

## **Meg Woods**

### *If You Don't Laugh You'll Cry*

Faux fur, lam, sequined polyester mesh, lace, fishing muppets  
2020

"My practice evolved from sitting in my former studio after intense therapy sessions and allowing myself the opportunity to process and be open with others about the issues I face with my mental health, while rejecting the depressing narrative of depression, which is often dark colours and macabre imagery. Mental illness often means becoming accustomed to conflicting ideas/ concepts/ feelings and internal dialogue. Visually I'm inspired by garish colour combinations and textures, which is in part an influence from growing up in a colourful seaside town and a nod to my own identity within queer culture. The phrase *if you dont laugh youll cry* was a mantra of sorts my Mum would use quite frequently to embody different scenarios we'd find ourselves in, and is something I repeat often to myself when I'm struggling, or after a struggle passes. I worked intuitively selecting materials I had to hand, including the glittery fishing muppets lining the bottom of the banner that caught my eye in a local shop when I was visiting my hometown of Cleethorpes."



### Contact details

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### Where in the North are you based ?

I have been based in Salford for the last 8 years.

### What does living in the North mean to you ?

I feel a sense of pride living in the North. My family are from Hartlepool and I grew up in Cleethorpes next door to Grimsby, a town that's been the butt of many jokes over the years. I find that people in the North are very open about their struggles and are always on hand to celebrate successes.

### What inspires you ?

I find people and their stories endlessly fascinating and hope that viewers get a sense of this from my work, which is autobiographical and based on my journey of recovery (and the occasional relapse) with mental illness. Artists who bare their souls in their work inspire me to continue creating as a form of connecting with others, even if it is just for a brief moment as they're scrolling down their Instagram feed.