



# Liv Olfert

Born in Winnipeg in 1998, Liv Olfert began working seriously in art just three years ago and took abstract art workshops at Artists Emporium. She had studied psychiatric nursing, and had clinical exposure. The themes of Liv's work include mental health and the juxtaposition of life and death; in her abstract pieces, she tries to portray and embrace happiness. "I also like anatomy: the body and the brain fascinate me," she says. The emotion she invests in her work gives it an expressionist feel, and she says she has been influenced in her drawings by anime. She uses pen and ink, acrylic, paint pens, and multi-media on everything from paper to canvas and even a skateboard. Her painting palette includes a lot of neons. She achieves interesting textures in some of her abstracts with sculpted grout painted over with acrylic. She has recently experimented with linocut prints and would like to move on to screen printing and murals. Liv says doing art calms her and provides an outlet for her emotions and a path to distress tolerance. "I'm an empathetic person. I put a lot of thought into my work, but the emotional content is the best thing," she says. "Artbeat," she adds, "is a fantastic safe space to create, where I've been able to develop my own style."