



Overthink.: A Junior Digital Illustration Project by Kyle Jhong

The morbid imagery in this piece hyperbolizes the frustration I feel with overthinking. Growing up in Silicon Valley, it was an unspoken rule that my logic should be valued over my feelings, and this fallacy has impacted my life negatively in many ways. My thoughts constantly seek for perfection in myself and others, which by nature keeps me dissatisfied and makes me a problem-solver to other people. If I could unlearn this over-analysis mindset everything would feel like bliss, and this piece represents that for me. The symbol of the bullet through a brain represents the cessation of my thoughts. I made the blood fade into waves, however, because whenever I watch waves crashing on the shores of beaches I am pulled away from my worries and live in the moment.