

# \* approaches to care \*

prompts for reflecting on self & collective care

Notice your breath. Is your attention at your nose, inside your mouth, at your chest, in your belly, or somewhere else altogether?

Who do you reach out to in moments of crisis? Loneliness? Joy? Write down real names and keep their contact information handy.

Think about something that you've always wanted to learn. What would it take to form a learning group? Who else might want to learn these things with you? When will you get started on the generous process of learning?

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Ask the land open-ended questions and listen for its answer. What do we want to say to each other?

How can you participate in ensuring that all people have our basic and creative needs met?

In which areas of your life do you hold power? How can you share that power?

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Establish a "de-fuss protocol" for yourself. Check: are your body's needs covered at this moment? Are you too warm or cold? Are you in pain? Are you sleepy? Do you need food? Are you feeling over or under stimulated? What's on your mind? Be on the lookout for ways to support others as they, too, do the routine labor of de-fussing.

What is carewashing, and what does this zine have to do with it?

Describe a person, place, or process that makes you feel healthy and safe. What makes it safe? Is your vision of safety safe for all people? What alternatives exist to the outdated modes of "safety" that you've fallen back on in the past?

When a challenge arises, ask yourself whether your response should involve distractions or awareness. What are some safe distractions that help you and others cope? What questions or activities will help you understand the situation better? Do a body scan. Mull over the options. Ask "why" until you get to the root.

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When a decision must be made, exercise your **BRAIN**. What are the Benefits, Risks, Alternatives? What's your Intuition telling you? Do you Need more information or more time before you can decide?

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What is mutual aid and how can we engage in it long term? Are there any drawbacks?

Write a letter to someone (even if you never send it).

What is the difference between self sufficiency and communal sufficiency, and how do these ideas influence your everyday life?

What have you internalized about authority? What kinds of care require authorization? How can you safely engage in unauthorized modes of care?

Get curious about other people's feelings.

When was the last time you felt truly rested? How can you help someone else access that kind of rest?

Who do you trust to care for you?

How do we heal through conflict when we agree that no one is disposable?

How does it feel to talk about care with a loved one? Or a stranger? A collaborator? A very best friend? A colleague or an employer?

What does it feel like to be awake in your body?

Who do you love? Do they know?

Think of an area of your life that requires a little extra care. Are your care needs being met? How would they ideally be met? What preventative or maintenance rituals might help you feel more cared for? Could a friend help? How might systemic change make meeting your needs easier?

What do you hope for your community's future? How can you be a part of making this happen today? What is left to learn? What is left to do?

Do you have neighbors? Who are your neighbors, what do they care about, and how do you depend on each other?

What are the necessities of a happy life?

In which instances or areas of your life have you set boundaries? How did you establish those boundaries? How do you enforce them? Which of your boundaries or expectations are open to change and which are non-negotiable? Practice saying, "Yes." Practice saying, "No."

Imagine a world where everyone is housed. What does it look like? How did we get there? What would come next?