

THE DARKEST HOUR IS JUST BEFORE THE DAWN.



a short film by

MIRJAMHLASTAN.COM

# HEADSPACE

DIRECTOR | PRODUCER | EDITOR | SOUND DESIGNER **MIRJAM HLASTAN**  
VFX | SFX | MUSIC **EZRA COHEN** 3D ANIMATIONS **PIXABAY** | PRESSMASTER | VICTOR VARETTO  
CINEMATOGRAPHERS **PIXABAY** | OMYCOTTON | NOTHING AHEAD

PRESS KIT

TABLE OF  
CONTENTS

SYNOPSIS 3

FILMMAKER'S NOTES 4

ABOUT THE PROJECT 5

FILM STILLS 6

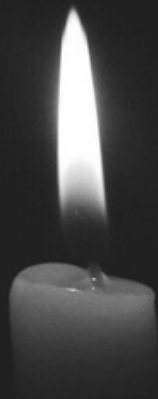
ABOUT THE FILMMAKER 8

CONTACT 9



# SYNOPSIS

"A present time fills the mind with **fear, confusion,** and **destruction** but a simple **focal point, focus** on what truly matters paints a **brighter future.**"



# FILMMAKER'S NOTES

"Headspace is a personal meditation, a reflection on a global infection of the human mind."

COVID-19, a **world-wide event** took over everybody's mind, taking us down the rabbit hole with thoughts spinning "uncontrollably" and the thought of future dimming down until complete darkness took the stage.

Struggle, despair, confusion, limitations, division, rage, exhaustion, deaths, it seems none of us could escape its effects and at some point went "**a bit crazy**", got "**lost in my mind**".

The **brain**, an **operating system** of a human body, is a powerful tool that can be used for construction or destruction.

Left vs right side, logical and analytical vs creative and intuitive, emotional vs rational, fast vs slow, everything continuously processing. Non-stop. Even while sleeping.

Additionally with information overload it is inevitable for us to overheat it, even face a complete collapse. Break down. Shut down. A bulb goes out.

A **complex** mechanism yet its functions are **simple**.

It boils down to a **matter of focus**.

**What we focus on, we create.**

**Focus.** On fear, panic and problems or our own and other's **well-being** that helps us be **creative, productive, efficient** and find **solutions**. Solutions that built **healthier societies**, therefor **hopeful future**.

As a **young adult**, my particular concern are **children** and **youth**, generations whose brain is still developing.

Considering the fact that our brain isn't **fully developed** until we are 25 years old, the most vulnerable one's make me ask questions:

How are they **coping**? What are they **absorbing**? What do they **see** and **feel**? What am I **showing** them? What am I **teaching** them? How can I **help** them? What am I **leaving behind** for them?

They are **our future** after all.

Contrast. Black and white. Colours. Minimalism. Simplicity. Complexity. Big picture. Details. Music. Sound effects. Past and future. Personal and public.

**Creative elements** and **concepts** were used to create this **visual journey** and a **soundscape** of my personal experience and grasp of the pandemic, with a **simple message** and a **call to take a breath, reset** and **refocus** on our **beautiful planet** and its **future**.

**Welcome** to "HEADSPACE", may it be **gentle** on your being and **inspiring** to your soul...

# ABOUT THE PROJECT

## FILM & WEBSITE

---

The film was created in complete solitude and crafted solely in the post-production process for a small budget of €250. The main tool of choice was "use what you got".

The video footage and sound were crafted by numerous international artists with whom there was no in-person interaction, only online communication.

The workflow itself proves that despite the limitations and restrictions imposed on us, it is still possible to connect, create, to share.

Currently "Headspace" is on the film festival route while its website is being created.

The purpose of the website will go beyond sharing the project's stages but also serve as a piece of internet space where inspiring and educational content will be published especially focusing on the well-being of the human mind and a hopeful future.

## CREDITS

---

**director.editor.producer.**

**sound designer.**

MIRJAM HLASTAN

**vfx.sfx.music.**

EZRA COHEN

**cinematographers.**

PIXABAY

OMYCOTTON

NOTHING AHEAD

**3D Animators.**

PIXABAY

PRESSMASTER

VICTOR VARETTO

SOUMYA

GAMOL

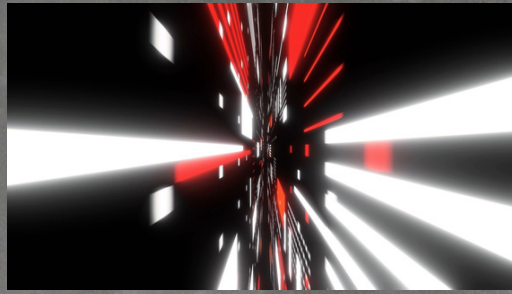
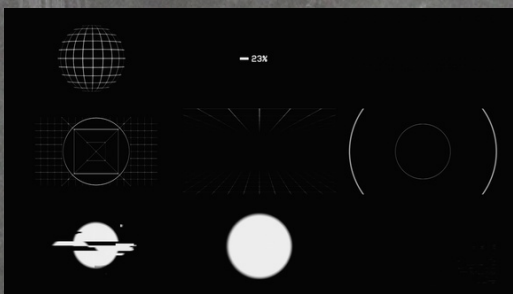
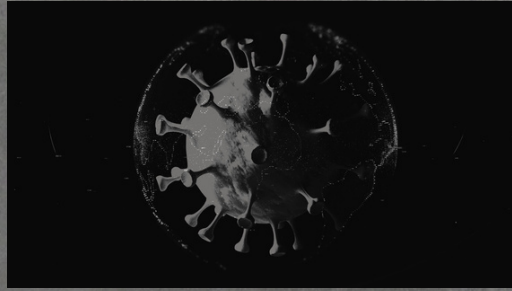
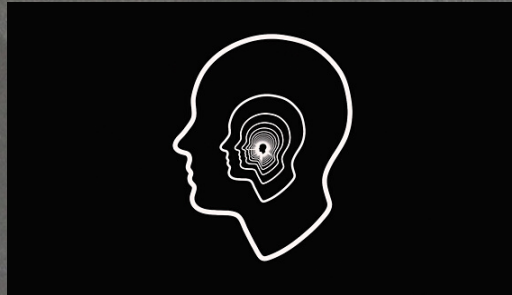
**poster designer.**

SID TABUR

**thank you.**

ARASH MALEKI FOR COLOURING TOUCHES AND TECHNICAL SUPPORT.

# FILM STILLS



# FILM STILLS



HEADSPACE.FILM



## ABOUT THE FILMMAKER

DIRECTOR.  
EDITOR.  
PRODUCER.  
SOUND DESIGNER.

Mirjam Hlastan was born in 1984  
in **Ljubljana (Slovenia)**.

After graduating from  
"High School for Design and Photography"  
she started working as a freelance filmmaker.

In film and tv productions, she took on roles  
of the **director, writer, producer**, editor, PA,  
and AD, equipping herself with unique  
skillsets.

After working on over 120 projects, she  
decided to pursue her personal and  
professional development abroad.

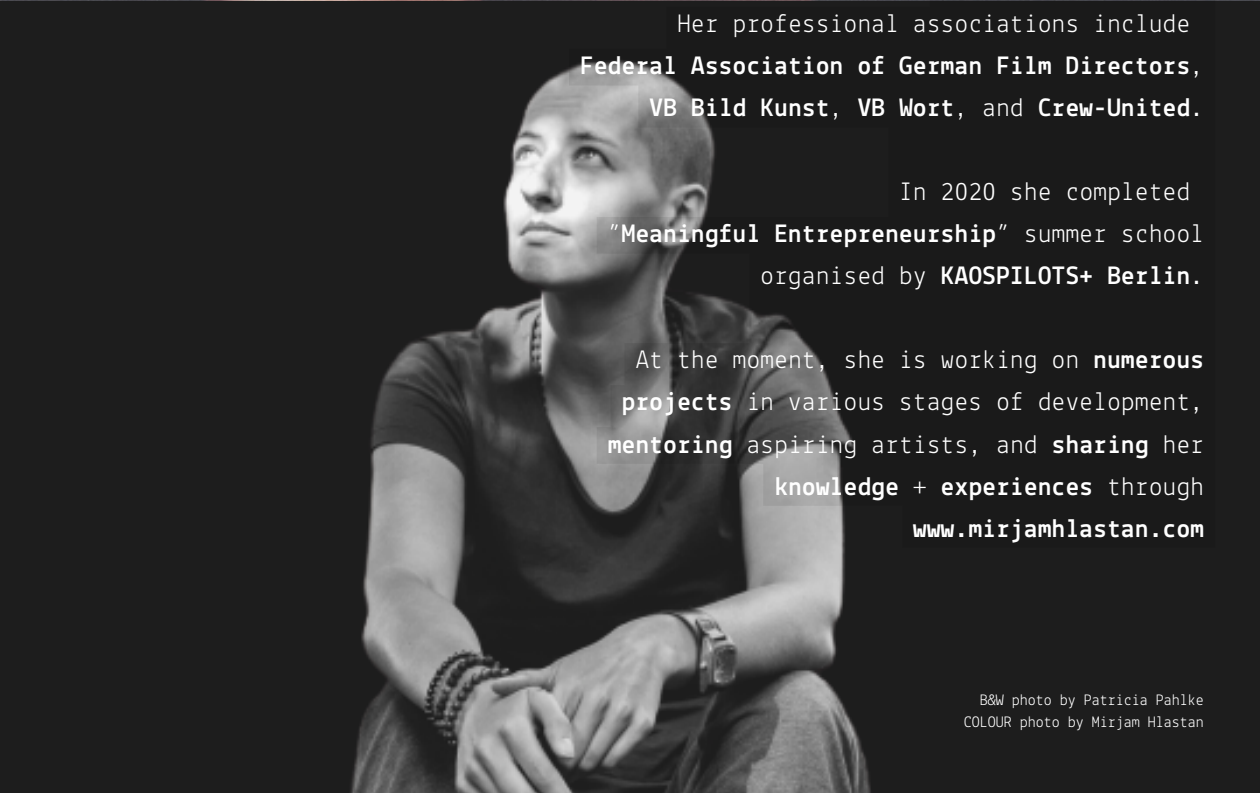
In 2011 she moved to **Berlin (Germany)** where  
she currently lives and works.

**Sarajevo Talents** and **Innsbruck Film Campus**  
alumni, she continues to learn through  
**Filmnetzwerk Berlin** and **Sundance Co//ab** events  
and masterclasses.

Her professional associations include  
**Federal Association of German Film Directors**,  
**VB Bild Kunst**, **VB Wort**, and **Crew-United**.

In 2020 she completed  
"Meaningful Entrepreneurship" summer school  
organised by **KAOSPILOTS+ Berlin**.

At the moment, she is working on **numerous  
projects** in various stages of development,  
**mentoring** aspiring artists, and **sharing** her  
**knowledge + experiences** through  
[www.mirjamhlastan.com](http://www.mirjamhlastan.com)



B&W photo by Patricia Pahlke  
COLOUR photo by Mirjam Hlastan

# CONTACT



M  
H

SMILE@[MIRJAMHLSTAN.COM](mailto:mirjamhlstan.com)

[HTTPS://FILMFREEWAY.COM/HEADSPACE770](https://filmfreeway.com/headspace770)

[HEADSPACE.FILM](http://HEADSPACE.FILM)