

Everything is Happening at the Same Time

Sarah Haines

I never thought I'd be able to achieve such self-sufficiency at this age. I never thought that at this point in my life I'd be surrounded by so many things, places, and people both familiar and foreign. I never thought I'd love the world as much as I do now. That's what I wanted to express in this piece.

When I was younger, I convinced myself that I was destined to struggle. I was destined for poverty, loneliness, and alienation. I remember so distinctly when my mother, sister, and I had to flee our home. My sister's boyfriend's family had graciously taken us in until we could get back up on our own feet. Not only that, but they took care of me while my mom had gone to rehab within this time frame. What had only been a few months felt like years to me. I believe that this was one of the most critical periods of my life in defining who I am today.

That period in my life had taught me that life can change in an instant, and that sometimes all we can do is roll with the punches. I learned to cope with art. I learned to keep my chin up and to keep marching to the beat of my own drum. Even when you have nothing, you have what makes you the person you are. You have all your past experiences with you.

Within this work I wanted to convey an embracement of the unpredictable. You never truly know what comes next in life. There's no use in looking at this in a negative light. When you're faced with uncertainty, the best you can do is embrace it. Embrace the world around you and whatever it has to offer, no matter how little. Embrace everyone in your life the best you can, no matter how estranged. You may never know the full story of the experiences other people have faced.

I have found that though I have struggled and worked hard to get to the place I am now, those trials have pumped life through my veins. I work hard to afford the apartment I live in today. I work hard to get an education. I work hard to maintain my mental health and wellbeing. I have never felt more alive.

Within this piece I wanted to celebrate financial diversity. I wanted to celebrate diversity in mental health and how we all cope. We are all so special and unique as people, yet at the same time so similar and connected as human beings.