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Burnt Out: A Graphic Novel

Amaya Udager

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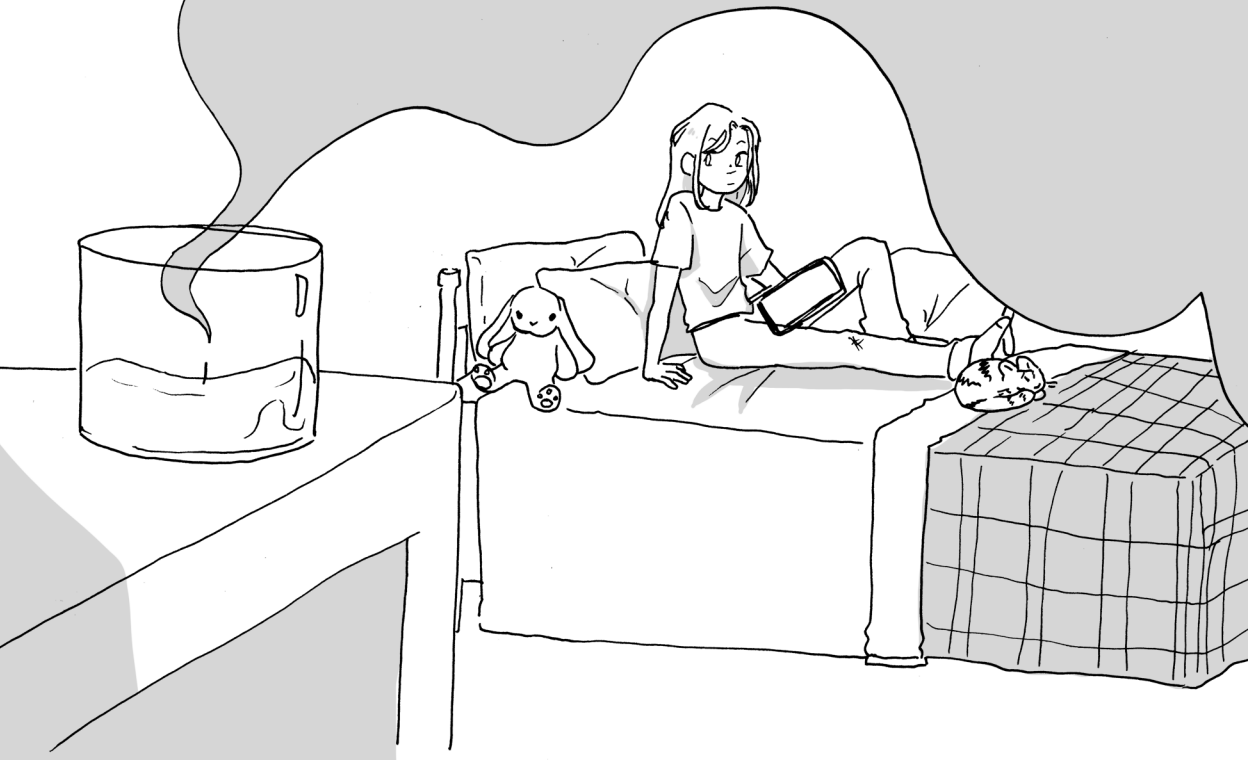
BURNT OUT



A graphic Novel by
Amaya Udager

For years I have felt as though I was in a constant state of "waiting". Wondering when my abilities to create would return.

I've felt as though I am miles behind my Peers, and find myself doubting if I can even call myself an artist if I hardly can get myself to create new work.



Burnout can come in various shapes and forms.



Neglect

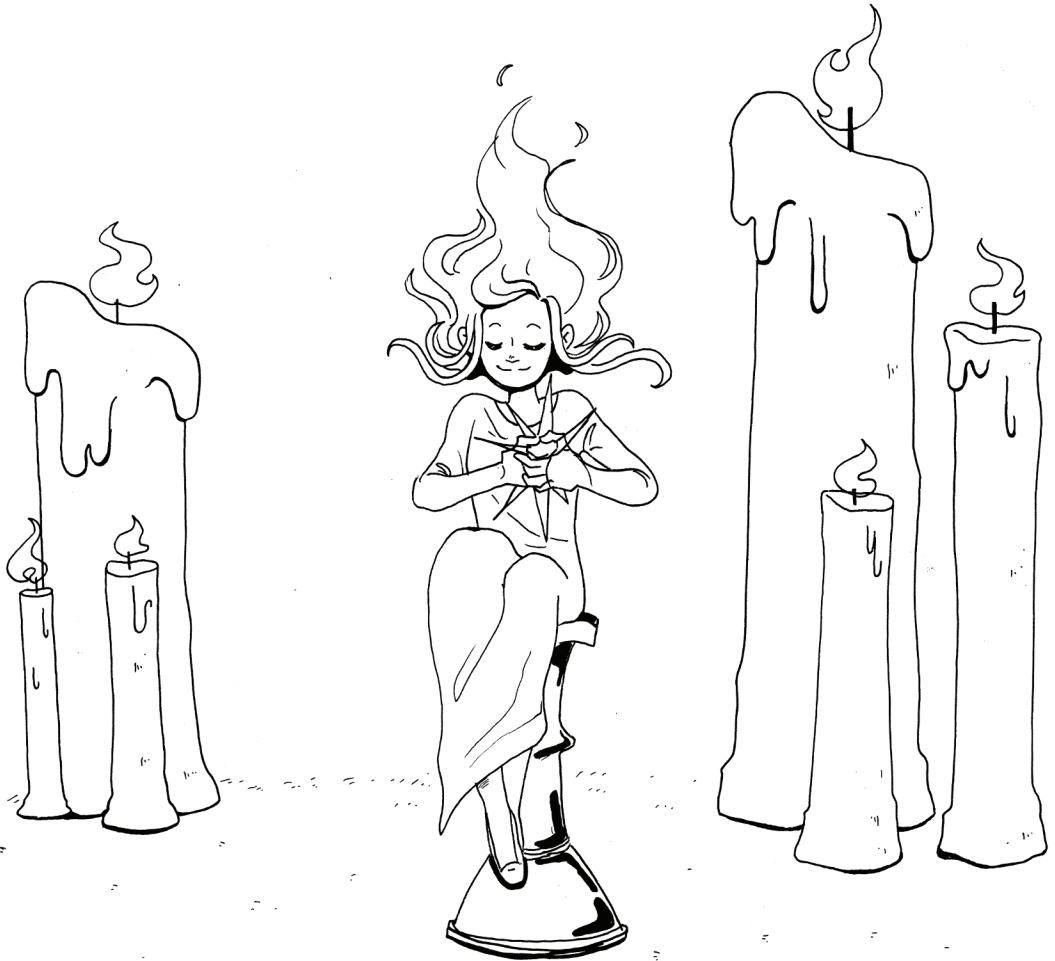


Under-Challenged



Overload

I imagine my own burnout experience as a candle.

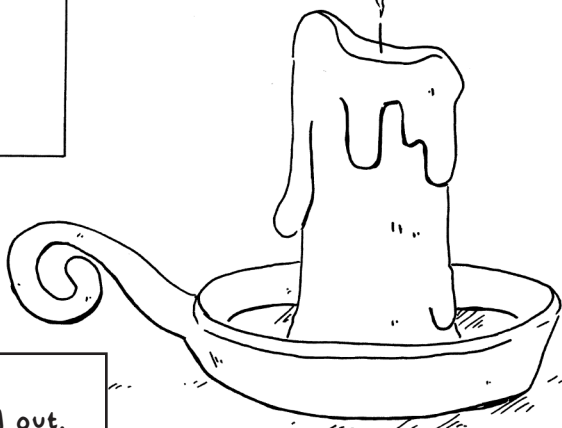


The creative flame burns brightly, despite the moments when it flickers.

But if a lid is Placed
on the candle

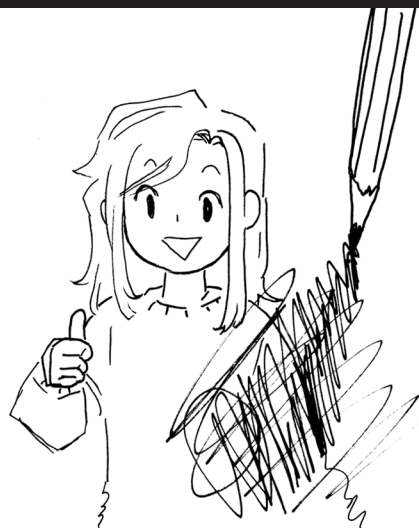



As fire cannot breathe
without oxygen,



the once vibrant flame is snuffed out.

Lately, creating new Pieces has led to nothing but stress. No matter how many times I redraw or revise a Piece, it never feels as though it is enough, and I am consumed by my frustrations.

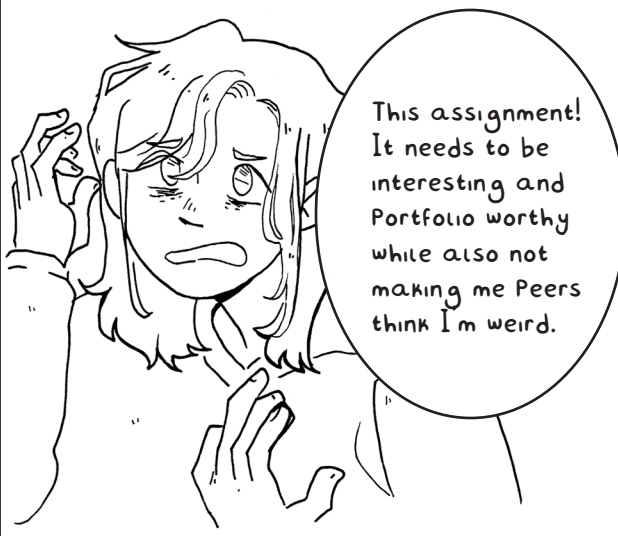





Uh, hey.



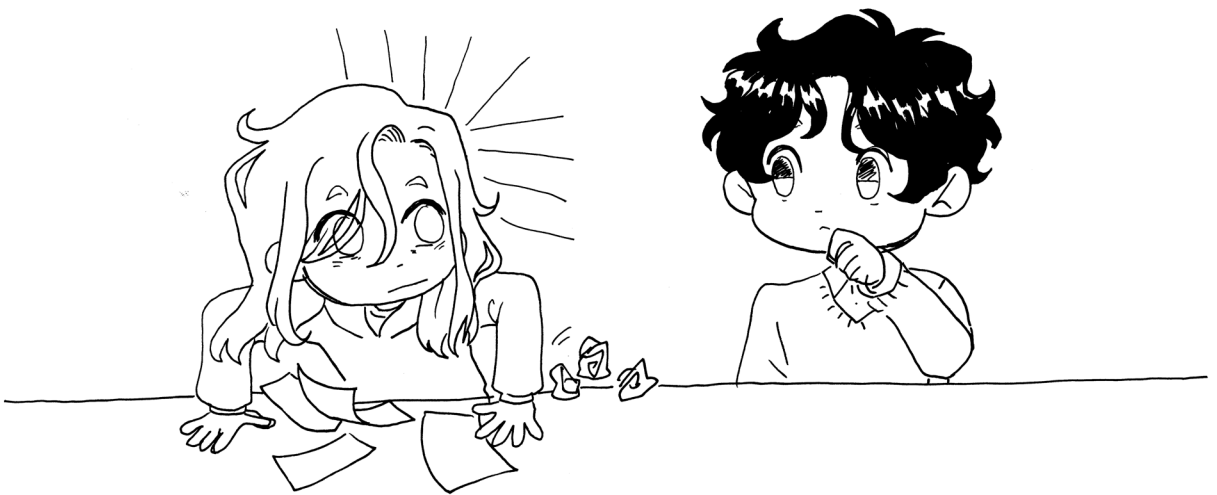
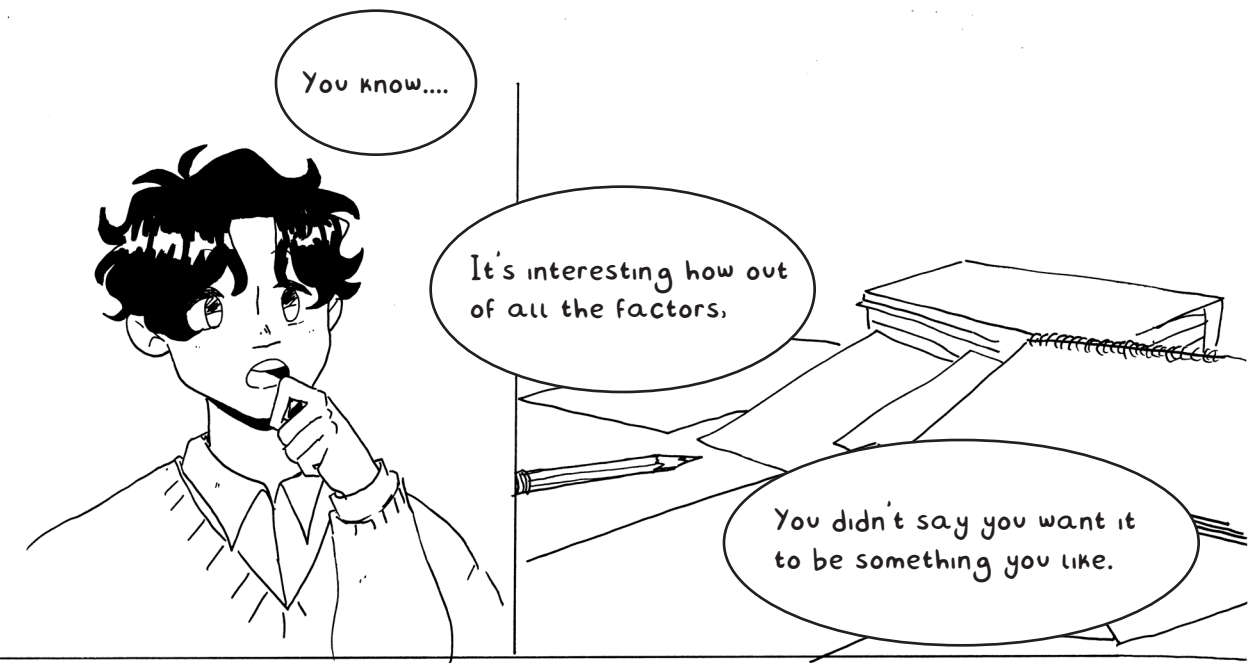
What's got you so stressed?



This assignment! It needs to be interesting and Portfolio worthy while also not making me Peers think I'm weird.



And it needs to get me a good grade in class...



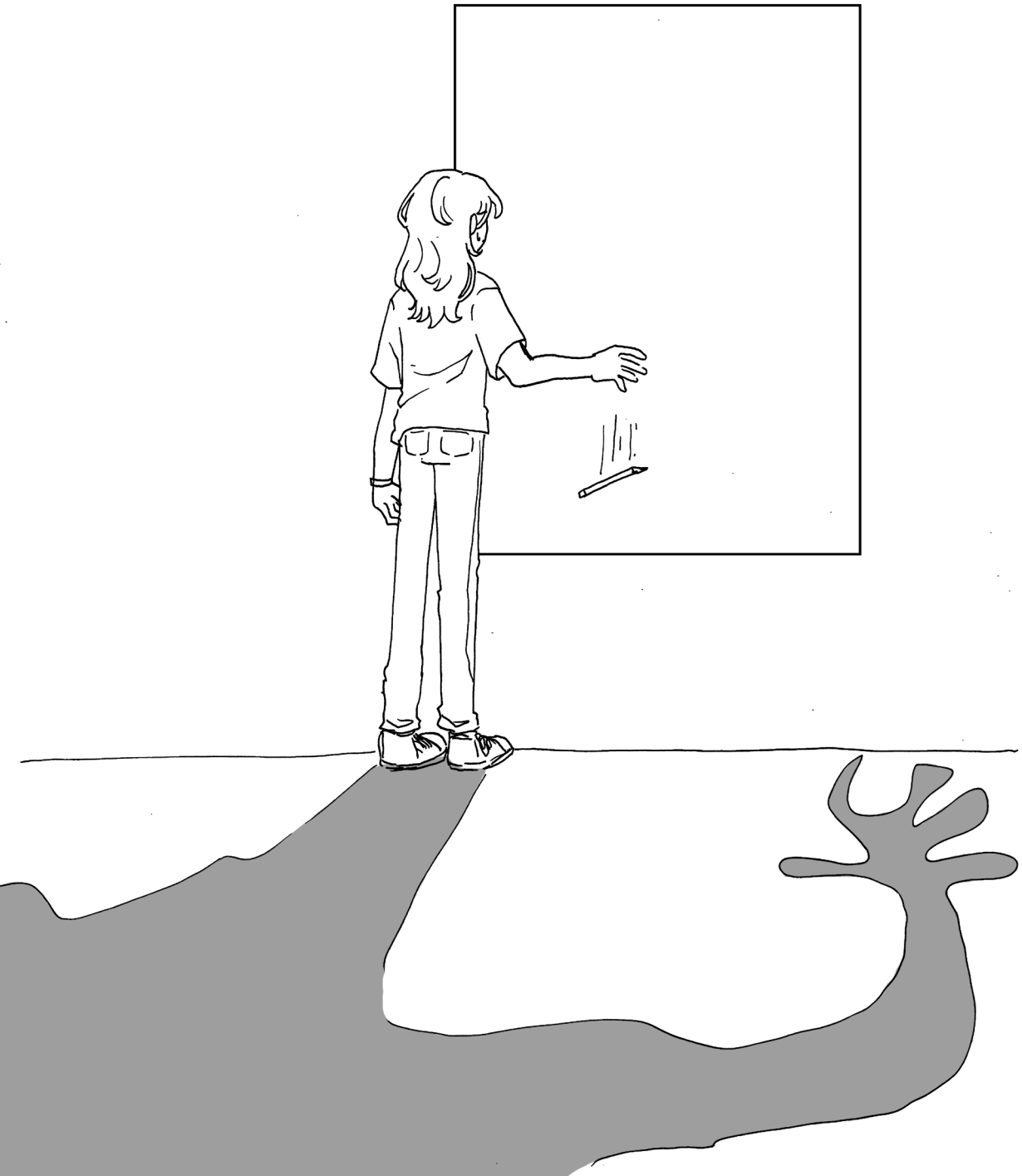
Genius!

All of this time, I hadn't taken into account
what I wanted to draw, or if I was even
enjoying the Process of what I was creating.

Was it really this simple all along?

But...

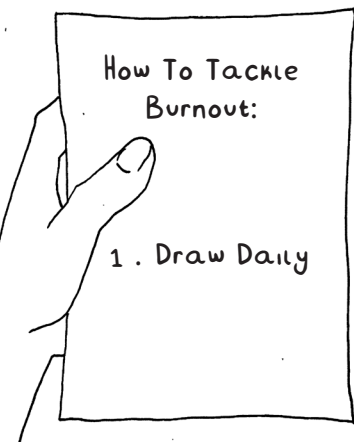
What DO I like to draw?



As a kid, I seemed to have access to
an infinite well of creativity.

I would draw constantly, for hours
at a time. I never got overwhelmed
by or tired of it.





My initial Plan to "beat burnout" was to draw daily. I thought that it would be easy.

It was in fact, not.



The first few days of drawing were fun.

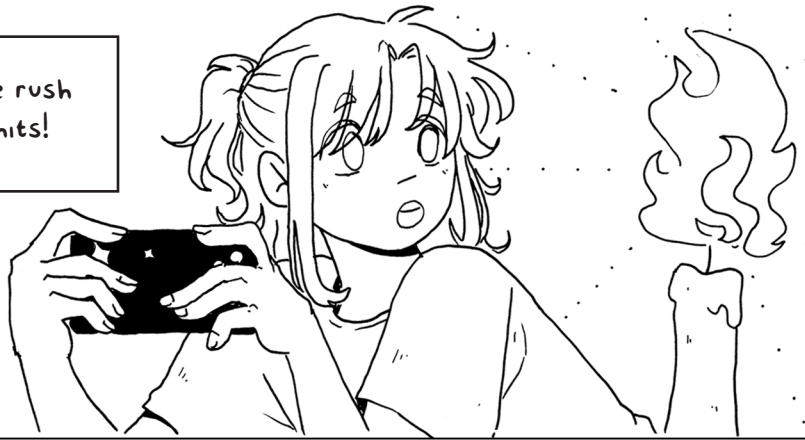
But it quickly became a chore.



Assignments and work took Precident.



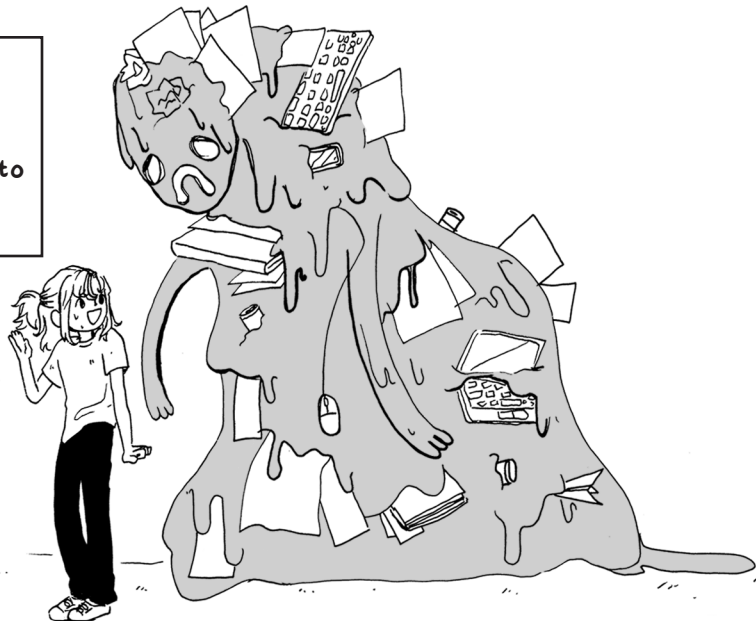
Sometimes, the rush
of inspiration hits!



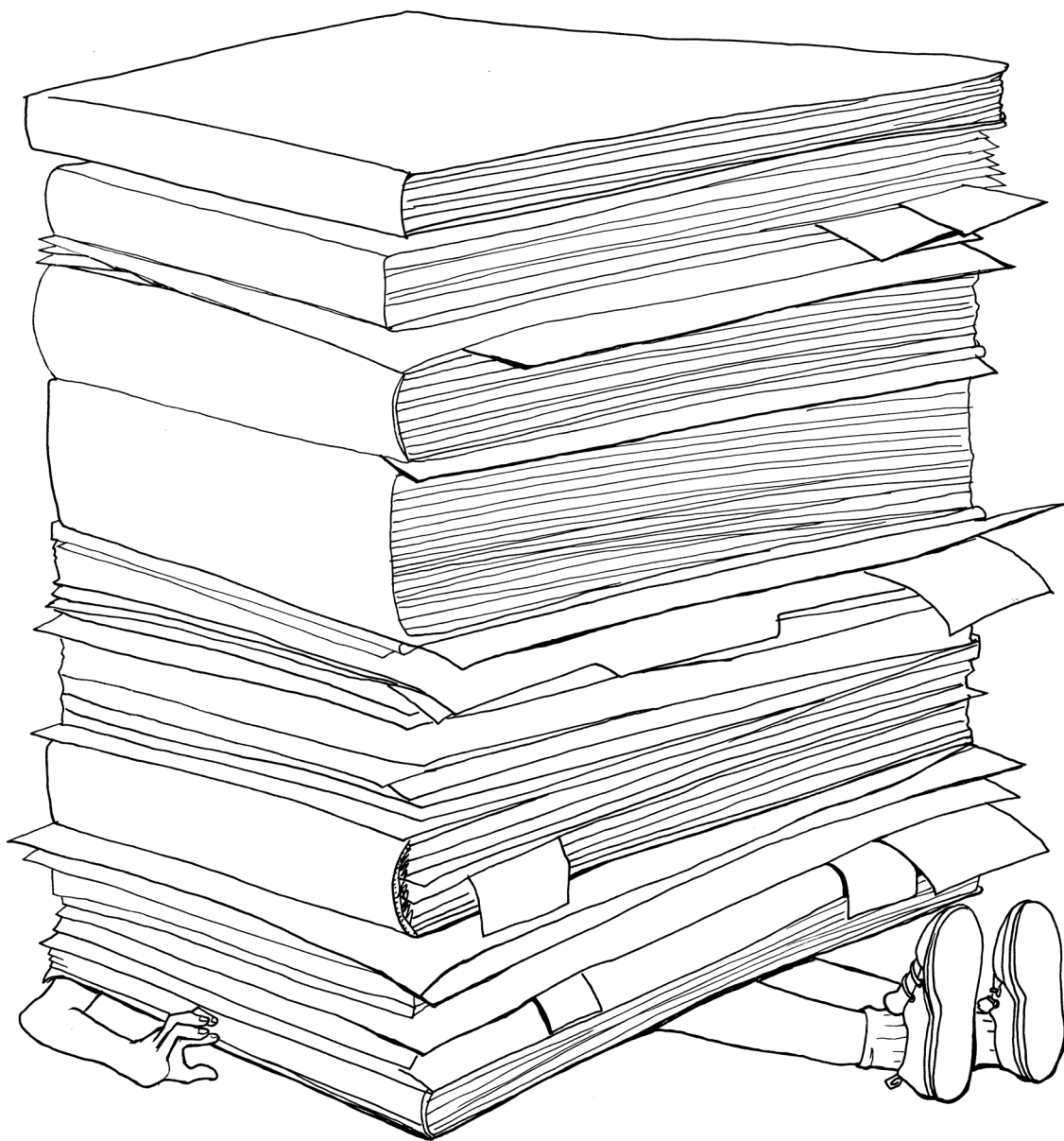
But...



Being a fulltime student and
graduating senior while also
working a job always seems to
get in the way.



Have I really been so negatively
affected by the crushing weight of



ExPeCtations?

I wish that I could confidently report
that I have "overcome" my art burnout.



That I finally had a concrete answer
for others to overcome theirs as well.

Although I have not been able to completely overcome my own burnout, I have found new interests and creative hobbies while working on this Project, including clay art, jewelry making, and block Printing.

While you work on regaining your creative drive, the best that you can do is continue to nurture the fire in your heart, and keep your Passions alive.