

# AMA Journal of Ethics®

June 2025, Volume 27, Number 6: E440-441

## ART OF MEDICINE

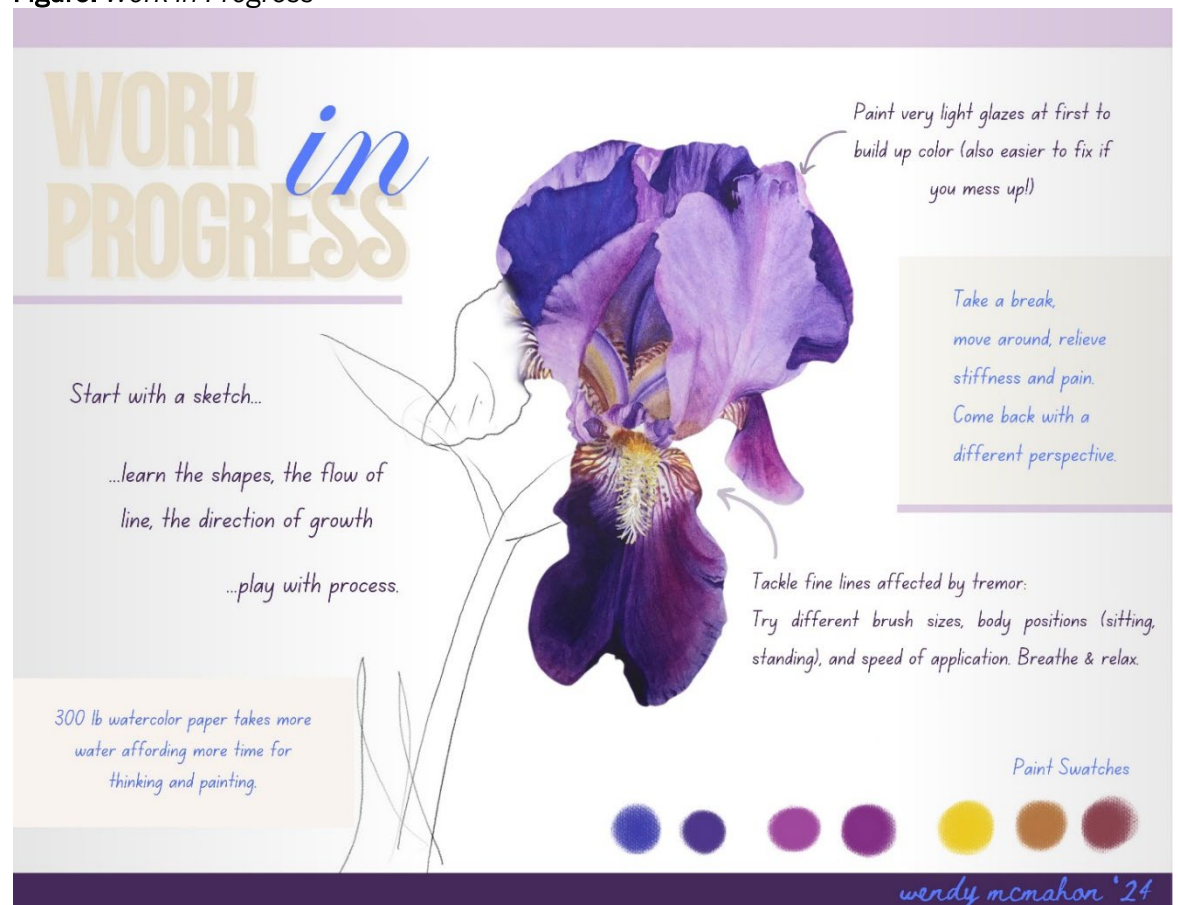
### Watercolor With Tremor

Wendy McMahon

#### Abstract

This study page of a bearded iris documents the artist's process of learning watercolor painting while navigating chronic fatigue, tremor, and pain.

Figure. Work in Progress



## Media

Watercolor on 300 lb hot pressed paper; line drawing and notes added in Procreate.

## Caption

This study page documents parts of my creative process. Specific painting materials and techniques offer opportunities for embodied adaptation, especially when constraints are also viewed as possibilities. For example, if occasional tremor interrupts my painting, I have learned to use those times to experiment with different techniques: using my brush at a different speed, working in lighter paint layers, adjusting my body in relation to the painting surface. Real-time visual information while painting cues my next adjustment: my **embodiment generates** and is generated by my aesthetic goals. This iterative art practice also informs and transforms my everyday life and draws me toward an artful practice of living well with **chronic illness**.

**Wendy McMahon** is a doctoral student in the Music, Health, Society programme at Nordoff and Robbins in London in the United Kingdom. Her research focuses on adaptive strategies developed by professional musicians with chronic illness or injury that enable them to continue making music professionally. Wendy's artistic practice includes music, drawing, and painting. Her art making is a work in progress, cultivated through experiences of living with chronic illness. She values realism and the beauty in everyday things.

### Citation

*AMA J Ethics*. 2025;27(6):E440-441.

### DOI

10.1001/amajethics.2025.440.

### Conflict of Interest Disclosure

Author disclosed no conflicts of interest.

*The viewpoints expressed in this article are those of the author(s) and do not necessarily reflect the views and policies of the AMA.*