

# **3 SECONDS IN** 6 SECONDS OUT

A FILM BY

CHRISTOPHER BEAULIEU





# 3 SECONDS IN 6 SECONDS OUT

## PRESS KIT

### LOGLINE

After suffering a panic attack in public, a young woman decides to never leave her apartment again.

### SYNOPSIS

After suffering a panic attack in public, Hanna decides to never leave her apartment again. Just as she begins to adjust to her new hermetic life, she receives a desperate call from her mother who is having her own crisis with anxiety. Stuck between her own fear and her mother's cry for help, Hanna faces the daunting proposition of venturing outside again.

# DIRECTOR'S STATEMENT

My first panic attack was five years ago. My heart was racing, my chest felt tight, and my breath was shallow and out of control -- I was sure that I was dying. It wasn't until I left the hospital that I learned that there was nothing, physically, wrong with me. I was left with the guilt that I had wasted precious time and resources, but also a lingering fear that one of these random attacks could happen again. *3 Seconds In, 6 Seconds Out* seeks to explore these emotions that straddle the fluctuating boundary between comfort and anxiety.

During my research, I found that an overwhelming number of people living with panic disorder have at least one parent who also experiences panic attacks. This form of intergenerational anxiety shapes Hanna's shame throughout the film; her attacks are unexpected, but still rooted in family history. The sensations she feels are real, frightening even, but because of her mother's experience with past attacks, she knows that ultimately they will pass.

Breathing techniques became another central point of research for both myself and the performers as we sought to avoid the stereotypical portrayals of panic attacks often found in contemporary media. We were presented with the challenge of conveying an intense internal experience that is practically unnoticeable to an external observer. After long discussions and rehearsals, we found that shallow breathing gave us the pathway to the restrained and natural performances we were looking for.

From the earliest stages of the film, I knew that I wanted to build upon my Master's research on dynamic aspect ratios and take a formal approach to portraying anxiety. The switch between horizontal and vertical aspect ratios creates a counterbalance between comfort and anxiety that invites the viewer to consider how the framing reflects Hanna's state of mind.

One of my goals in taking this approach is to invert the notion that a narrow aspect ratio can only be used to convey a sense of danger, fear, or constraint. Instead, we see Hanna most at ease within the narrow vertical frame, which functions as a kind of firm embrace reminiscent of the deep pressure therapy techniques used to treat anxiety.

I wish that this could be a story of resilience in the face of adversity, but it's not. I still struggle with panic attacks -- some that even occurred during the production of this film. The shame has waned, but the anxiety still remains. Like Hanna, the most I can do is recognize what my body is doing and manage the sensations. Instead, I have tried to depict the fluidity of these emotions as authentically as possible while inviting the audience to reflect on their own conceptions of anxiety.



OLD MILL

205+00



## CLAIRE SHENSTONE-HARRIS as HANNA

Claire Shenstone-Harris is a Canadian film and theatre actor based in Toronto. After graduating from the University of Toronto, she trained at Bristol Old Vic Theatre School in England where she won an award for consistency in excellence. Claire enjoys playing her many musical instruments, songwriting, creative writing and marathon running.



## DIANNE MANASTER as SARAH

Dianne Byberg Manaster is a native Torontonion, working in theatre, film, and television. Theatre credits include Romeo and Juliet, Macbeth and Cabaret. Television shows for Discovery, Animal Planet, and Oxygen, and commercials for Whole You and Braun Household. Film and web include Georgia, Coffee Break with Kev Adams, and Lost Hope with rap artist Preme.



## SUZANNE PRATLEY as PASSENGER

Suzanne Pratley has appeared in numerous film, television and commercial projects including the feature films Firecrackers, Scarborough and Canadian Screen Award nominated Anne at 13,000ft. She won a Best Supporting Actress award from the 2020 Nova Film Festival for her work in the short film Limited.





## CHRISTOPHER BEAULIEU - WRITER / DIRECTOR

Christopher Beaulieu is a Canadian filmmaker based in Toronto. He holds an MA in Media Production from Ryerson University and a BA in Film Studies and English Literature from the University of Western Ontario. Working with themes of mental health and vocational identity, his films are poignant character studies that use formal elements to link characters to their urban environments. His vertically-framed thesis film *No Connection* was presented at the Future of Film Showcase in Toronto, the Korean International Expat Film Festival in Seoul, Vertical Movie Festival in Rome, and Vertifilms Festival in Prague. Christopher is currently working on a feature film funded through Canada Council for the Arts.



## ALISSA CHATER - PRODUCER

Alissa Chater is a film producer and arts professional, currently based in Toronto. She graduated with a bachelor degree in Film Studies from the University of Western Ontario and holds an MA in Media Studies from Ryerson University. A frequent collaborator of director Christopher Beaulieu, Alissa has produced numerous micro-budget shorts including Christopher's *Interchange* which received runner-up at the Hamilton Music and Film Festival and *Softcore* by Varun Sarnanga which received the Audience Award for Best Short at the Inside Out LGBT Film Festival. Since 2017, she has worked on the Loyalty team at the Toronto International Film Festival.



## JENNY MAO - PRODUCTION ASSISTANT

Jenny Mao is a published Canadian writer and holds a BA in English and Professional Writing from York University. She has collaborated with Christopher in the production of several of his recent films including *Obsession*, *Konglish*, and *Ex-Tenants*. When she's not working on a film, Jenny produces marketing strategies and writes advertising copy for international brands.



EXIT  
AND BUSES

DWA

EXIT  
AND BUSES



# PRODUCTION INFORMATION

TITLE: 3 Seconds In, 6 Seconds Out

GENRE: Short, Drama

COUNTRY: Canada

COMPLETION DATE: May 2022

ASPECT RATIO: 1.3:1  
(DCP: 1998x1080 with pillarboxing)

SOUND MIX: 5.1 DCP or Stereo

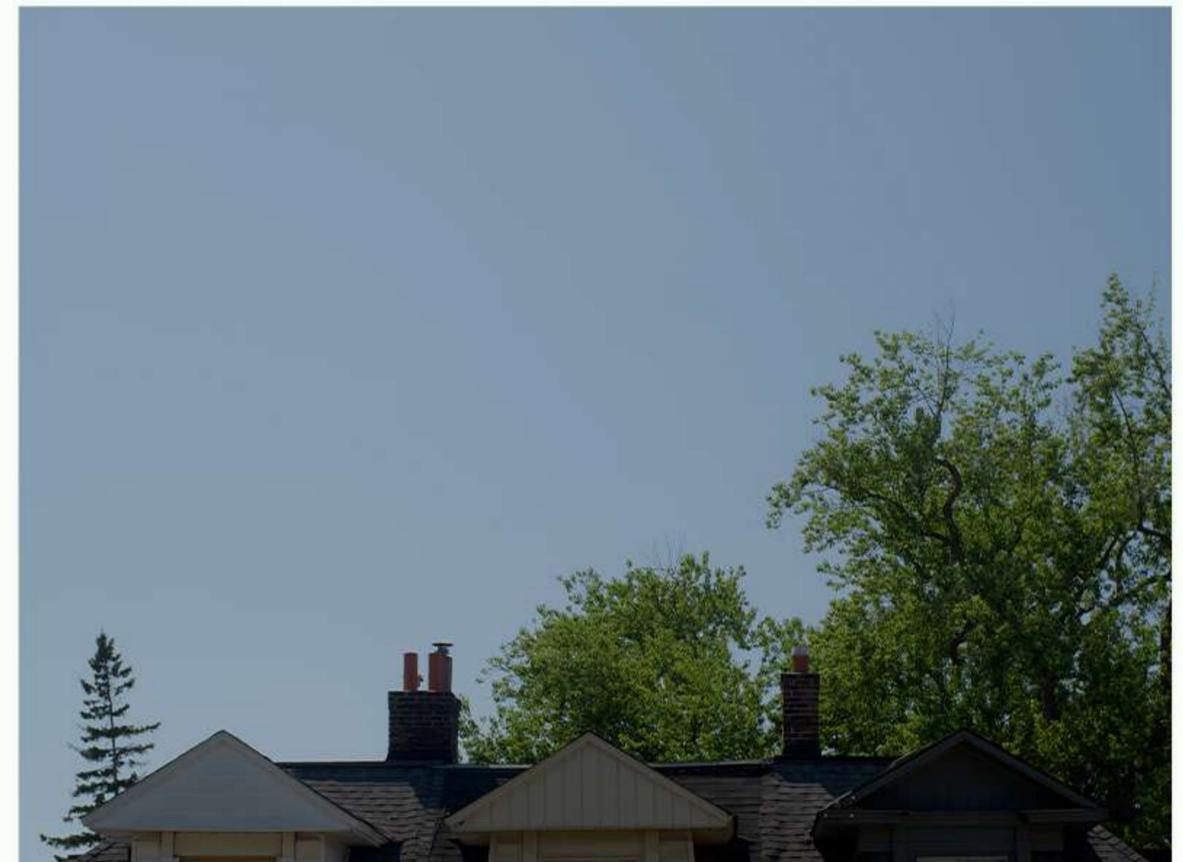
RUNNING TIME: 16 minutes 59 seconds

LANGUAGE: English

SHOOTING FORMAT: Digital 5.9K

SCREENING FORMATS: DCP, Quicktime

# STILLS



# CREDITS

## CAST

Claire Shenstone-Harris as Hanna  
Dianne Manaster as Sarah  
Suzanne Pratley as Subway Passenger

## CREW

Writer / Director / Producer Christopher Beaulieu  
Co-Producer Alissa Chater  
Director of Photography Christopher Beaulieu  
Production Assistant Jenny Mao  
Editor Christopher Beaulieu  
Colourist Zach Cox  
Sound Designer / Re-Record Mixer Lucas Prokaziuk

PRESS MATERIAL AVAILABLE TO DOWNLOAD AT [WWW.740CINEMA.COM/3-SECONDS-IN-6-SECONDS-OUT](http://WWW.740CINEMA.COM/3-SECONDS-IN-6-SECONDS-OUT)

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