

# Too Depressed to Work: Artistic Research as Refusal and Recovery

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## Abstract

In a time marked by burnout, commodification of creativity, and political polarization, artistic work increasingly happens in tension with conditions of exhaustion. This contribution explores depression not as personal failure or medical condition, but as an affective, aesthetic, and political space – especially for artists navigating motherhood, neurodivergence, and care responsibilities.

Rooted in the ongoing artistic research project *Diary of Depression*, this presentation combines autotheory, performance, and multimedia fragments to examine how slowness, unproductivity, and mental unwellness can become generative modes of practice. Rather than seeking to overcome depressive states, the work explores how they challenge normative rhythms of artistic labor and open alternative forms of presence, perception, and resistance.

Against the backdrop of cultural disarmament and the instrumentalization of art as “creative industry,” *Diary of Depression* proposes a radical reclaiming of artistic practice as a site of embodied critique and fragile solidarity.

## Keywords

*artistic research, depression, performance, affect, care*

## Disciplinary field

*Artistic Research / Performance Studies*

## Format of presentation

*Lecture performance with multimedia elements (text, audio, video)*

## Affiliation

*Independent artist / University of Art and Design Linz (PhD alumna)*

## Mini-CV

*Linda Luv is a multimedia artist and artistic researcher working at the intersection of art, everyday life, and body politics. Her practice combines performance, video, and autotheoretical methods to explore themes such as queer motherhood, care work, and neurodivergence. She completed her MA at the Lucerne University of Applied Sciences and her practice-based PhD at the University of Art and Design Linz. Her works have been shown internationally, and she regularly publishes on performance from an artist-researcher perspective. Based in Offenbach am Main, she is also co-founder of the project space Flur*