

Collide!



MENTAL HEALTH IN AN UNEQUAL WORLD

The past 18 months has been hard on each one of us! We thought why not spend sometime reflecting on our evolution through this time.

INKTOBER!

How is it October already? We are borrowing Jake Parker's idea of daily prompts to draw. Twisting it to be reflective, explorative, curious prompts to dwell on through words, art, pictures, portraits



With
love and joy

HEMANGI VYAWAHARE
&
FARHEEN AYESHA

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PROMPTS

- What makes a person masculine?
- What is your understanding of toxic masculinity?
- What impact does this have on the individual and the people around them?
- What are the repercussions from straying away from society's definition of masculinity?
- How have you taken steps to dismantle this concept within yourself and your family?
- What role does toxic masculinity play in your relationships?
- What would a world without this concept look like?



Masculinity

REFLECTIONS



There was the stringent idea of what a man was supposed to be, as I was growing up within my family. My brothers and uncles enjoyed much more freedom but somewhere they seemed to lack connection. I have heard them pride themselves on never crying in their life and I have also seen their weary eyes as they are bottling up all their struggles and it hurts to see them this way, "having it all together". Only yesterday did my brother visit my father's grave for the first time and I went to him and asked him how he felt. He acted all cool and told me that mom cried but I didn't because I'm not a weak boy anymore. This just made me wonder, will my 12 year old brother ever accept and embrace vulnerability or did the society already turn him into just another cog in the wheel.

Does empathy come easy to you?

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CONCEPTS

Over time, I have come to realize the “real men” who consider themselves tough and commanding due to their aggressive and dominating nature along with emotional repression could actually be fragile. As they too often easily discomposed at a different opinion or at expressions of vulnerability. It is as though they do not understand how and where to fit into this progressive egalitarian world wherein people are breaking away from gender roles and norms. It could be that they feel threatened and feel scared breaking away from this conditioning as a result of the repercussions they just may face from people just like them. This gravely impacts their lives as emotionally unavailable people, too often alienating themselves from others, face difficulties in forming loving and transparent relationships and too often may not seek help when they need it and indulge in self-destructing behaviours.



Toxic Masculinity



Vulnerability is strength

Thank you

