

Blogpost #antainartists

## Úna Curley | The Shadow Side of Labels

**August 10<sup>th</sup> 2016:** I've been pondering (because that's what I do - a lot!) about labels. We use labels throughout our lives to describe ourselves, our relationships, what we do and how we feel. Others also use labels for us, or put labels on us and sometimes they are the exact opposite to the one we would have used. Some labels are light and transient while others can carry a tremendous weight.

Anyway, this year I was curious about my labels and how I was affected by them. So, for the 29 days of February I decided I would become very aware of the labels as they arose and take note of them per day. During this An Táin Arts Centre residency I have been working on how to visually represent this process. Through this exploration am I looking at how our labels can be associated with old baggage, I have decided to use baggage labels and stamp each one with my personal label. As well as being cathartic it has raised many questions which of course will be explored further. This is why I love process art.



Úna Curley is An Táin Arts Centre's visual artist in residence. Úna will be in residence in the Basement Gallery studio during July, August and September 2016. Follow her progress on Twitter @una\_curley #antainartists