FEARS

YOU vs FEAR

It's no longer the monster under our beds we fear anymore, but the one we let settle on our minds and get trapped in our chest. Fear isn't just an excitement without a scream but a chaotic storm building up in your throat.

So what is it? Fear is the emotional response that triggers the fight or flight in our bodies.

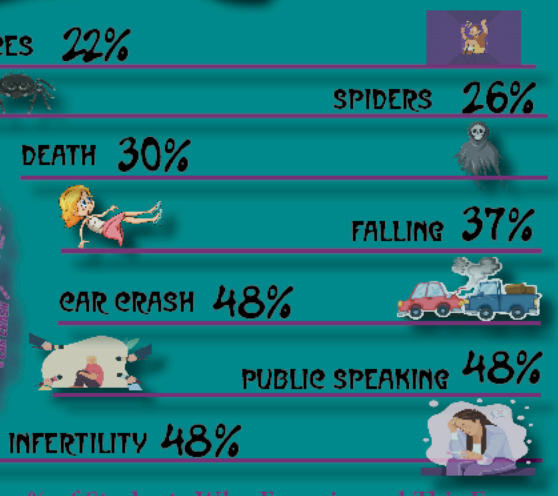
Fear isn't just a natural emotion, but an adaptive behavior. Once the body is threatened it will behave in a certain way in order to feel safe again. Physical reactions can look like breaking out into cold sweats, increase in heart rate, and chattering teeth. That physical response is associated with the fight or flight response. It's the body's way of protecting itself.

What if the thing we're running from is actually trying to help us? Fear is a built in survival mechanism, alerting us to life threatening situations. It can respond to immediate threats or intangible threats, such as future concerns. People are mostly likely to fear something when their body feels threatened, for example walking home alone in the dark, running away from someone, and public speaking.

Fear can be something learned through observations and past encounters. This happens when the body has had a traumatic episode. This often retriggers when put in a similar situation of danger.

The emotional reaction to fear, however, is individually made. Fears connect a few of the same chemical reactions in our brains that have positive emotions like joyful and thrilling do. Fear can be perceived as excitement like when going on a roller coaster. People who often enjoy the adrenaline take part in extreme and dangerous activities such as skydiving and bungee jumping. Others reject the thrill of fear, avoiding fear at all cost.

Fear is a powerful teacher, that shivering down your spine or tightening in your throat is actually a human survival instinct. Even the cold creeping sensation can promise you that something horrifying will happen and is trying to protect you.



Infographic
by Briana Tellez
Artist Statement

The first thing I did was go to Google and I searched up all of my icons related to fear and removed the background in Photoshop from each one. Then I changed the resolution to 200 and saved them.

I opened up a bank document in Indesign and filled in the background color. After that I placed my icons and created the infographic on the page.

I made a text box for my headings and added drop shadow to all of them. For my icons I added drop shadows and changed the transparency of them to 85%. Then I made lines for my information to sit on and filled in the color.

I made the black drip on with the pencil tool and colored in black and changed it to transparency 65%. I made the word art from wordart.com and colored it purple. After I did that I inserted my writing and placed the scared guy in the middle with a text wrap. And the icons were placed around him also with a text wrap and a light drop shadow.

I also added how many students were surveyed. (There are only a little over 50 students in high school so about 50% filled them out).