



My Frame of Mind - brief

What does a bicycle have in common with a piano? A cake with a yoga pose? Seashells with watercolours? These are things that have helped people to maintain a positive frame of mind during restrictions and lockdowns.

At Birkhill House's Lara Armitage is keen to highlight the importance of shifting perspectives as a means to maintaining a positive outlook, especially during this pandemic.

In times like these, questions arise:

"What helps to lift my mood when I feel overcome by the situation?"

"What can I do to take control of my mental health and make positive choices that will help shift my frame of mind?"

"What can I do to maintain a healthy and positive mental state of mind?"

Lara is asking individuals and groups to participate by exploring answers to these questions using photo and picture frames.

Her 13-year-old son, Lucius, created a piece of artwork as an example and said of the project:

"Sometimes I feel really frustrated, especially if I have been sitting inside working for a while and the only thing that makes me feel better is going outside and riding my bike around or jumping on the trampoline or helping in the garden. For me, it's about getting outside. And then I feel better."

Lucius created this piece to reflect that process:



If you would like to participate, you can use a frame and materials at home to create a piece or you can collect frames from Lara At Birkhill House (near Earlston). Once you have created your finished piece, take a photograph (the higher the resolution the better) and send it to Lara via email.

All submissions will be printed and mounted in a hand-bound book created by Lara. The paper is being made by hand by Berwick-based artist Lucy Baxandall and the captions will be penned by Carfraemill-based artist Alison Macleod. The pages of the book will be photographed and put together in a slideshow, which Galashiels-based duo *The Bird and the Monkey* have agreed to score.

Please send all submissions no later than Wednesday 31st March 2021.

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