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LOCKDOWN DIARIES

A **JSW** INITIATIVE

lockdown diaries

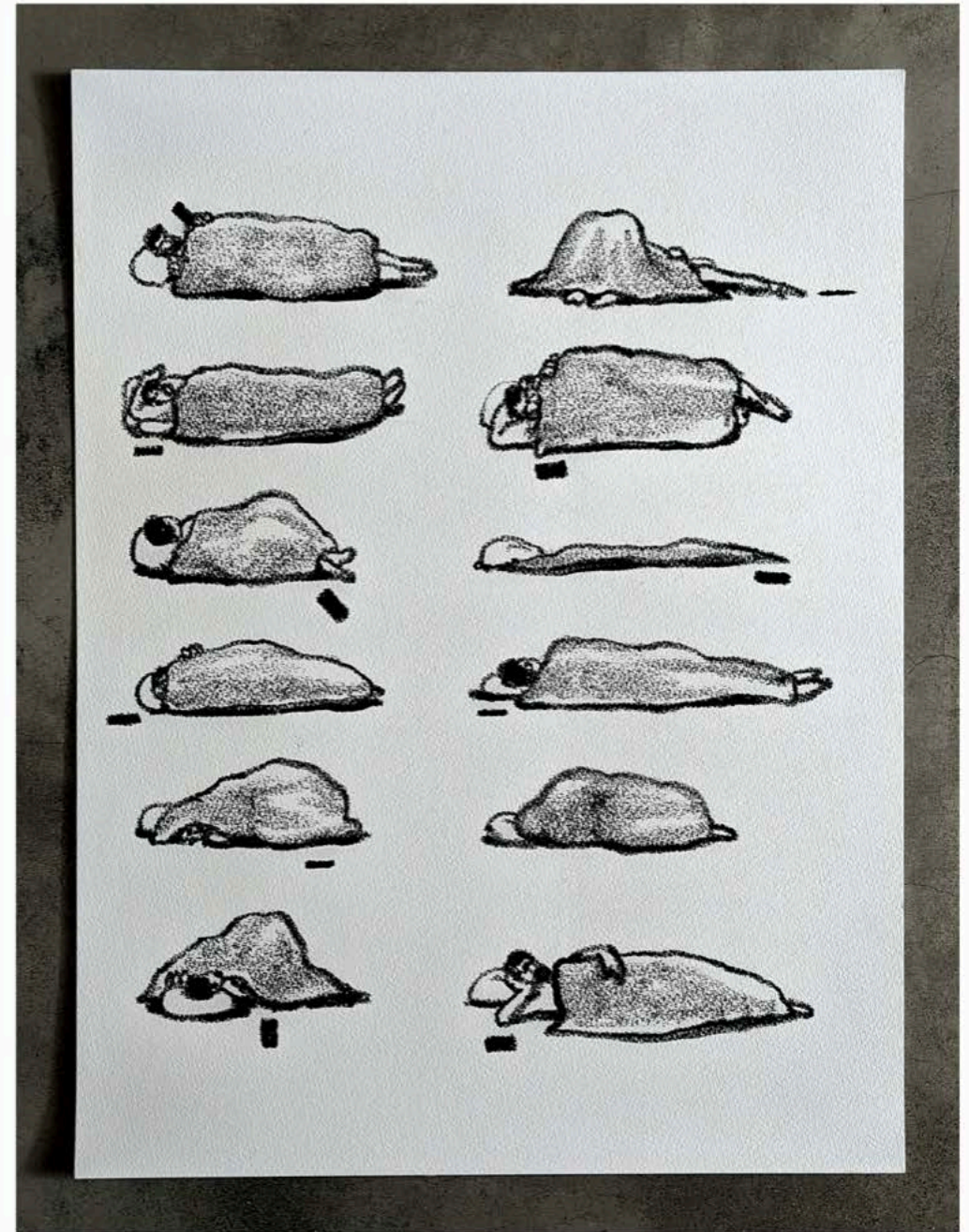
THAT FEELING OF DISQUIET

60 days of brutal lockdown meant that our only access to the outside world was through our devices – which meant a constant barrage of news and updates fed to us by algorithms.

COVID news from around the world was getting gloomier with the number of cases rising exponentially and with it, my anxiety. Particularly, this one night I felt breathless and sleepless – imagining that I had fever. I had my friend check my temperature every few hours. Eventually, she pointed her phone screen at me with the dictionary definition of the word 'psychosomatic' on it.

With just this simple reminder and awareness, I actually did feel better soon enough. Next day, I made this drawing about the feeling of un-rest that can be caused by over-exposing oneself to information and news.

SAMEER KULAVOOR



Sameer Kulavoor. Psychosomatic. Drawing, 2020. Image courtesy of the artist.