

FUCK YOU PANIC // PROJECT BY JOSEF KA

During my residency at HIAP/Helsinki wich coincided with the first wave of covid in April 2020 I began the project #FuckYouPanic#

I invited different people from all over the world to participate.

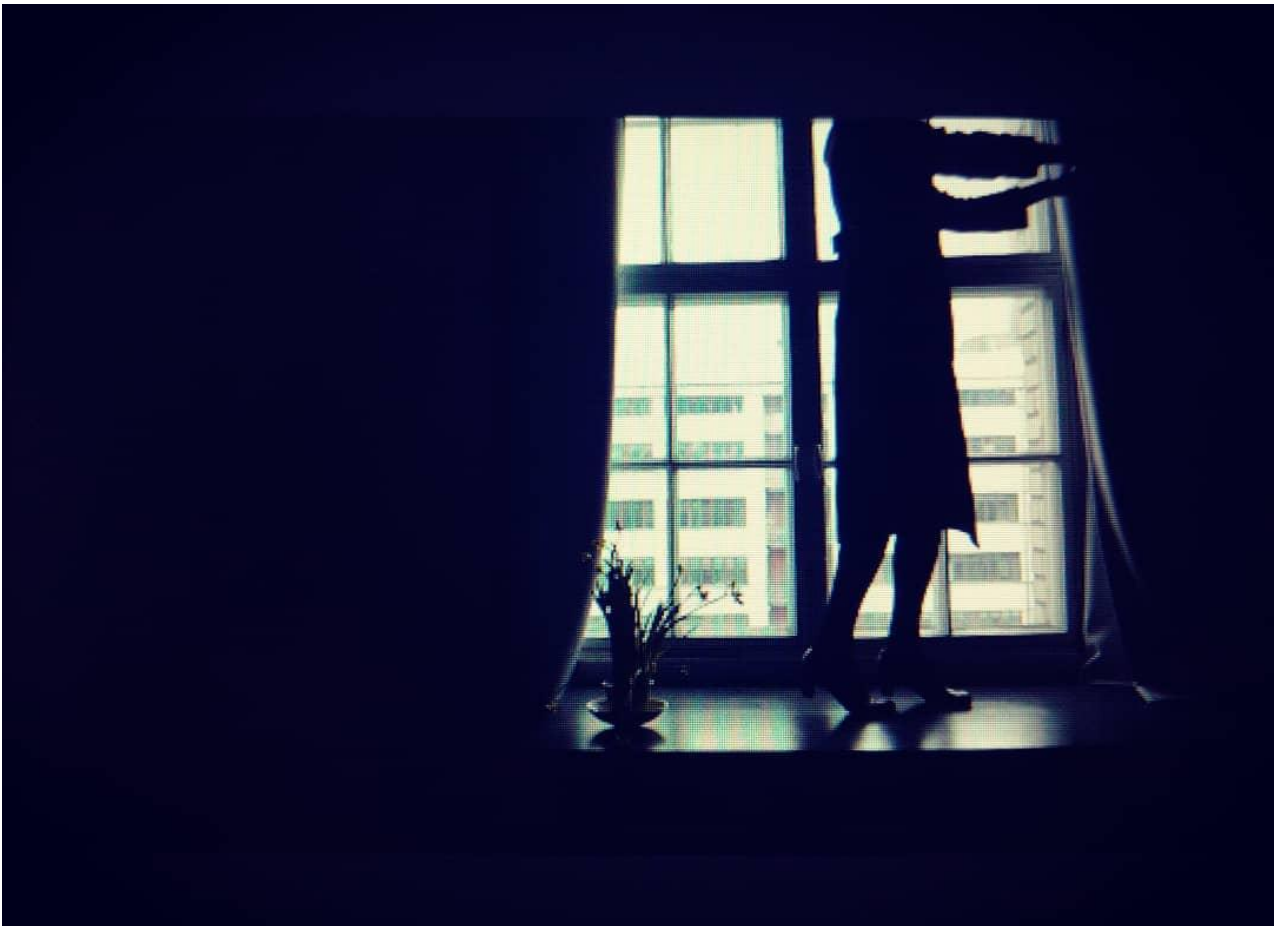
I offered them to send me a text in which they describe their most typical way of panicking and the most typical way of getting rid of it. I then transformed the described experience into a choreographed video performance.

That was my artistic contribution to all this new covid reality.

I made 10 stories about panic.



Poster



Screenshot from video#1



Screenshot from video#2



Screenshot from video#3

The text of one of the stories

Aaron:

Like vertigo sneaking up. My sense of balance is suddenly challenged and I am caught trying to make sense of reality being pulled out from under me like a rug on an escalator. Confusion. Dizziness. Generally, once the panic has its grip on me, I try to understand it. I try to look for the reason or the trigger, but of course, it's not always a clean spark that ignites the flame. Sometimes, panic is like indigestion from bad food...which food was it that made me feel so bad? It doesn't matter.

Combat panic with music, isolation in headphones or a blanket of sound from the stereo turned up helps.

I jolt my system with outward energy: dance, move, run, sweat, expose and banish the bad energy at all cost.