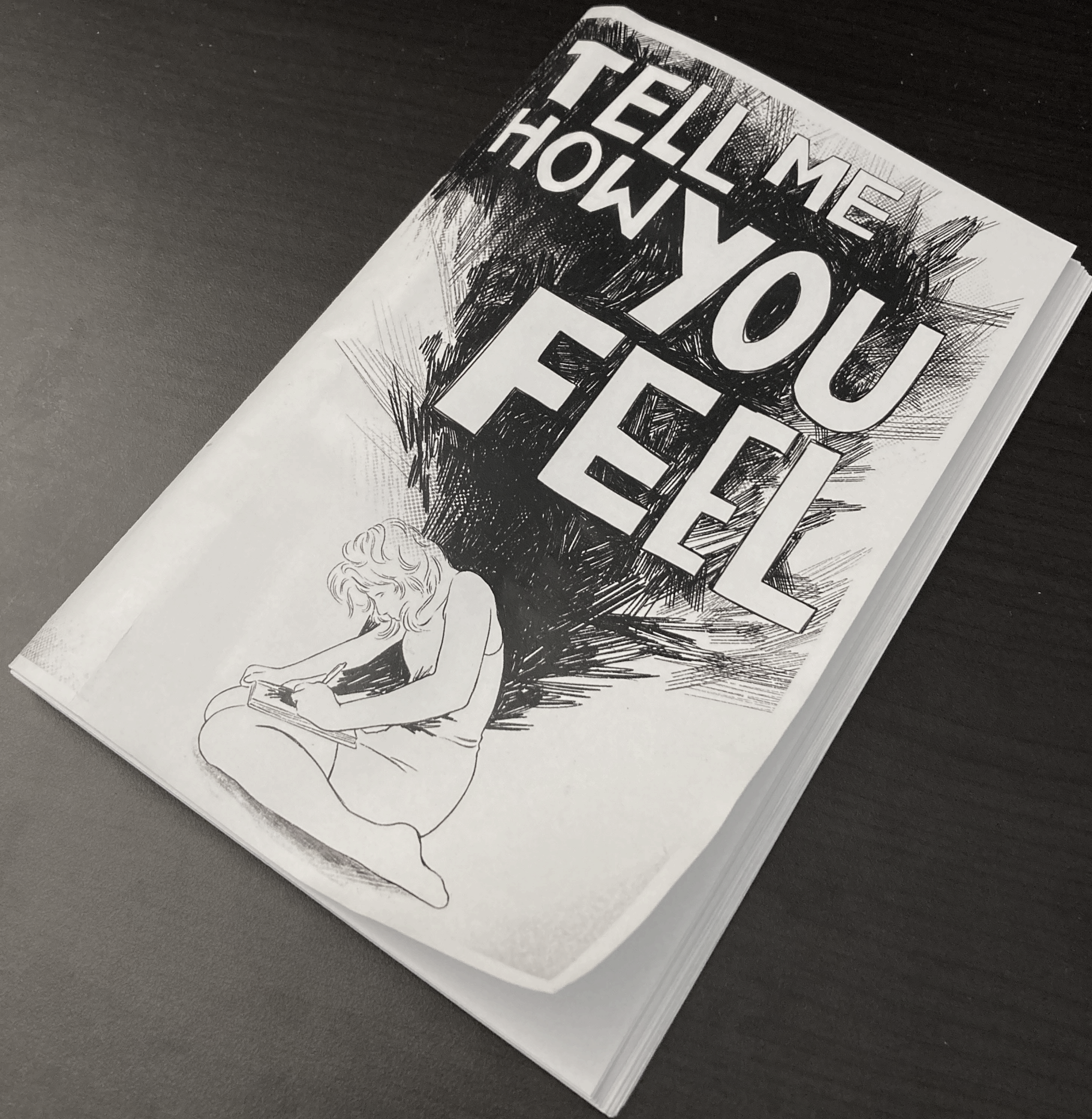






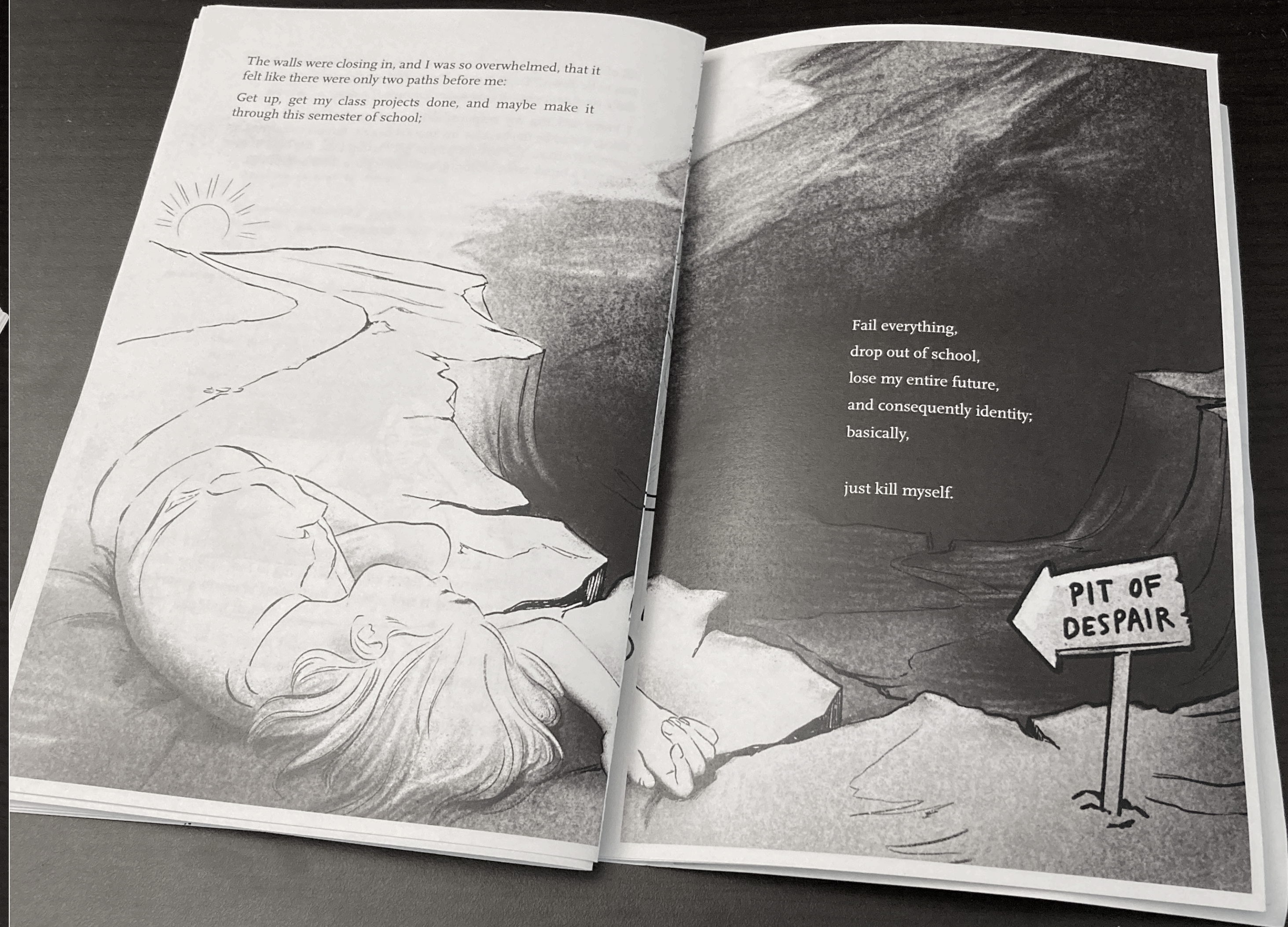


# MID FIDELITY



The walls were closing in, and I was so overwhelmed, that it felt like there were only two paths before me:

Get up, get my class projects done, and maybe make it through this semester of school;



Fail everything,  
drop out of school,  
lose my entire future,  
and consequently identity;  
basically,

just kill myself.



MOCKUPS

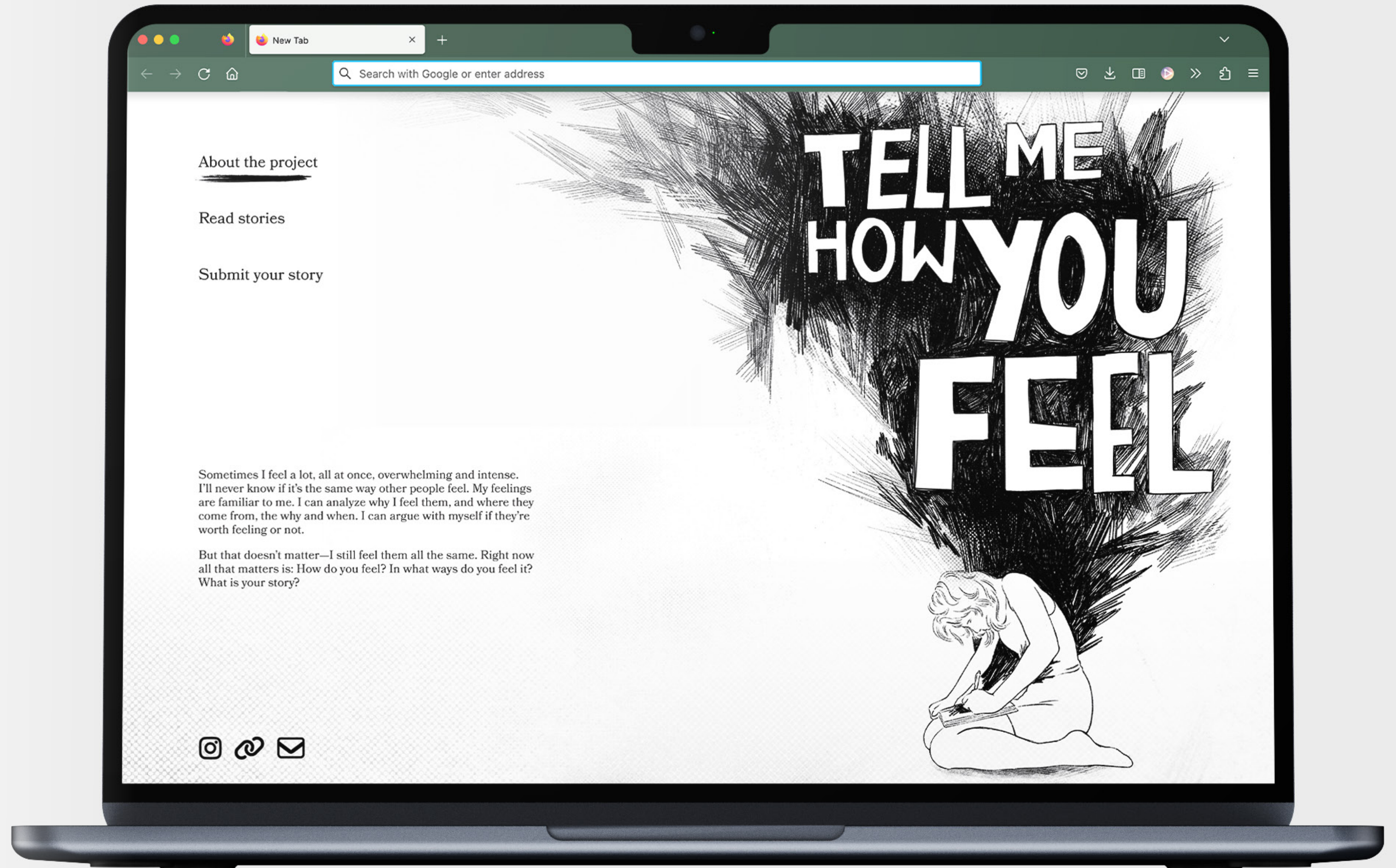




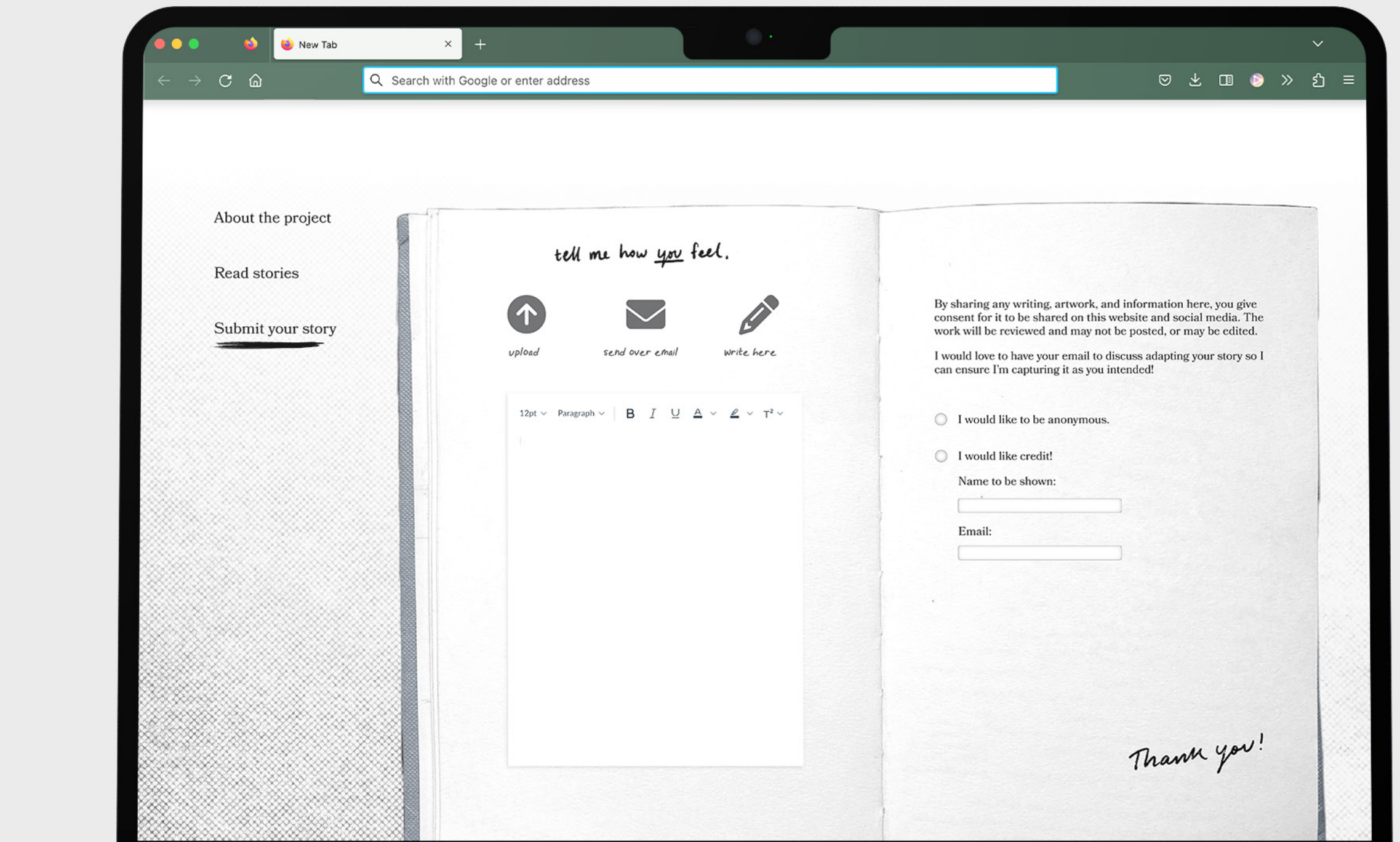
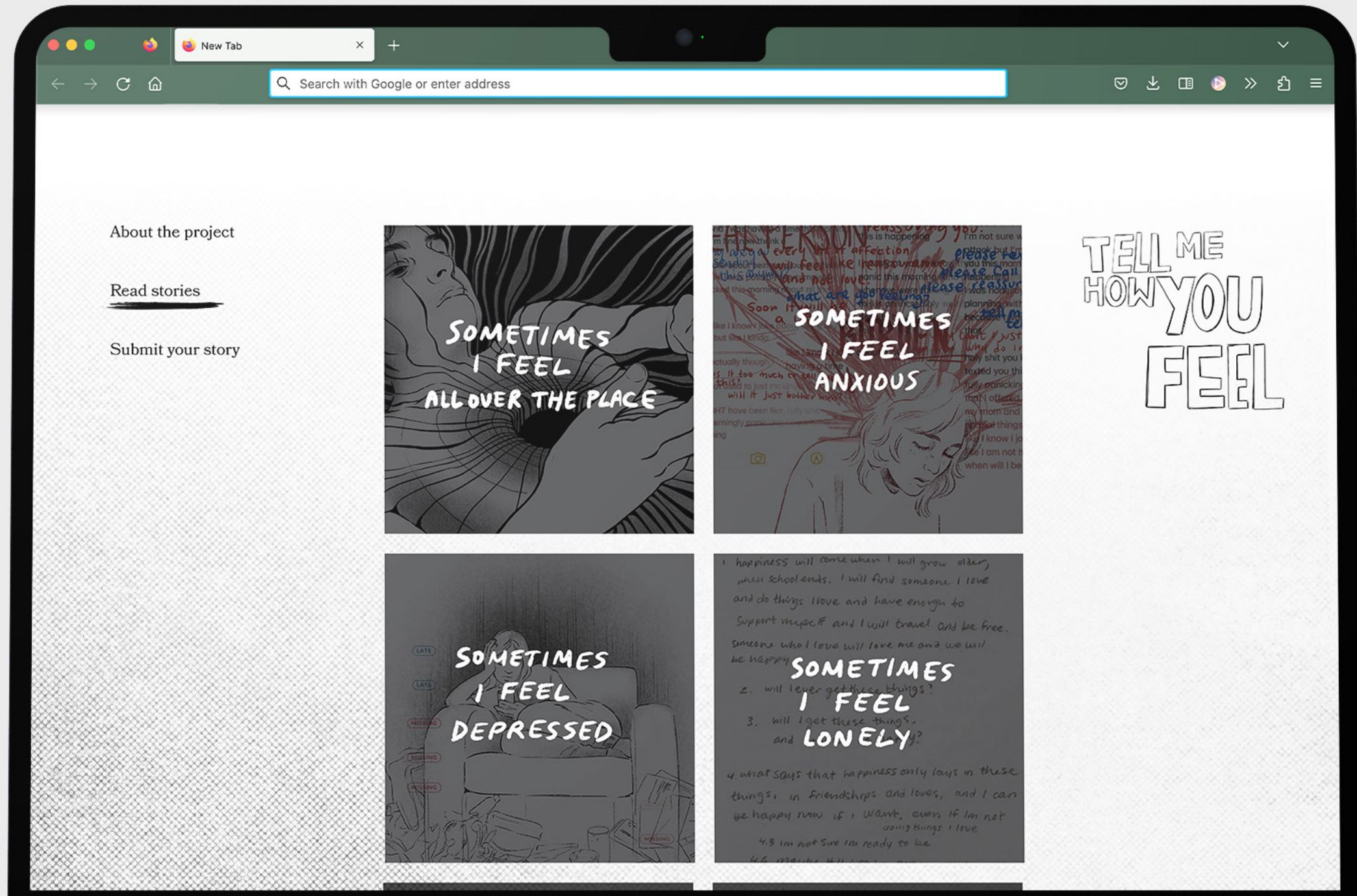




# WEBSITE MOCKUPS









*February 27th*

Complete structure and layout

*March 6th*

Rough draft: thumbnail sketches, indesign document set up

*March 13th*

Finish half of writing, more drawings

*March 27th*

Finish writing and drawings

*April 3rd*

Put drawings into InDesign and typeset text  
Designer statement first draft

*April 5th*

High fidelity presentations  
Continue making edits to book

*April 17th*

Exhibition Plan due

*April 28th*

Work delivery to KAM: finish books, print posters