

Through Your Eyes - An art based workshop to explore the landscape during these uniquely challenging times

Murrumbidgee Landcare Inc

Several Art-based workshops were held over 2020 to help members of the rural community see the beauty in our environment through the tough times. With a focus on rural mental health on farms during the drought. This workshop was made possible by funding from Riverina Local Land Services.

The issue

From 2017 - 2019 the drought conditions across the Riverina imposed not only a high financial toll on rural communities in the region, but it was also clear that there was a staggering emotional price to pay, as the land that so many families called home continued to become more barren and drier.

For many who lived and worked on farms, there was no escaping the emotional burden of the drought. It was all around and all-encompassing. It is tough on mental health when your home, workplace and often your family legacy are emotional and financial strain sources.

The solution

The project aimed to encourage participants to come together and create artworks of the landscapes around them or their properties.

During this art workshop, participants were encouraged to explore various aspects of their state of wellbeing and mental health

Participants explored how they see and feel about the land around them. The importance of this project was to focus on seeing the beauty in our environment through the tough times.

The impact

During this project, over 25 participants engaged and explored the emotions they were experiencing towards the environment and often their properties due to the challenging conditions being faced at the time.

Through the use of art, the group expressed these emotions and found beauty within the landscapes.

The workshops were also a particular time for community members to come together and celebrate positive aspects of our region and bond with other members of the community.



Key facts

- Understanding and recognising our own and others emotions during challenging times is an important skill.
- Reaching out to others in the community can be a rewarding encounter when experiencing challenges alone.

Project Partners



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