

make the Bed

created and performed by Ariela S. Nazar-Rosen
directed by Cecilia Thoden van Velzen

ZOO PLAYGROUND (VENUE 186)
11 AUGUST - 25 AUGUST AT 11:50



photo courtesy of Jamie Stewart

"If there's nothing you can do in a day, at least make the bed. Then you can say you accomplished one thing."

- Ariela's mother, Joan K. Rosen

"... and if you can't do that... then you're f*cked."

- Ariela S. Nazar-Rosen

On the day my friends were leaving Glasgow after a fantastic visit, I woke up to see blood spotting on my duvet by my ankles. I had bite marks on my wrists and face. I saw small stains on my pillowcases. Bed bugs had gotten into my flat from my friends' suitcases and were crawling in the seams of my mattress and all over me when I was asleep (when I could fall asleep).

Except... there were no bed bugs to be found. There were never any bed bugs to begin with.

Based on true events and using variations on form, movement, and soundscapes, *make the Bed* is a solo piece that explores what it's like when your thoughts consume you whole. When black and white thinking takes over. When you have anxiety. And what it can feel like to sit with that anxiety in real time. And how to maybe, just maybe, go towards the grey.

"Incredible, soul-bearing work."

- audience review

make the Bed is a 60-minute solo show that relies on gesture, physicality, and soundscapes as Ariela brings the audience along with her on an anxiety-filled downward spiral. In showing her own struggle with mental illness, particularly anxiety, Ariela wanted to create a piece in which other anxious people could see their own experiences reflected. For those who do not live with anxiety, she hopes they can get a glimpse into how hard it is when everything in one's life is reduced to one, all-consuming thought. In the current climate when social media occupies so much of young people's time and influences their self-perceptions, Ariela is especially interested in reaching people struggling with mental health and who may be trying to learn more about it. At its core, *make the Bed* is her call to open the door a bit wider on conversations around mental health, so we can reduce the stigma around these struggles and encourage asking for help, in whatever way is best for the individual.

LISTING INFORMATION

ZOO Playground | venue 186

SUN 11 August- SUN 25 August

SAT 17 August captioned

SUN 18 August BSL Interpretation

TUE 20 August relaxed performance

11:50; 60 minutes

12+ (guideline)

Trigger warnings: references to mental health particularly anxiety; body-checking behaviour

Content warning: strong language

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MAKE THE BED MEDIA RESOURCES

