

## **FUCKYOU PANIC**

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This project came out from my personal story of dealing with panic. For more than 20 years I am struggling panic attacks. Nowadays coronavirus situation provoked the great blossom of panic all around the planet. My project is a performative way to go deeper to the core of the problem and to create performances based upon real stories. I know more than anybody when you are caught by panic you need to know that you have support. Thus my project is not only a piece of art, moreover it's a big support for those who are suffering from panic, first of all showing them that they are not alone and lots of people really suffering too and besides every story offers the solution from panicking.

Josef Ka:

I invite different people to participate in my #FuckYouPanic# project. I offer them to send me a video or audio, or just a text in which they describe their most typical way of panicking and the most typical way of getting rid of it. I then transform the described experience into a choreographed video performance or visual object.

By now I made 15 fuckyoupanic videoperformances, based upon my own experience and experience of the people who shared with me their panic stories.

The example of one story.

Roberto P.:

It comes suddenly although, I know it is coming. I have known it since the first time. I have known it since the last time it took control of every thought and every breath. I feel a sense of weariness, my soul is disoriented, lost somewhere between certainty and fears. It is coming I need to move I need to walk, I go out, it is the middle of the night at times 2 or 3 AM. Nobody is there other than stars that look at me knowingly. I need to move I need to walk. My breathing is getting heavier and faster, I need to move, where to go? To escape? But it is inevitable, I will bring it with me. It is in me, a companion of inexplicable fears. The breathing is getting faster, I am out, walking under the stars. Nobody is around. I cannot control my faster breathing, nobody is around, I call somebody? The breathing is getting faster and faster. It is 3 AM or maybe 2 AM or maybe 1 PM or maybe 10 pm, or I cant breath, my thoughts fly in search of my disoriented soul, I look among the stars hoping to catch at least my breath.

All the videos I was publishing on my FB page and Instagram.

Some of the stories:

<https://www.facebook.com/josefkartist/videos/242956897051283/>

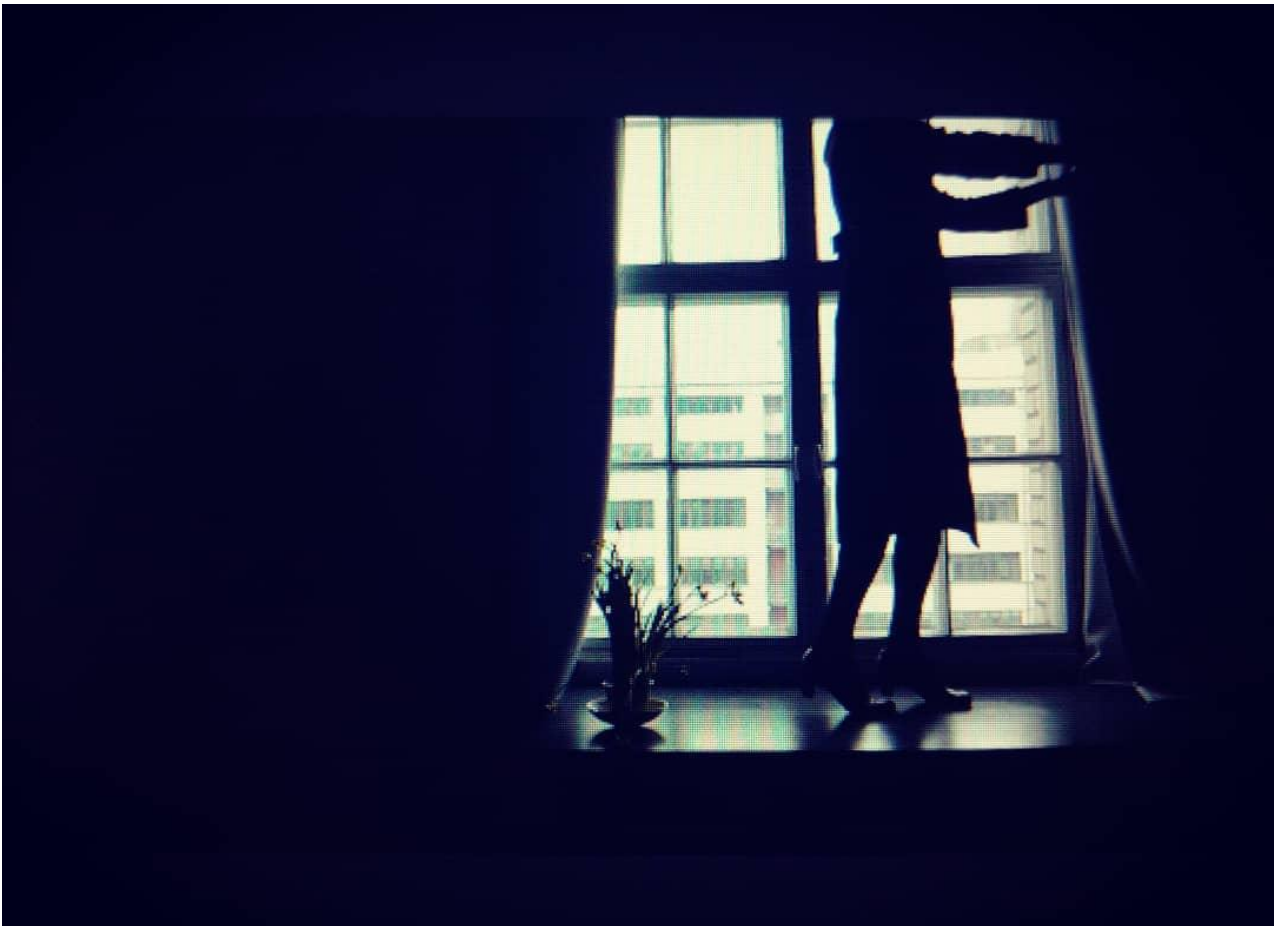
<https://www.facebook.com/josefkartist/videos/279991083023171/>

<https://www.facebook.com/josefkartist/videos/515795649299734/>

<https://www.facebook.com/josefkartist/videos/224321555668647/>



Poster



Screenshot from video#1



Screenshot from video#2



Screenshot from video#3