



“Layers of Emotion” By Jennifer Veaco MD

I chose to create the multi-media piece “Layers of Emotion” to reflect how COVID affected me. When reflecting on the past year of 2020, not one emotion explains the year. Because of my mixed experiences and emotions regarding our nation’s and residency’s response to the pandemic, I thought it was fitting to convey multiple emotions in my work.

The media used includes scrapbook paper, acrylic paint, watercolor, glaze and glitter. I used scrapbook paper as the various background shades, tore and layered the paper to convey how feelings can stack up on each other during the pandemic response. I used acrylic paint to add brighter colors and

watercolor to convey a paper soaked in tears. I applied glitter to represent a glimmer of hope and success and applied a glaze to the entire piece to add dimension.

At the base of the piece represents sadness. The colors of muted blue and grey are fitting. Scrapbook paper with printed water drops provided a good base of inspiration to then add in my own watercolor drops to convey a tear-soaked paper. With wetting the paper, the bottom layers of scrapbook paper crinkled and pulled away from where they were originally glued. This represents how I wanted to pull away, hide, and ironically self-isolate when feeling overwhelmed with grief during the year of 2020.

The middle of the artwork is representative of anger, frustration and the feeling of being overwhelmed. This is conveyed with flames on a red background. While working inpatient and ICU medicine at the height of the COVID waves I often referenced the “this is fine” meme. This meme depicts a cartoon dog sitting with his coffee mug while his home is up in flames, cross-eyed. In the next cartoon panel, he looks at the audience amongst the flames and states, “this is fine.”

Lastly, the top of the artwork represents inner hope, success and faith. In the upper right corner there are sunbeams shining down, like lights in the darkness. Looking back on how we worked during the COVID pandemic and what we saw, it is easy to think of the negative emotions. However, there is a proudness as well that rises from my chest, thinking “it was hard, but we rose to the occasion.”