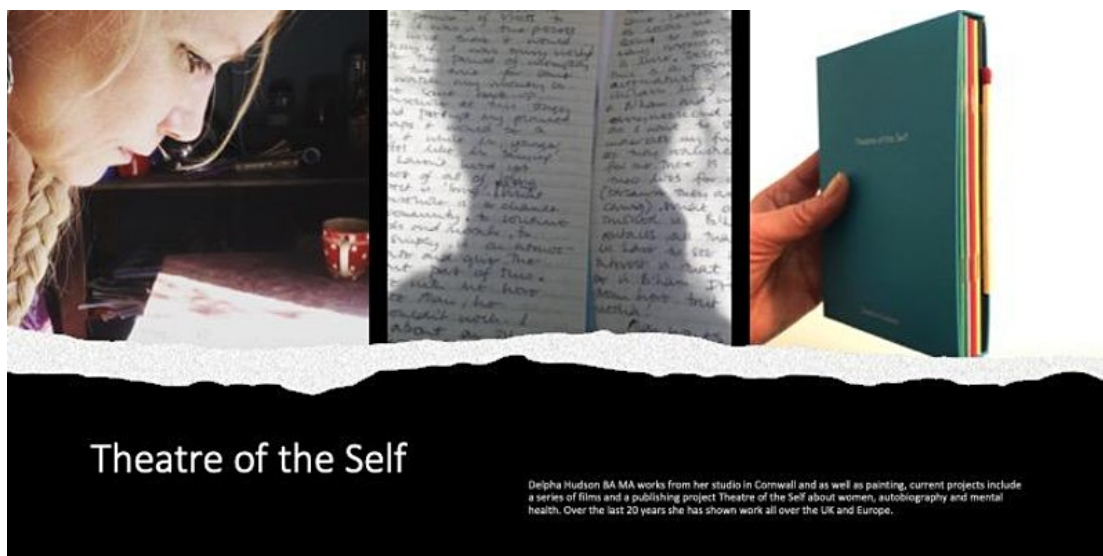


Press Release for *Theatre of the Self*

*'I would recommend The Theatre of the Self to anyone who has or wants to take a step back during a turbulent year, to revisit the parts of themselves that are too easily forgotten. This series of small books triumphantly invite us to weave or reweave the threads of our lives with new capacities for personal agency, and sense of self.'* Phoenix

In her project *Theatre of the Self*, Cornish-based artist Delpha Hudson illuminates how the activity of diary keeping allows us to construct and reconstruct our identities in a continual process throughout our lifetimes. Her strikingly personal autobiographical account, using 30 short diary entries over 30 years, showcases themes of writing the self, women and care in honest and evocative ways. Contributing to our understanding of the theory of self and mental health from a feminist and narrative perspective.

Throughout the *Theatre of the Self* the formal performed action of reading, editing and burning diaries is documented and interpolated with theoretical material on themes of selfhood, identity and re-construction. Through an additional series of small mental health diaries we are invited to explore writing the best versions of our selves; our cupboard skeletons; how we perceive ourselves, and ways to rekindle connection to our bodies, with the aim of understanding new possibilities for reconstructing our identities through the medium of diary keeping.



A limited edition A6 box set published in January 2021 comprises a documentation book of the 2017 performance project & 4 mental health diaries.

The project aims to promote better mental health through writing and is online at: [www.theatreoftheself.co.uk](http://www.theatreoftheself.co.uk) Books are also for sale @£19.95

Delpha Hudson BA MA, is based in the South West and has been making art about women, visibility, voice and value for 20 years. She has shown performance, video, and painting Internationally as well as in the UK. Her current work includes a series of paintings and films about re-writing the self.

