Contents

**79542 - Beyond exhaustion: Feminist approaches to stress, productivity, and rest.**

15. Work, influence, and power

**Klara Goedecke**1

Kim Silow Kallenberg2, Magnus Öhlander2

1 Karlstad university
2 Södertörns högskola

**Proposal:** Contemporary society is characterized by increasing acceleration in all parts of human life, and in the realm of work, research has pointed to increased precariousness, compressed working hours, blurred boundaries between work and leisure, and rising rates of sick leave due to stress related illnesses. Also contributing to stress, unpaid, domestic work, the lack of “pure” uninterrupted leisure, time for sleep, emotional work, and social media pressures are clearly gendered issues. Gender also structures work-related health: in Sweden, for example, women in their 30s are the group with the highest levels of stress related sick leave.

Stress and rest are often discussed in terms of productivity; if we rest, we can regain efficiency, both at work and in our private lives. But exhaustion, stress and rest have also become the subject of feminist struggles, not least within black feminism: Rest is seen as central to resisting racism, sexism and capitalist exploitation, and as a tool for creating emotional, spiritual and physical health regardless of race, gender, and class. US neoliberal feminism has centred “work-family balance” and in Sweden managing the “life puzzle” is articulated as a gender equality issue. A better understanding of stress, exhaustion and rest is central to creating livable, feminist worlds; we suggest that this requires feminist and intersectional analyses.

This session welcomes empirical and theoretical contributions that discuss work, stress and rest in general and that draw attention to the vulnerabilities and inequalities of work and everyday life specifically. We welcome presentations that highlight the intersectional conditions of stress, productivity, work, and rest. The session is open both to traditional research presentations and to more experimental presentations such as readings of creative writing contributions, screenings of visual contributions and the like.