

YOUR MIND & BODY IS ALL THAT YOU'VE GOT

Jocelyn Allen

My photographs are from *Your Mind & Body Is All That You've Got* (2012) and *Your Mind & Body Is All That You've Got II* (2013). I started the first project when I kept randomly finding articles by women in their 50s, 60s and 70s about how they had finally learned to love and accept themselves. At the time I didn't have a great relationship with myself and I realised that I didn't want to wait until I was older to feel happier within myself. So, I went in front of my camera when I felt that I had something to express or when I felt nothing at all. Whilst I wanted to have a few pictures of myself that were somewhat flattering, I wanted to embrace the different sides of me – the slightly odd, tired, stressed, sad or 'big spot on my face' me.

Born in Birmingham, UK in 1988, I am an artist who mainly works with photography, video and performance.

I primarily use myself within my personal work, whilst exploring the themes of representation, hiding & revealing, body image, self-esteem, self-confidence and anxiety.

I live in Liverpool, United Kingdom.

MORE INFO

Website: www.jocelynallen.co.uk
Facebook: www.facebook.com/jocelynfreyaaallen
Twitter: twitter.com/jocelynfreya
Instagram: instagram.com/jocelynfreya
Email: hi@jocelynallen.co.uk