

Summary

This thesis explores the author's three animated paintings: *Headless State*, *Headwind*, and *Smile*. The works examine personal experiences of mental health, grief, anxiety, inner conflict, and the pressure to hide difficult emotions from others. Through surreal and often humorous imagery, the paintings contrast bright, playful appearances with deeper and more painful meanings.

The thesis combines traditional painting with digital animation and sound. The paintings were photographed or scanned, separated into layers in Adobe Photoshop, and animated using Photoshop and Adobe After Effects. Movement, sound effects, and character sounds add a sense of time and emotional depth to the originally static paintings.

The written part analyses the symbolism and personal meaning of each work. *Headless State* focuses on grief, emotional breakdown, and maintaining self-control; *Headwind* represents intrusive thoughts, resistance, and protection; and *Smile* explores forced positivity and the pressure to appear happy despite inner difficulties.

The thesis demonstrates how painting and animation can complement each other, creating a more immersive way to communicate emotions and personal experiences. The author hopes the works can create recognition and support for viewers who may be experiencing similar struggles.