

HOLD IT IN



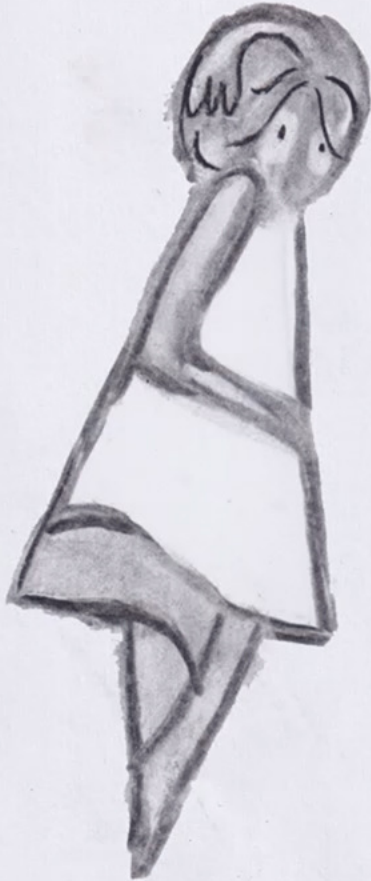
A FILM BY
ANAÏS MIRYAM

ABOUT THIS FILM

'Hold it in' is about a girl who overcomes the shame around her period by standing up to her misogynistic father. It is set in a strange surreal setting full of metaphors and symbolism that explore power dynamics between father and daughter in emotionally charged events.

WHY I MADE THIS FILM

This was a very personal film to make where I let myself express a lot of my shame and fear around periods and misogyny. Periods can be a vulnerable and exposing experience, especially early on, and are often not taken seriously. I've had moments of fainting because of how painful the cramps can be but I've always felt trapped between expressing my pain and being quiet about it. I hope this film resonates in a personal matter and brings conversation into the room. It's metaphorical and surreal because I didn't want to force opinion on the audience but rather find a way for a conversation to arise from the film.



VISUALS

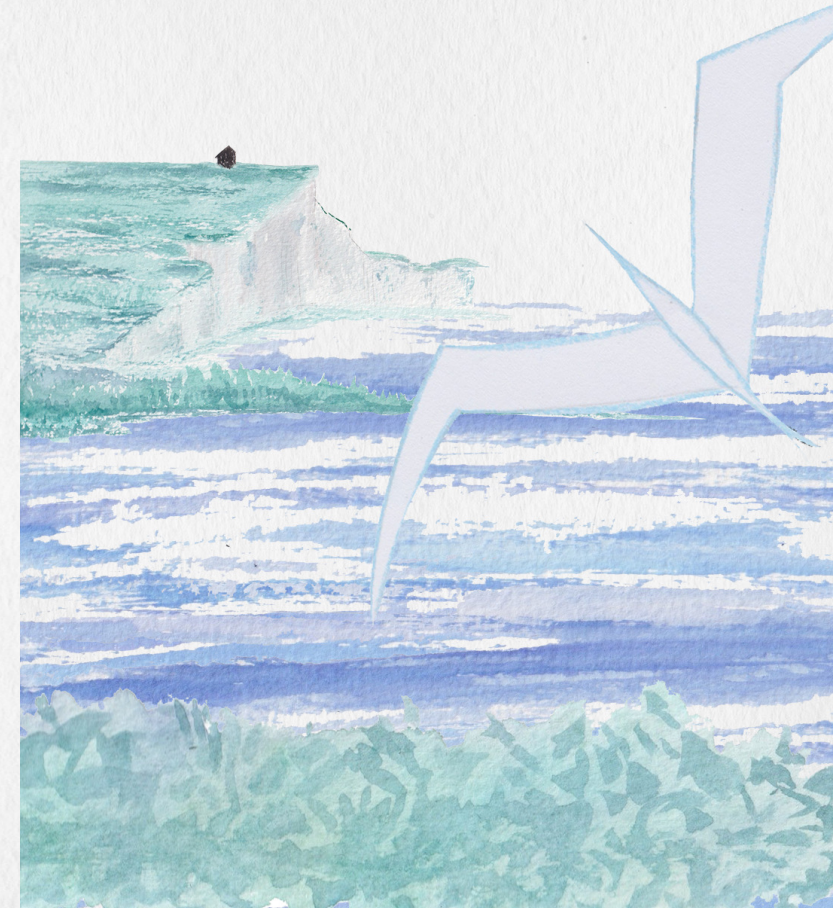
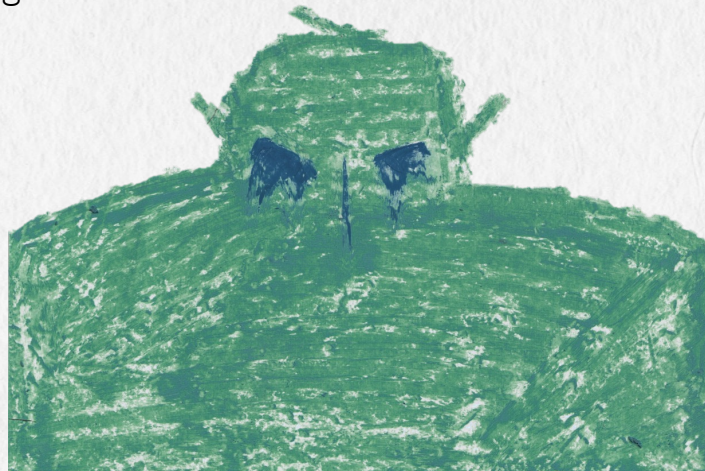
'Hold It in' is 3 minutes 30 seconds long where I was experimenting with combining analogue textures and digital composition. All the animation was done traditionally on paper and then scanned in and composited on After Effects.

BACKGROUNDS

I hand painted all the backgrounds using watercolors to create a beautiful, illustrated nature to the environment. The composition is stripped back and simplistic to evoke the feeling of being inside a story and to emphasize the important moments.

ANIMATION

I used a different medium depending on the characters in my film. The seagulls were drawn in soft pastels, the father was drawn using oil pastels, and the girl was drawn using charcoal at the start and oil pastels at the end to signify her inner change.





SOUND

Sound is a huge part of this film; I designed it to emphasize and capture the emotion and strangeness of the film. Most of the audio is a mix of foley and atmospheric sound as well as character vocalizations, however, I did play the flute in some areas to signify a sense of freedom and lightness as well as to add a motif to the film.

The father has a very low and crackling sound to him, the seagulls often bring the flute motif, the daughter has lots of vocalizations and sounds close to her body, the period sounds awkward and squelchy.

I recorded all the sounds myself using my sound recorder and mixed them on audition over a few weeks layering until it sounded like a finished soundscape.

