

# The Highly Sensitive Person

**Tsz Yau Tsang**

# Contents

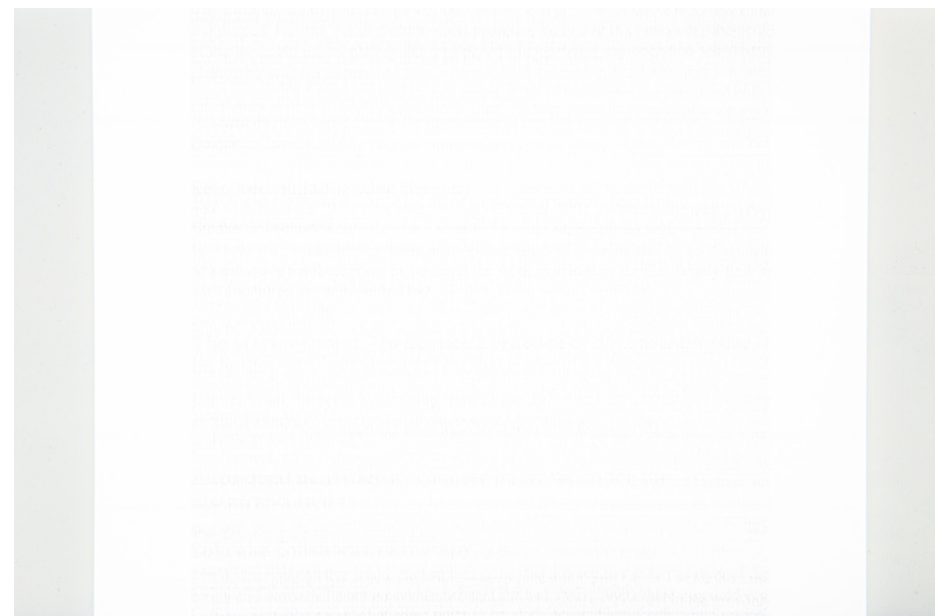
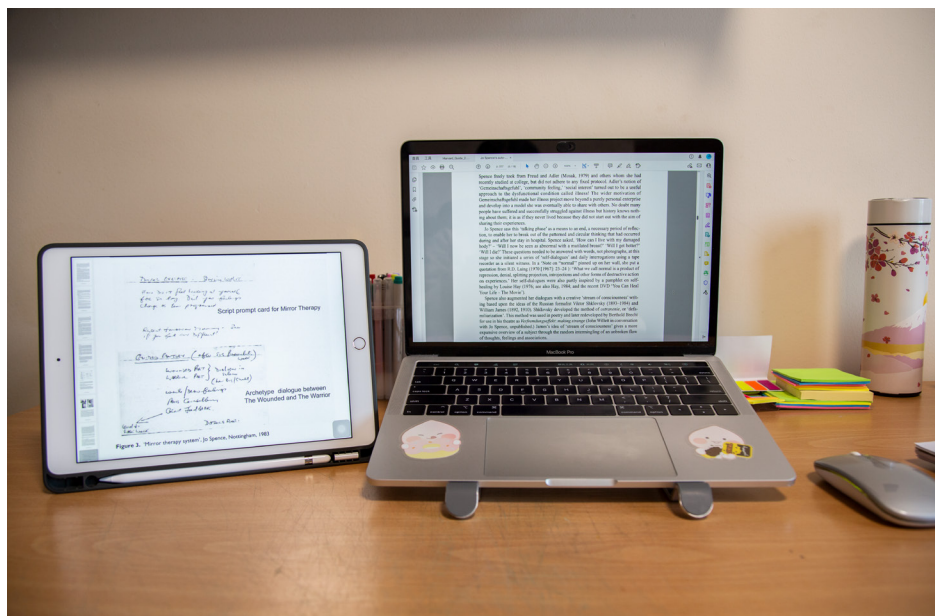
Artist Statement	2
The Highly Sensistive Person: Our Traits	4-13
The Highly Sensistive Person: Our Strengths	15-24
Biography	27

## Artist Statement

**My works are mainly personal, reflective and serene, and my inspirations usually come from daily life, particularly people around me such as my family and friends as well as personal experiences. I am interested in fine art, conceptual and street photography and most of the time, I use the digital single-lens reflex camera to capture and explore 35mm analogue photography for personal interestws.**

**This photographic project explores the Highly Sensitive Person (HSP), which is a personality trait and the theme of my project discusses one's mental health and self-identification. As an HSP myself, I have started this photographic project by creating self-portraits, representing how an HSP reacts under different circumstances in daily life and the strengths of an HSP. I think self-portraiture is the most accurate way to present the trait, which includes my real-life experiences and feelings. During the research, I found that people easily misunderstand this trait. Therefore I hope to raise the awareness of the general public of this trait and promote its benefifits.**

**In the future, I aim to create works that can inspire audiences, and by gathering inspiration and observation from daily life, I hope to create work that is down-to-earth and spread positive impacts through my works.**













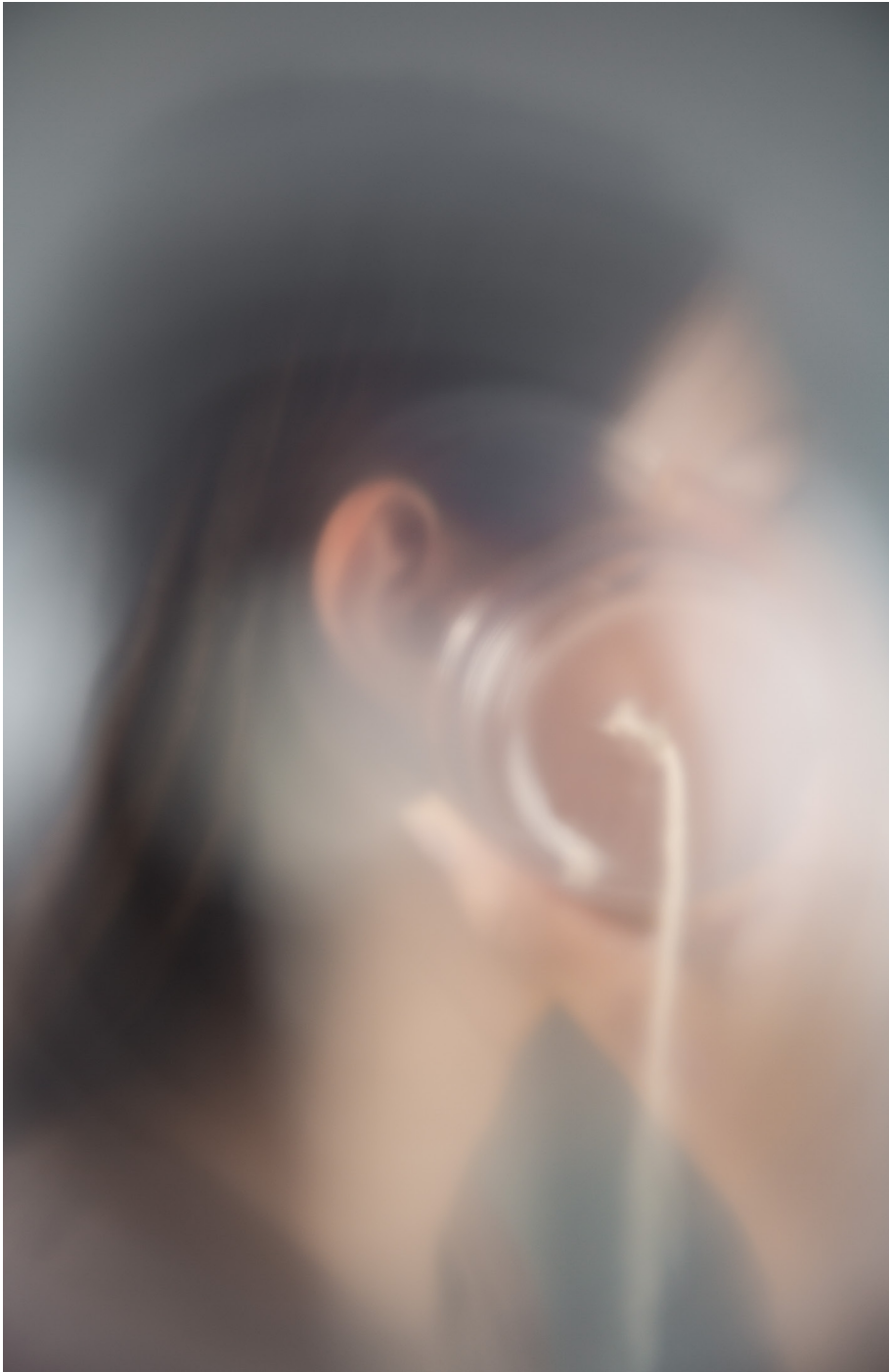


















## Biography

**Tsz Yau is a photographer based in the UK and Hong Kong. She graduated from the Hong Kong Metropolitan University and received a B.F.A. in Cinematic Design and Photographic Digital Art (2019) and currently studying for MA in Photography at the University for the Creative Arts. Tsz Yau has always had an interest in fine art, conceptual and street photography. She likes to observe and capture precious moments in daily life. Tsz Yau's photographic work explores the ideas relating to her self-experience, family and mental health, and her works are always personal, reflective and serene. She aims to create works with clean and minimal aesthetics and is well-composited.**

**When Tsz Yau was staying in Hong Kong she was a freelance photographer and mainly take photos for a drama team. She also did collaborations with make-up artist, and fashion designers, and she also had her project work exhibited at the Zandra Rhodes Gallery. Tsz Yau is due to study for a MA in Arts Administration and Cultural Policy upon graduation from the MA Photography course.**

**Website**    [melotyphoto.wixsite.com/melodytsang](http://melotyphoto.wixsite.com/melodytsang)

**Instagram**    @meloty.photo



You  
Are  
One  
Of  
A  
Kind

Tsz Yau Tsang  
2022  
All rights reserved