



the
Nervous
system




nerve → part
of the peripheral
nervous system

THE NERVOUS SYSTEM

↓ spinal cord
&
brain

→ helps
parts of
the body
communicate
w/
each other

A BLUE BUBBLE
ZINE
MADE IN
NOVEMBER
2023



Note from the editor:

In this zine, artists were asked to explore the term "nervous system" in relation to them & their art

What comes to mind when you think "nervous system"?



"The nervous system is the major controlling, regulatory, and communicating system in the body. It is the center of all mental activity including thought, learning, and memory. Together with the endocrine system, the nervous system is responsible for regulating and maintaining homeostasis. Through its receptors, the nervous system keeps us in touch with our environment, both external and internal."

(National Cancer Institute)



EVERY MOMENT OF ACTION
TRANSFORMS
IN ONE
SWEEPING

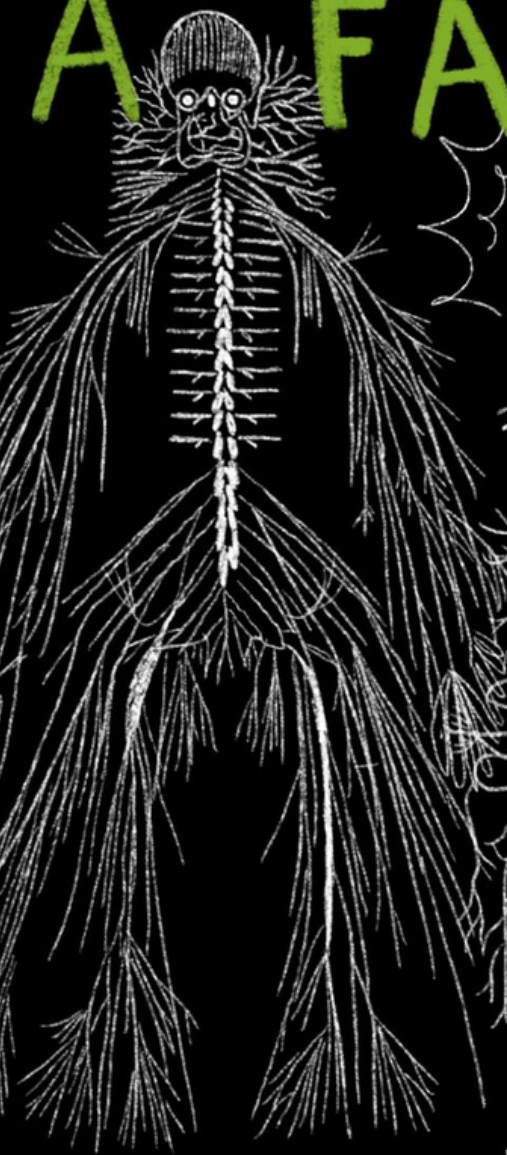
IN WILL
LITTLE TWI
OF THE EYE I W
MYSELF BE ME U RI
ZABLE TO
REMEMBER

*I speak for the trees
You're on our last nerve
Save your breath*

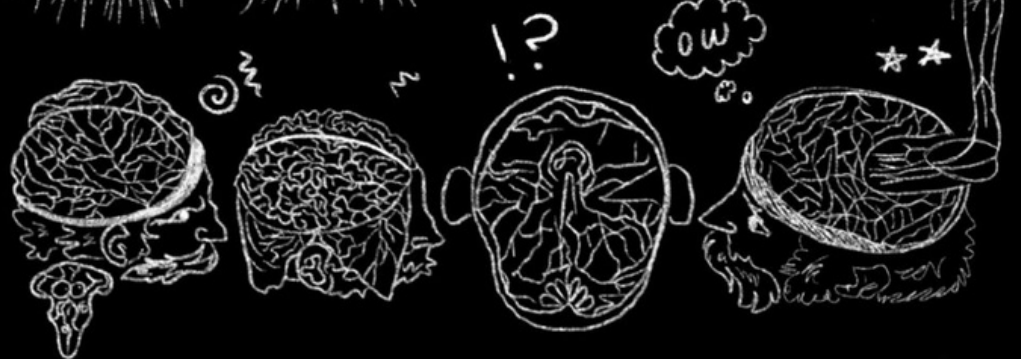
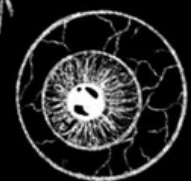


You're going to need it.

A FAMILIAR



nervous system



DETACHMENT





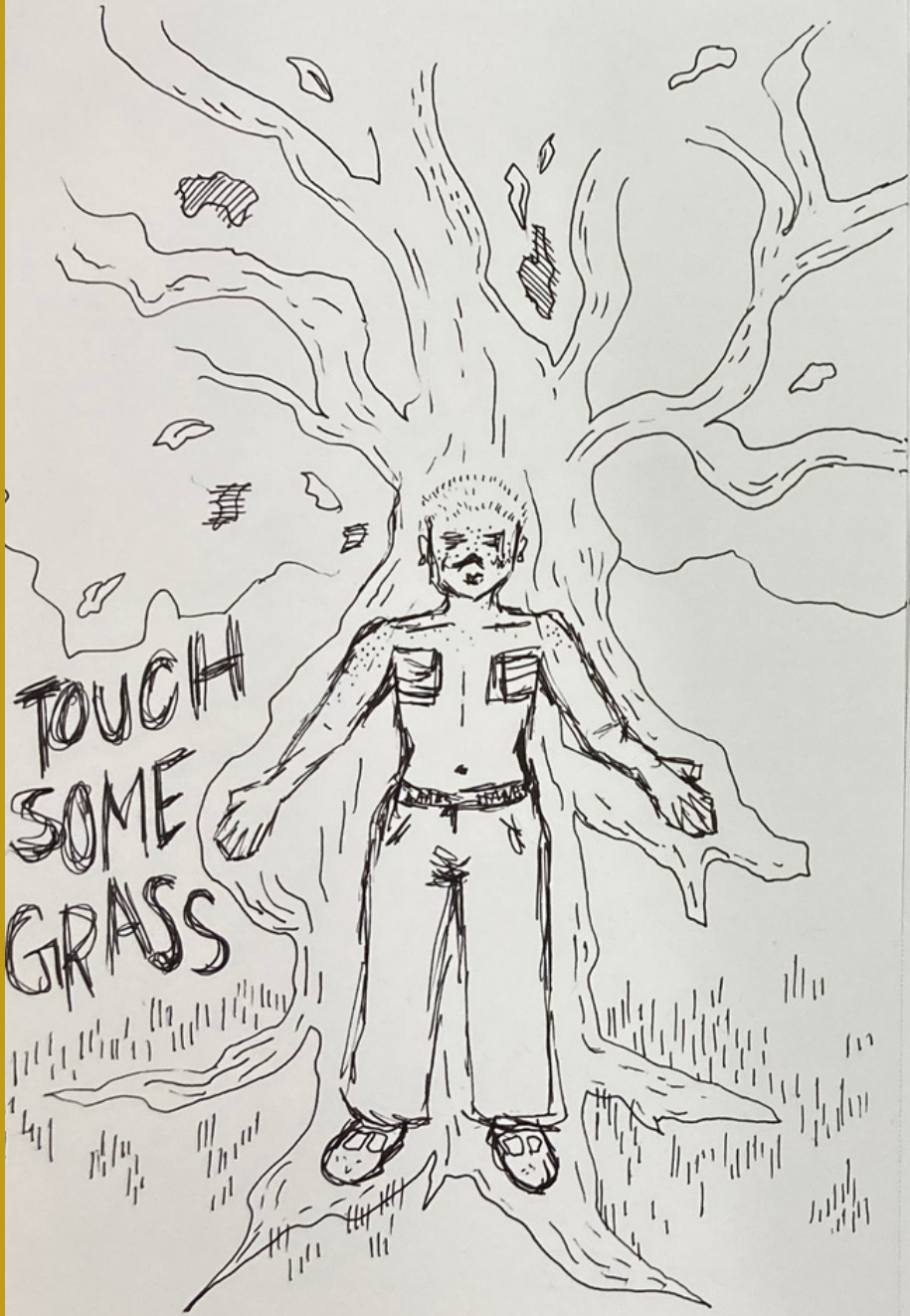
Abstract
Monkey







TOUCH
SOME
GRASS





RECENTER
YOURSELF

FEELING BETTER!
 TAKE A BREAK FROM THE WORLD
 TAKE A BREAK FROM THE BLUE LIGHT
 LEARN SOMETHING NEW

NOTICE THE COLORS OF THE TREES IN THE FOREST

LOOK AT THE WORLD AROUND YOU

NOTICE YOUR SENSES

FEEL YOUR HEART IN YOUR CHEST

CREATE

REST

SMILE LAUGH CRY
 FEEL THE TEARS ON YOUR FACE
 DANCE SWIM IN A COLD RIVER
 GO ON A HIKE GET A FLIPPHONE & RELAX



INTERVISTA

INCLUDES THE BRAIN, SPINAL CORD, AND A COMPLEX NETWORK OF NERVES. THIS SYSTEM SENDS MESSAGES BACK AND FORTH BETWEEN THE BRAIN AND

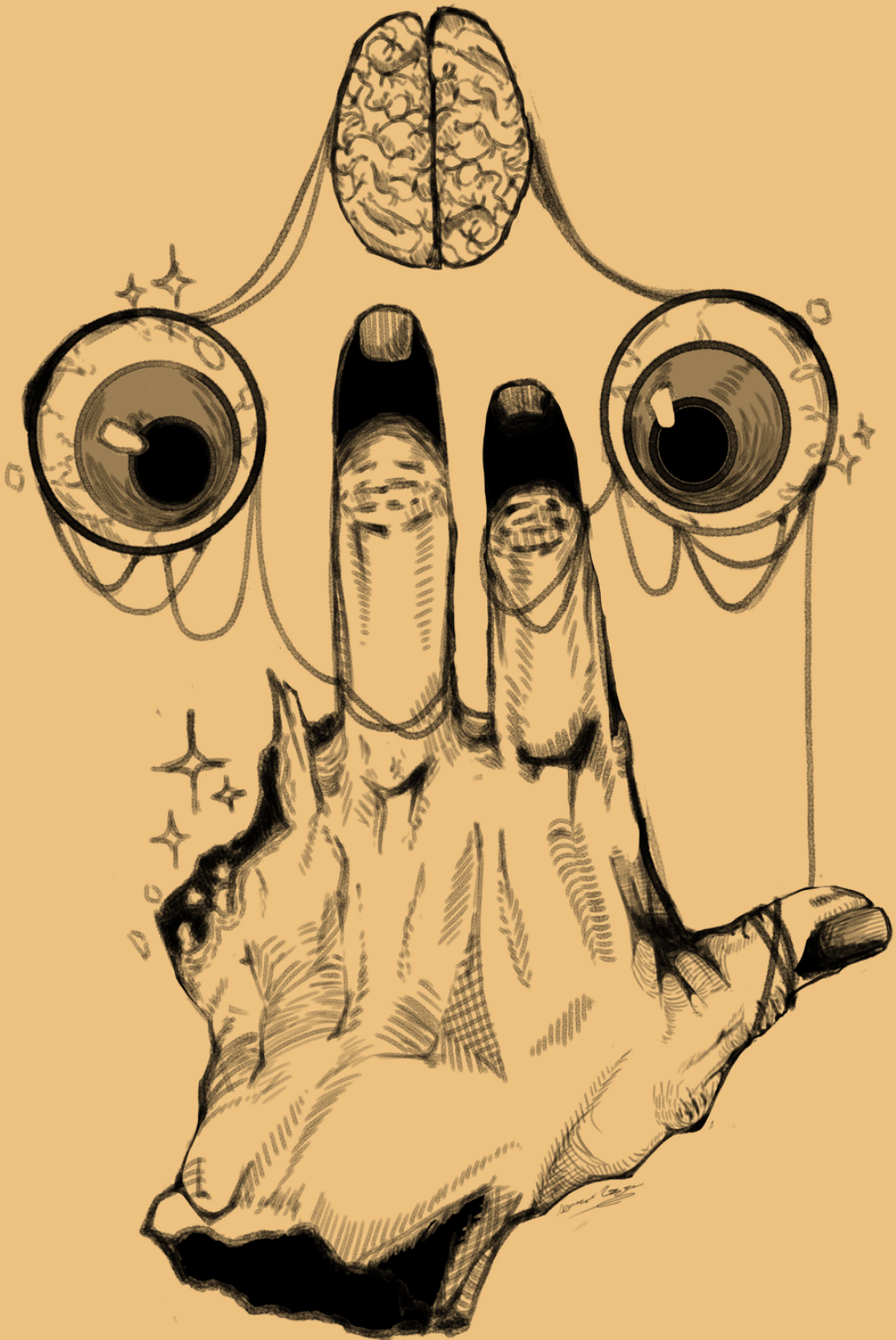


table of contents

- 6 - T0adstuul
- 8 - Sydenyscribbling
- 10 - Abstractmonke
- 11 - Ashlynn Hudgeons
- 12 - London W
- 16 - Rafaela Rohdis
- 17 - seamlesssketches

FUN FACT:

THESE ARE TREE BRANCHES.



Toadstuul
artist

Sydneyscribbling
artist

Abstractmonke
artist

London W
artist & editor

Ashlynn Hudgeons
artist

Rafaela Rohdis
artist

seamlesssketches
artist

THX 4
READING!

