

Artistic Expression Contest- “Uniquely You”

**Tiffany Davis
Casey House Youth Shelter
Niagara Falls, NY**

I chose to paint this picture because painting is very soothing and calming to me. While I have been staying at Casey House I have been having more anxiety and panic attacks and have been feeling more angry and depressed. Painting helps me to express to these emotions and feel better. This painting represents me and shows the ups and downs that I have experienced, just like the mountain in the picture. The downs or valleys represent the separation from my mom and sister, and the tops represent me trying to learn and deal with my emotions and manage my anger better. The first color in the painting is lavender which represents when I am calm and relaxed. The orange represents both happy and sad depending on how I am feeling each day. The blue represents sadness and the yellow represents happiness. I hope this helps you to understand my painting and thank you for accepting it.