

# *RESILIENCE*

*by Miguel Sanchez*

2011 - Project Contemporary ArtSpace Exhibiton Proposal

*Resilience* in psychology is the positive capacity of people to cope with stress and adversity. The development of the human capacities and the relative adaptation to the social, economic and cultural development of the modern world draws my attention in particular.

Life is plagued with upheavals that threaten our mental health in many different ways. Environmental upheavals, physical upheavals and now mental upheavals, combined to the inequality, poverty, impunity and corruption that affect societies contribute to drive us literally “out of our minds”.

Although this could sound vague and ambiguous, the numbers demonstrate the opposite. According to published research, dementia has been aggravated during the last century, by 2020 the number of people with dementia will double and then will double again by 2050.

Exploring the concept of *Resilience* on my work I make the art piece go through different upheavals, to later have a dialogue with the same and understand the degree of Resilience that it can reach.

My work is a form of abstraction enriched with a great amount of textures and techniques that turn the piece into an organization with character and unique personality. It is in a way like having a naked person standing in front of us, open and ready to tell its history.

My artistic work tours in this sense and so does my social work: I furnish art students with life skills and help them to manage their creativity in a constructive way. My assignment is to take them through the path of *Resilience* trying with this to generate a movement of new artists and people who see the future with a hopeful glance.

*Since 2005, Miguel Sanchez performs as Director of Culture of The Dome Solutions - a non for profit organization dedicated to develop the artistic talent of the Mexican youth. The Dome Solutions values education and thus offers flexible programs to allow students from disadvantaged communities to develop their artistic skills after school, during weekends and on holidays. All profits from the exhibition will be donated to continue this noble labour.*