

Too Tight: Days of Night

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Exhibition/Performance*

Abstract: This creative work is a selection of poetry on the theme of mental health. Mental health is something I am passionate about. I look to incorporate an aspect of confessional poetry without over-exploiting the form; I hope to relate to young adults dealing with similar issues by shedding light on a topic that is oftentimes hushed and overlooked. I wish to convey my truth on the matter and show that while there are dark and scary aspects of being sick, there can always be light if one looks hard enough. Humor is important to think about in regards to hard-to-talk-about issues because it can show that even though the subject matter is serious, people can still find ways to enjoy life and make the most of what is being given to them. My time spent at Prairie View is reflected in this work, as well as things I witnessed and conversations I have had with others surrounding mental health. This is not reflective of everyone dealing with mental health issues, but can be translated to each person's own journey of self-discovery. Most of these poems were crafted during the fall of 2017 and have been worked on since then, with peers and family.

Faculty Sponsor: *Kerry Jones*