



**Orla Stevens**

**'Care Blanket' (2022)**

'Care Blanket' started as a project collecting patterns seen in nature, and icons from daily walks - things you might see rurally, or in the city. It looks at the joy and headspace felt from the simplicity of walking in the outdoors. I initially got really into walking during university, when I was struggling with feelings of overwhelm, social anxiety and loneliness. This period in my life was the first time I had left home and I was finding the transition to university life difficult, filled with many social expectations that come along with the university experience.

'Care Blanket' builds upon the repetitive nature of walking, forming your own patterns with movement and daily observation, to celebrate the importance of daily adventure and time in nature – whatever that means for you, if that's climbing mountains or sitting in the park.