



Therese Sunngren Granlund

+358(0)50 300 1069

therese.sunngren@gmail.com

<http://theresesunngren.wordpress.com>

Artist statement

Everyday life is a phrase used to refer to the ways in which people typically act, think, and feel on a daily basis. Daily life may be described as considered mundane, routine, natural, habitual or just normal. Most people sleep at last a part of the night and are active during daytime. Most people eat two or three meals in a day. Working time is often on a daily schedule, usually beginning in the morning, and the evening is often leisure time. Beyond these broad similarities, different people spend their days differently. Agreed upon this, what is left to be considered ordinary.

I realize my work through collecting, exploring and magnifying the small details in everydayness, and the idea of turning the mundane into something extravagant intrigues me. Also taking into consideration how chance, luck, accidents and coincidences affects us on a daily basis. How hard you ever try, some things are always undeniable unsusceptible.

Being physically involved, in a way or another, is often a part of the working process, as for example in the series "Pushing My Luck" where I am trying out different ways to bring bad luck upon you by challenging folk beliefs, traditions and common superstitions. Through stepping on cracks, breaking mirrors, crossing roads with black cats, walking under ladders and nine other ways I am researching if I, by doing this, can affect my own luck.

In the series "Portraits of my Bruise", a painful memory from a falling accident, a huge bruise on my knee, is exorcised by documentating the healing process with paintings in water color. A very pragmatic way of dealing with pain or sorrow, reminding of Sophie Calles work "Douleur Exquise" where she processing the pain of a heartbreak, and in the same way as Calles stories becomes shorter and shorter as her pain is dissipated over time, my bruise is healing and ultimately disappearing, suggesting that pain actually can be healed over time if dealt with.

Time and the use of time is an important tool in my artistic research, from measuring the time it takes for a bruise to heal to counting the coffees I have during a certain period. The process usually takes on a thematic and continuous form, where I start at the beginning and go on till I come to the end: then stop.

Therese Sunngren Granlund