

Patricia Miller's Artist Statement

I create abstract sculptures about mental health, specifically my experiences with anxiety and depression. My work gives visual forms to problems that go unseen and that are difficult to talk about. I do this by using a flat-head screwdriver and hammer to tear apart sheets of plywood, which is a material that is often undervalued, overlooked, and not associated with fine art. I hope my work helps others struggling with their mental health to feel understood, or not so alone, and for people to appreciate the subtle beauty that is within and all around us.