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Stress Positions (film)

Stress Positions is a 2024 American comedy drama film directed by Theda Hammel. It stars John Early, Hammel, Qaher Harhash, Amy Zimmer, Faheem Ali, Rebecca F. Wright, Davidson Obennebo and John Roberts.

The film premiered at the 2024 Sundance Film Festival on January 18, 2024. The film premiered in theaters on April 19, 2024.^[2]

Premise

During the early months of the COVID-19 pandemic in Brooklyn, a Moroccan American young man named Bahlul (Qaher Harhash) recovers from a broken leg while quarantining with his uncle Terry (John Early).^{[3][4]}

Cast

- John Early as Terry Goon
- Qaher Harhash as Bahlul, Terry's nephew
- Elizabeth Dement as Abigail, Terry's sister and Bahlul's mother
- Theda Hammel as Karla, Terry's best friend
- Amy Zimmer as Vanessa, Karla's girlfriend
- Rebecca F. Wright as Coco, Terry's neighbor
- Faheem Ali as Ronald, a Grubhub worker
- Gordon Landenberger as Friendly Neighborhood Lunatic
- Elias Abawi as Lyft Driver
- John Roberts as Leo
- Davidson Obennebo as Hamadou
- Tarek Ziad as Tarek
- Joe Van O as Photographer
- Macy Rodman as Blonde Model
- Louisa Judge as Blonde Young Woman

Release

Stress Positions



Theatrical release poster

Directed by Theda Hammel

Written by Faheem Ali
Theda Hammel

Produced by Brad Becker-Parton
Greg Nobile
Stephanie Roush
John Early

Starring John Early
Theda Hammel
Qaher Harhash
Amy Zimmer
Faheem Ali
Rebecca F. Wright
Davidson Obennebo
John Roberts

Cinematography Arelene Muller

Edited by Erin DeWitt

Stress Positions premiered in the U.S. Dramatic Competition at the 2024 Sundance Film Festival.^[5] It was released on April 19, 2024.^{[6][7]}

Reception

Critical reception

On the review aggregator website Rotten Tomatoes, 73% of 26 critics' reviews are positive, with an average rating of 6.6/10.^[8]

Much of the initial critical reaction to *Stress Positions* centered on the film's satirical approach to issues of race, gender, and sexuality.^{[9][3]} Writing for *The Hollywood Reporter*, David Rooney deemed *Stress Positions* "busy but thin".^[10] Ryan Lattanzio of *Indiewire* noted the film's heavy-handed approach to social issues but praised the "wry humor" and the chemistry between Hammel and Early.^[11]

	Theda Hammel
Music by	Theda Hammel
Production companies	Neon <div>Seaview</div> <div>Roller Studios</div>
Distributed by	Neon
Release dates	January 18, 2024 (Sundance) <div>April 19, 2024 (United States)</div>
Running time	95 minutes
Country	United States
Language	English
Box office	\$105,995 ^[1]

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- ↑ Lattanzio, Ryan (March 26, 2024). "'Stress Positions' Trailer: John Early Has a COVID Breakdown in a Brilliantly Anxious New York Comedy" (<https://www.indiewire.com/news/trailers/stress-positions-trailer-john-early-theda-hammel-1234968000/>). *IndieWire*. Retrieved March 27, 2024.
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External links

- *Stress Positions* (<https://www.imdb.com/title/tt30319533/>) at IMDb
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