


Escape From (everything),

Escape From Myself,

Womens wear Yr 3 Group C

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We all have faced anxiety.

The enormous weight of work we have day after day, the cycle of frustration we struggle to break week after week, and the overwhelming expectation we carry year after year... Emotions build bit by bit, time after time, ultimately become something impossible to ignore anymore. Now you want to seek for escape, to disappear from the spaces and people you once embraced, to run far away from your daily life... This project comes from the experience everyone shared. I start my journey through the physical and emotional landscapes of anxiety. By observing body gestures of myself and others in anxious moment, I develop silhouettes by approach like twisting, pulling, and picking, reflecting varied intensities of anxiety. Through draping and shifts of natural dye colours, I connect different parts of body to create flows and movements on body, expressing the fluid, ever changing nature of our emotions.

The fragile balance of our mental world also reflects on the textiles and finishings of the collection. Drawing from everyday scenes and places I go when I need to escape, I develop a colours palette using tea and natural dyes, reflecting different aspects of self in different places. Through techniques like mending, free hand embroidery, and smocking, I creates textures and layers on garments that relieve anxiety and repair wounds in our heart.

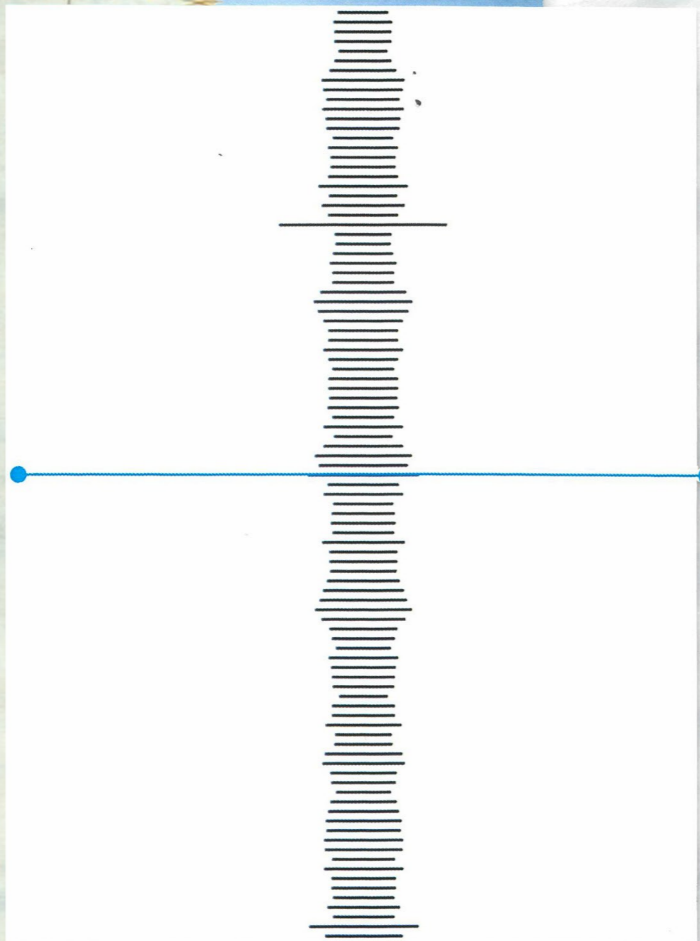
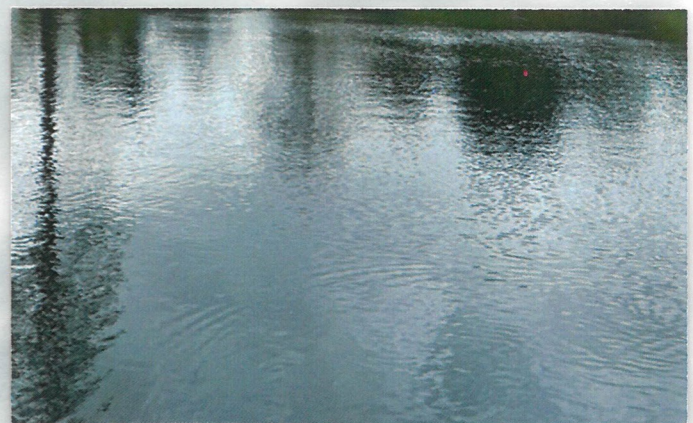
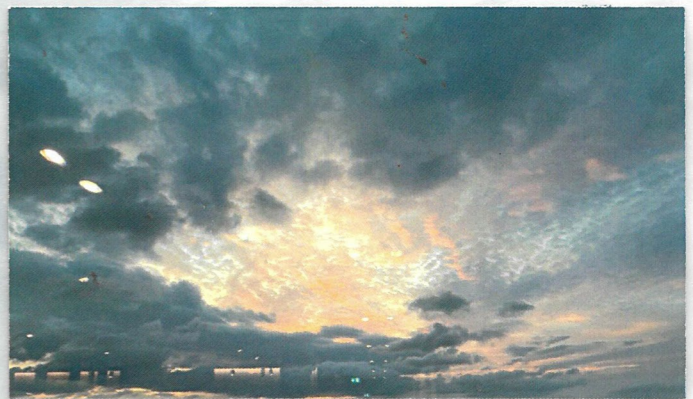
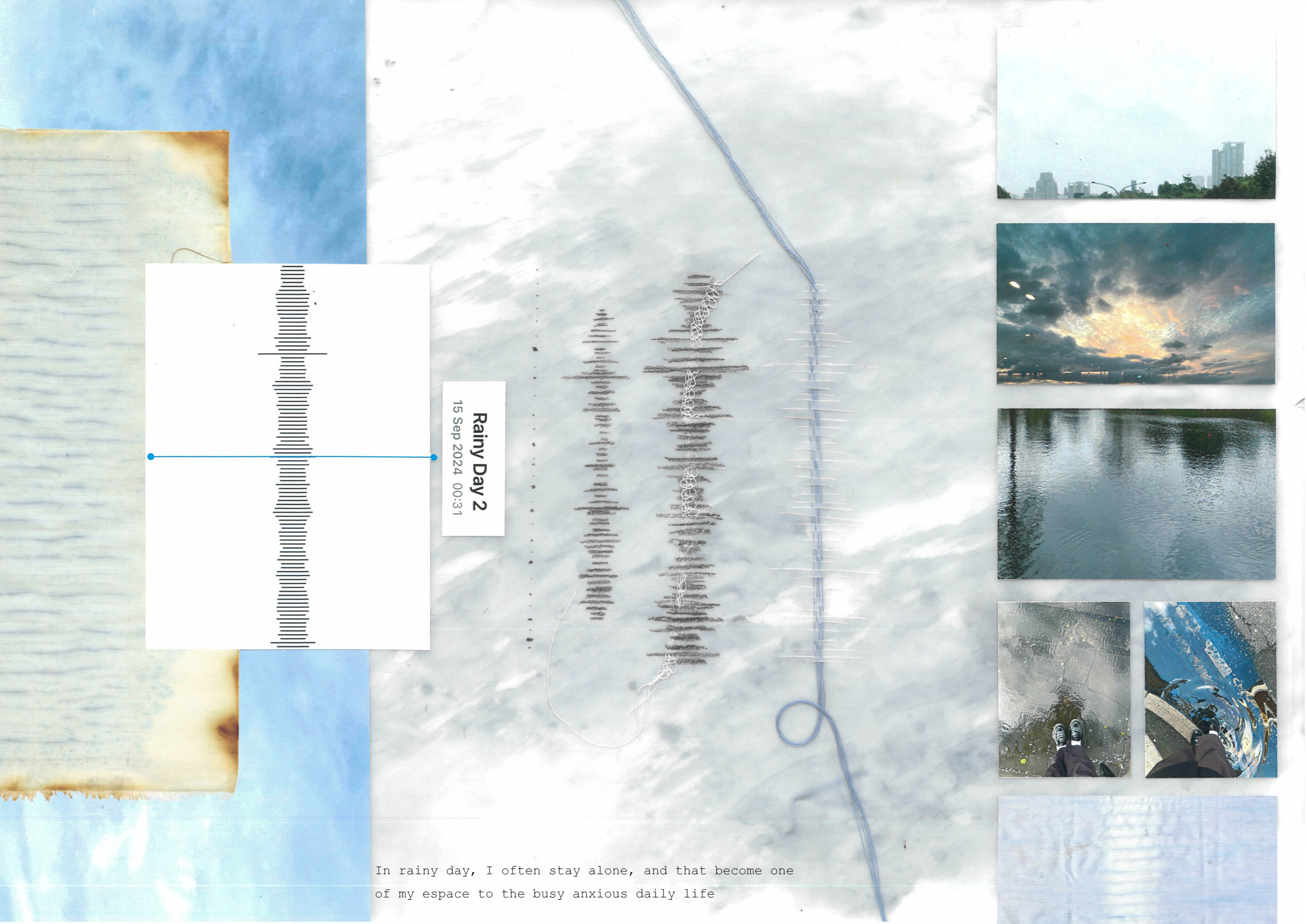
Through these approaches, this project is aiming to transform anxiety, visualising the journey of self exploring and recovery.



The way I recognise myself is just like the reflection in water
- distordered / broken / unpredictable



When I feel anxious, I will often use hand to
cover my face ,and try to make my body smaller

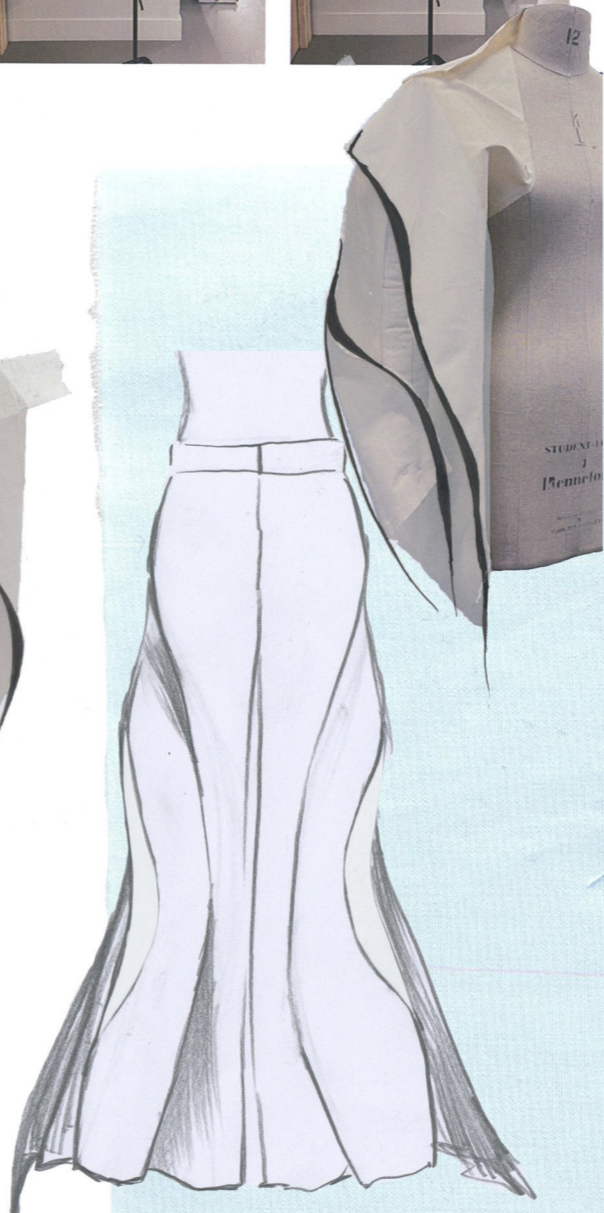
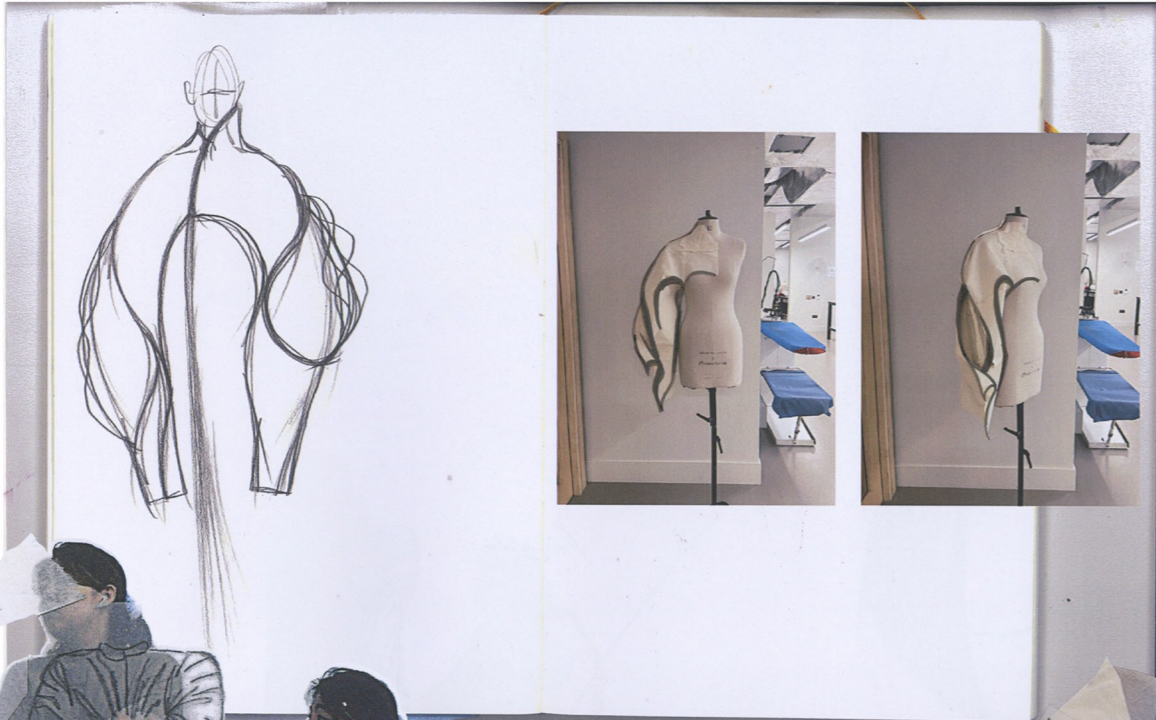


Rainy Day 2
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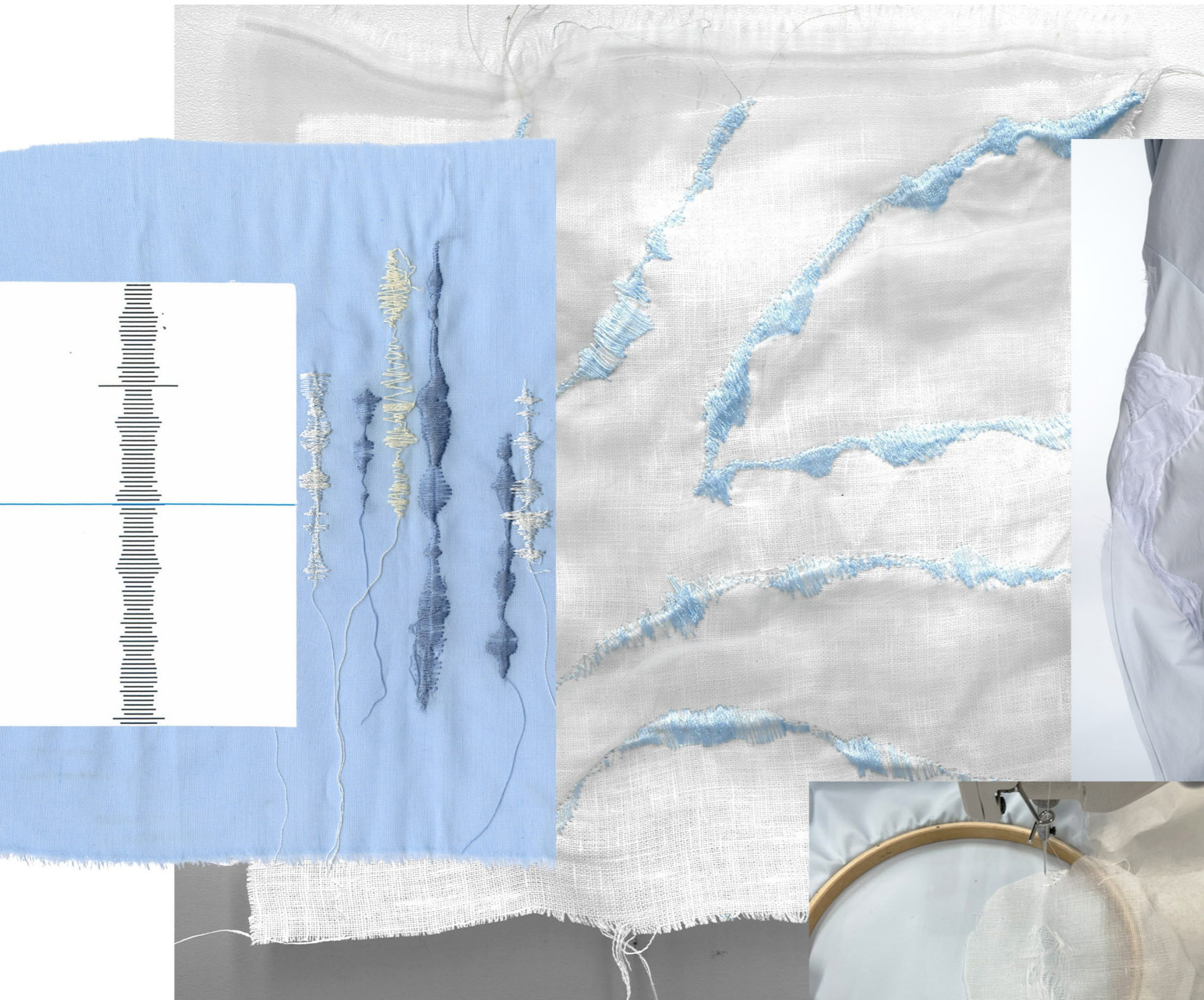
In rainy day, I often stay alone, and that become one of my espace to the busy anxious daily life

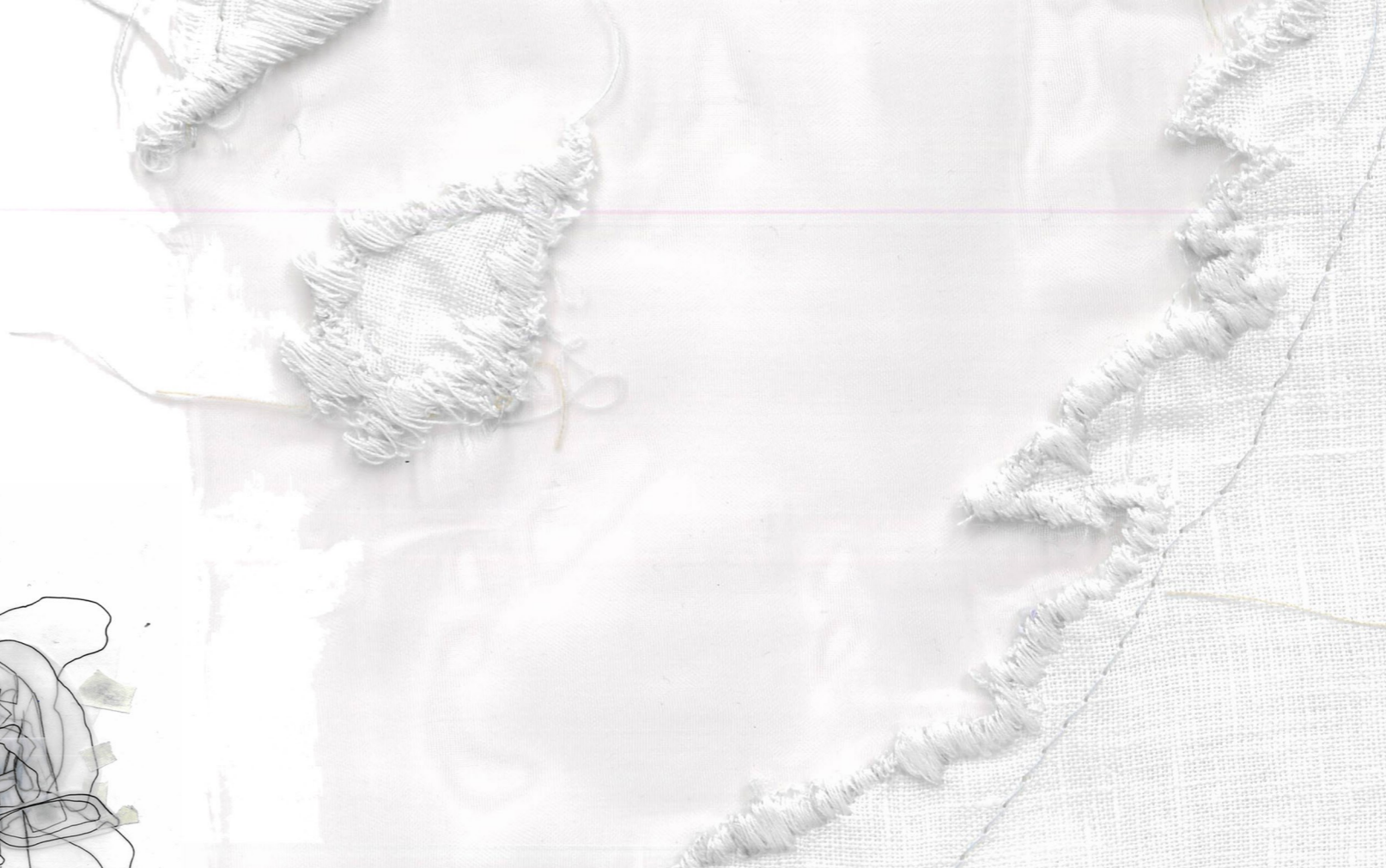
The anxiety is like small stains and wounds in my heart,
gradually chaging how I perceive myself





Create embroidery by sound record shape, and merge with other material to create layers





By natural dye, I create a range of colour from hibiscus and tea to visualise the fluidity of our emotion changing process













