

## *Tharandûl: An Artist's Reflection*

By Eileen Siddins

### About the Artist

Eileen Siddins is a PhD candidate at James Cook University. Eileen has interests in changing university art curriculum to benefit art students' wellbeing and resilience. Her research is published by the Journal of Arts & Humanities and the Australian Council of Arts & Design Schools.

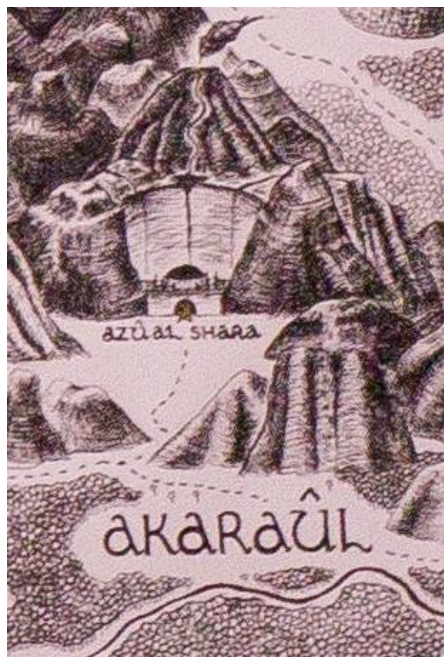
### *Tharandûl*

**T***harandûl* took years for me to complete because I suffered from a repetitive stress injury in my wrist. After two years had passed I discovered that the pain I continued to experience was fuelled by a fear that I would again damage myself and be unable to create. As described by Butler and Moseley, although there may be no problem with our body tissue, nerves or the immune system, if the brain thinks that we are in danger, we will hurt. The journey to recovery taught me to appreciate the lengths that our human bodies will go to protect us. I am in awe of the way our thinking can physically influence us and am fascinated by how “reframing” my own thoughts has freed me up to again do what I love.





Above: Eileen Siddins with “Tharandûl”; below: excerpts from “Tharandûl” by Eileen Siddins (2018).



## Works Cited

Butler, D., & Moseley, L. (2013). *Explain Pain* (2<sup>nd</sup> ed.). South Australia: Noigroup Publications.