

Theatre of the Self by Delpha Hudson

Taking its starting point from a 30 day performance of reading, editing and burning 30+ diaries (2017), the *Theatre of the Self* documents a personal journey through life stories and encourages us to re-think our stories for good mental health.

A limited edition of 100 copies of the *Theatre of the Self* A6 box set of documentation & interactive mental health diaries will be published in mid-January 2021 and for sale: @£19.95. www.theatreoftheself.co.uk



Theatre of the Self 2017:
read & burn documentation



Image of the
holding the proofs

The documentation book includes short excerpts from diaries (1977-2010), and interpolated commentaries that explore *psychological narrative reconstruction* - how in changing the stories we tell ourselves about ourselves, we survive trauma and improve our mental health.

The 4 colour-coded mental health diaries use themes explored in the project and share suggestions about ways to re-think the self and our stories. They include: A Little Book of Smoke & Mirrors, The Body Book, The Golden Notebook, and the Little Black Book of Catharsis (with a handy match on the spine).

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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.

