







In this piece, there are multiple events happening at the same time. One of the key factors I wanted to highlight in the painting is the constant movement and change that occurs in the mind of one who has ADHD. On the right side of the painting, creativity is expressed through the abstract mediums and inconsistent flows and presses of the brush used. On the left side, however, the art is much neater and has clear imaging rather than having an abstract approach. This represents the right and left hemispheres of the human brain, its creative and logical sides. But then why are there four dividers rather than two?

To answer that question, one needs to delve into ADHD a little more. To start off, an understanding of what ADHD entails is necessary. ADHD, which stands for Attention Deficit Hyperactivity Disorder, is often described as “an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.” An average of 5.4 million children, about 8.4% of the world, has been diagnosed with ADHD, and an even higher amount are predicted to have undiagnosed ADHD. People diagnosed with ADHD often experience symptoms such as: difficulty sitting still—this is especially true in environments that are calm and quiet; a need to constantly fidget and move their fingers; difficulty concentrating and paying all their attention to a task; excessive physical movement, as well as excessive talking, beyond the normal; difficulty waiting for their turns, as well as taking turns; a tendency to do an action before thinking it through; and, finally, a habit of interrupting others while they speak.

All in all, someone with ADHD often has constant activity buzzing through their mind and will move from one task to another even without completing the first one. Therefore, I found it best to make not two sides to the portrait of their brain, but four, since they are constantly firing neurons about multiple things all at the same time.