

ABSTRACT

The public nowadays becomes aware about mental health. It comes after how vocal the knowledge and concern on the topic than a few decades before. Talking about mental health is no longer an unmentionable topic. At the same time, art has been a medium where people express their sentiments. It has never been absent ever since the pre-historic. Expressing one's sentiments can lift one's distress, mainly those with mental health disorders. Anxiety disorder is a mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities, a common one found in society. This final project objectively aims to help the writer relieves their symptoms through art and to visualize the cause of the disorder for the people around them. The writer uses expressionist art as the style for their painting, with acrylic paint, brushes, and 100 x 80 cm canvas, 70 x 70 cm canvas, and 60 x 80 cm canvas as the medium. This final project processing steps starts with making digital sketches. The digital sketches then become the references for the writer to remake it on the canvases. The writer uses modelling paste and acrylic modelling paste as the base before painting with acrylic paint, then for the background the writer uses pure acrylic paint. For the textures and expressionism technique, the writer uses the mix of modelling paste and acrylic paint, thus this also being the finishing step. In the meantime, the writer hopes this art painting can be their therapy for their symptoms. And the result of it can be enjoyed by art connoisseurs.

Keyword: *Anxiety Disorder, Mental Health, Art Painting, Expressionism*