

Reminder to  
Self:



JOY

I have been

**AFRAID**

to make art...

It's been over 2 months  
since attempting  
anything...



Art used to bring me

JOY



An outlet that helped  
me feel better...



But lately, the thought of  
creating feels more like a

**BURDEN**

Filled with thoughts I'm afraid to  
confront & not meeting the  
expectations I made up.

The burden of  
creating art  
that means  
something

The expectation  
that it's  
GOOD

Expectations created by  
scrolling on social media,  
& seeing others making  
meaningful work

work that is  
UPLIFTING or...  
SOMETHING...



So I put art  
on the side...



And focused on other  
activities that bring me

JOY



Because I can always  
go back to making art  
whenever I'm ready.





Salty Buns Press

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instagram: @eykansaku