

INGRID V. WELLS

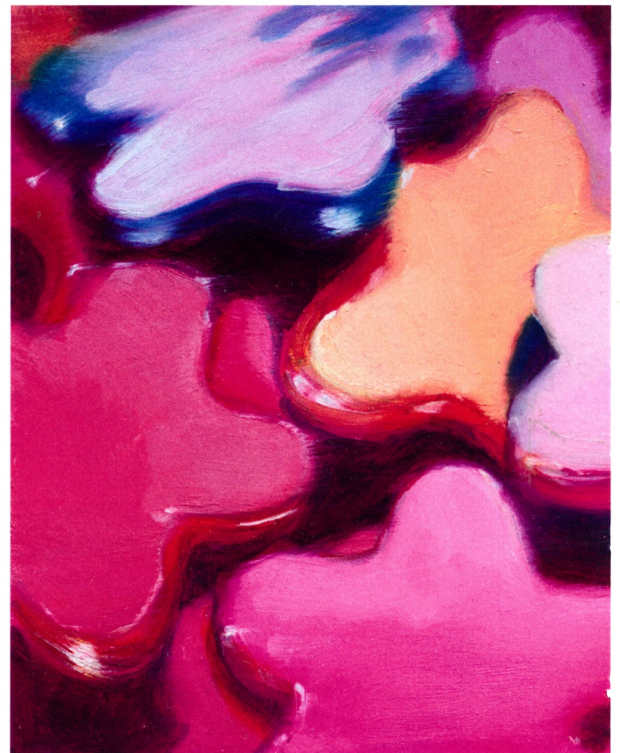
STATEMENT

With this collection I am painting about the journey of radical self-compassion. It is a fierce rebellion, I consider it pretty punk rock, to stay in your joy when blanketed in seemingly depressing circumstances. With this body of work I am responding to my personal puzzles with the aim of inspiring you to greet your challenges with curiosity. My paintings serve as a visual respite for joyful rebellion in the face of obstacles.

I see my role as a joymaker as needing to comb through everything in my purview, with my Harriet the Spy-style detective magnifying glass, to collect sparks of positive visual experiences. In my artistic process with this series I am seeking out visual notes of enthusiasm, identifying them, focusing on them, and sharing my discoveries. The oil on linen paintings in this collection are based on intimate studies of tiny confetti, enlarged to a 60 x 40" scale. The collection title Emotional Support Paintings acknowledges the need for uplifting support in this moment in America and beyond. My paintings aim to meet the current moment of problem-solving by tapping into a charming, playful and magical energy.

In order to overcome our shared challenges (and we have some big ones mmkay), we have to become joymakers first, before any other title. It is important to be vibrant and visible when doing this work. So I implore you to go down the rabbit hole of following your curiosities. Unlock the video game-style level-up moments within yourself and find delight in where the path takes you. Enjoy having your own, "Rocky-the-Champ," moment when facing your hurdles and growing your capacity for inner peace despite them. It's crucial work, and it's crucial we do this together now.

Like omg right now.



ABOUT



Ingrid V. Wells (she/her) is an artist based in Yelamu, also known as San Francisco, on the unceded territories of Ramaytush Ohlone peoples. Her work has been featured by *The Jealous Curator*, *The Huffington Post*, *Daily Mail*, *BUST Magazine*, *Create! Magazine* and *Teen Vogue*, among others. Her paintings have been shown in New York at the Untitled Space, PULSE Miami with Treat Gallery, internationally in South Korea at the CICA Museum, in San Francisco with Voss Gallery and worldwide with PXP Contemporary. She is passionate about supporting fellow artists through her role at California College of the Arts as Assistant Director, Fine Arts Division. She earned her MFA from San Francisco Art Institute and her BFA from Arizona State University.

INGRID V. WELLS | ingridvwells.com | [@ingridvwells](https://www.instagram.com/ingridvwells)

EXHIBITION GUIDE

EMOTIONAL SUPPORT PAINTINGS | INGRID V. WELLS | ingridvwells.com

OLIVE HYDE GALLERY | For Artwork Purchase Inquiries: vyung@fremont.gov

1. *For Your Darkest Days*, 2022, Oil on linen, 60 x 40 in
2. *The Thing Is (title based on a poem by Ellen Bass)*, 2022, Oil and Linen, 60 x 40 in
3. *A Painting About Magical and Invisible Things*, 2022, Oil and Linen, 60 x 40 in
4. *We're Getting to the Good Part*, 2023, oil on linen, 60 x 40 x 2 in
5. *You're Here and I'm Here and That's Worth Celebrating*, 2022, Oil and Linen, 60 x 40 in
6. *Trust Your Perceptions. Repeat.*, 2023, oil on linen, 20 x 20 x 2 in
7. *You are a Winner*, 2023, oil on panel, 6 x 6 x 1 in
8. *You Deserve So Much*, 2023, oil on panel, 6 x 6 x 1 in
9. *Yes Way*, 2023, oil on panel, 6 x 6 x 1 in
10. *Nancy Drew's Hunches Were Always On Point*, 2023, oil on panel, 6 x 6 x 1 in
11. *Finding Where the Obstacle Lives and Saying Hey*, 2023, oil on panel, 6 x 6 x 1 in
12. *Mitfreude (Enjoyment derived from observing someone else's fortune or luck)*, 2023, oil on panel, 10 x 10 x 1 in
13. *Inner Body Energetic Overhaul - Coming Soon to Netflix!*, 2023, oil on panel, 10 x 10 x 1 in
14. *Sparkle Unicorn Entering as a Dark Horse in the Race*, 2023, oil on panel, 10 x 10 x 1 in
15. *Leave Your Burden at the Door and Decide if You'd Like to Pick it Back Up on the Way Out*, 2023, oil on panel, 6 x 6 x 1 in
16. *Finitude Awareness but with Dance Moves*, 2023, oil on panel, 6 x 6 x 1 in
17. *Quantum Leaping into Barbie Dream Life*, 2023, oil on panel, 6 x 6 x 1 in
18. *Puzzling Out The Mysterious Ordinary*, 2023, oil on panel, 6 x 6 x 1 in
19. *At the End of Suffering There's a Disco Party*, 2023, oil on panel, 6 x 6 x 1 in
20. *V is For Victory*, 2023, oil on panel, 6 x 6 x 1 in
21. *Bright Lights Varsity Cheer Squad Pep Rally*, 2023, oil on panel, 6 x 6 x 1 in
22. *Right On*, 2023, oil on panel, 6 x 6 x 1 in
23. *Pushing the Pause Button on Thinking*, 2023, oil on panel, 6 x 6 x 1 in
24. *Inner Cheerleader 2.0 - Now with Intuitive Feature Upgrades!*, 2023, oil on panel, 6 x 6 in
25. *Grateful for Surprising Things*, 2023, oil on panel, 6 x 6 x 1 in
26. *Your Superpowers Are Coolio*, 2023, oil on panel, 6 x 6 x 1 in
27. *Vibes Matter*, 2023, oil on linen, 20 x 16 x 2 in
28. *Intergalactic Barbie Takes Flight Despite Being Told It's Not Possible*, 2023, oil on linen, 20 x 16 x 2 in
29. *Hey Healer*, 2023, oil on panel, 6 x 6 x 1 in
30. *Kindred Spirits*, 2023, oil on panel, 6 x 6 x 1 in
31. *A Place of Praise*, 2023, oil on linen, 20 x 20 x 2 in
32. *Barbarella-style Astroplaning While on Lunch Break*, 2023, oil on linen, 20 x 16 x 2 in
33. *Medicine Comes in the Form of*, 2023, oil on linen, 20 x 20 x 2 in
34. *Aiming for the Dreamy Situation*, 2023, oil on linen, 20 x 16 x 2 in

You're Here and I'm Here and That's Worth Celebrating, 2022, print, 20 x 16 in
Limited Edition of 50, Hand Signed and Numbered by the Artist

OLIVE HYDE GALLERY | Price List Viewable via QR Code
For Artwork Purchase Inquiries: vyung@fremont.gov

