

Major Project

Whats Happening in my Head

Portfolio



By Jona Maria Sure • University of West London • Course: AD601290 • Course Leader: Alistair Fuller • Date: 14.06.2024

Project Statement

Mental illnesses often remain unseen and hidden. Those affected fight their battles internally, concealing them behind a facade of positive normality. This project, titled „What’s Happening in my Head,“ delves into the inner world of people affected by mental illness.

The project focuses on the conditions of depression and bulimia. For this series, three individuals affected by a mental illness volunteered to provide a glimpse into their deepest inner selves. The photo series visualizes what goes on in the minds of the affected, how they feel, and also how their bodies respond. It is entirely centered on the emotions and reactions of the individuals. This is an exploratory journey through their world. Each photo serves as a window into the innermost thoughts of the affected.

The focus is not on outward appearances but rather on the internal struggles that often go unnoticed by outsiders.

The photographs in the series are characterized by a great deal of dynamism. This effect is intended to help the viewer better immerse themselves in the image and the situation.

Even today, people living with a mental illness often feel misunderstood and critically viewed by society. This project is very close to the artist’s heart. By portraying intangible aspects, she hopes to break down stereotypes associated with mental illnesses and create more understanding and space for dialogue.

The photo series „What’s Happening in my Head“ is not just a collection of photographs; each image tells a story. Every story is based on the real experiences and feelings of the affected individuals, allowing the viewer to look beneath the surface and recognize the silent battles they face.

!!!Attention!!! Some photos may be disturbing to viewers. All photos are staged.



Artist Statement

Jona was born in Hamburg (Germany) in 2001. However, she spent her childhood with her mother in the small village of Beyern in South Brandenburg. From a young age, she enjoyed holding a camera in her hand, initially capturing images of her family and friends. Later, she became a member of the school's photography club. In 2017, Jona spent a year in America to improve her English skills and gain new experiences. During this time, photography took a back seat. However, she grew personally, strengthening her self-confidence and self-esteem.

Two years before finishing her high school education, she decided to apply for a photography degree. After graduating High School with a focus on social studies in Falkenberg/Elster in 2021, she moved to the Ruhr area, specifically Herne, to begin her photography studies at Deutsche POP. During her studies, she moved again, this time to Uetersen near Hamburg. She still lives there today and works as a freelance photographer. In October 2023, she finally earned her Diploma in Photo and Media Design and transferred to the University of West London, where she started her Bachelor of Arts in Photography later that same year.

Due to her extroverted nature, Jona has always enjoyed being in contact with people, a trait reflected in her work, which mainly consists of portraits. Her work is also heavily influenced by self-portraits, where she enjoys reinventing herself and adopting different roles in front of the camera. Her style is usually colorful and vibrant, with strong colors often subtly present, significantly impacting the overall effect of her images. Through her photography, she likes to engage with critical themes, a tendency that is evident in her Bachelor's thesis project.























Image	Titel of image	Date	Description	Size	Paper
	Constant Pulling, 2024	Thursday, June 6, 2024 Elmshorn, Germany	The person suffers from depression and, even when they want to move forward, they are constantly pulled back by a force (presented by threads), preventing them from making progress.	Print: 3:2 40cm x 60cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv
	Negativ Positiv things, 2024	Tuesday, June 4, 2024 Uetersen, Germany	The person thinks about something positive for so long that it appears negative in their mind.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv
	Temporary Relief, 2024	Tuesday, June 11, 2024 Uetersen, Germany	The person self-harms to escape the persistent negative feelings and to experience temporary relief. During this brief period of relief, they feel somewhat better, and the actual emotional pain is overshadowed by the physical pain of self-injury.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv
	10 minutes Happiness, 2024	Wednesday, June 5, 2024 Hamburg, Germany	The person is in a wonderful illusion created by drug use. For a brief time, they feel happy, while being observed by their own depressed self.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv

	Stuck, 2024	Tuesday, June 11, 2024 Uetersen, Germany	The person is trapped in their depressive state; they cannot break free and are being increasingly drawn into negativity.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv
	Feeling like a clown, 2024	Tuesday, June 4, 2024 Uetersen, Germany	The person is in the process of vomiting. Once the process is over, they feel like a clown because of their actions.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv
	Numb, 2024	Tuesday, June 11, 2024 Uetersen, Germany	The person is floating in water, representing a feeling of numbness. This sensation occurs during the moment of a binge eating episode.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv
	Critical Voices, 2024	Tuesday, June 11, 2024 Uetersen, Germany	The person constantly feels like someone is monitoring their eating behavior and food intake, ready to trigger a negative feeling immediately if they eat too much and initiate vomiting.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv

	All Eyes on me, 2024	Thursday, June 6, 2024 Uetersen, Germany	The affected person feels like they are constantly under scrutinizing gazes. They feel constantly watched and not accepted.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv
	Self-perception, 2024	Tuesday, June 11, 2024 Uetersen, Germany	The person has a completely distorted self-perception. They see their own image as exaggerated and sometimes even disconnected from reality.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv
	Nothing matters, 2024	Wednesday, June 5, 2024 Hamburg, Germany	The person lies in bed, isolated from the outside world. Time passes around them without the person noticing.	Print: 3:2 60cm x 40cm unframed	250g/m ² heavyweight premium HP poster paper Non reflectiv