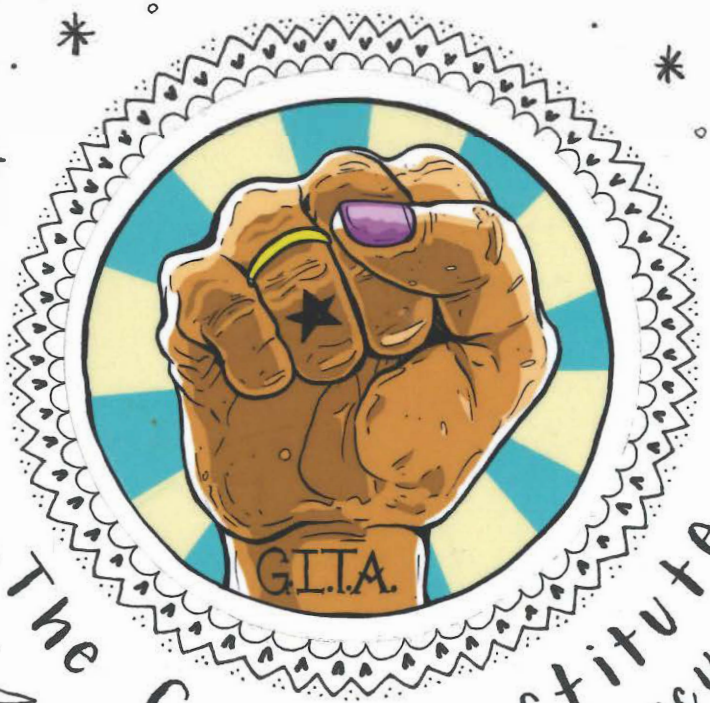
FALL FINALS 2019

Self Care

BROUGHT TO YOU BY...



The Gender Institute for Teaching & Advocacy

VOL. 1

RESEARCH, PRODUCTION, + DOODLES BY LENA GROUT

what is self care?

Self care is activities & practices we engage in on a regular basis to reduce stress & enhance our well-being...

why do we do it?

- to meet our basic needs
- to feel good inside & out
- maintain a healthy relationship with ourselves
- know our worth
- manage stress
- enhanced self-knowledge
- healthy connections with others
- to just be...
- cutting down self cruelty
- political warfare

caring for myself is not self-indulgence, it is self-preservation and that is an act of political warfare.

-AUDRE LORDE

WHAT DOES SELF CARE LOOK LIKE?

DISCLAIMER: SELF CARE LOOKS DIFFERENT FOR EVERY ONE

QUICK & EASY!

- nice, warm bubble bath
- face masks
- buying your favorite beverage
- "treat yo self"
- take a trip
- get a massage
- buy a new outfit
- go to the gym
- watch your favorite show / movie
- pet an animal
- drink some water
- put on some fuzzy socks
- take a nap
- put on lotion
- masturbate
- take a walk
- make a to-do list
- take a couple of nice, long deep breaths

A LITTLE MORE EFFORT...

- calling someone you love
- keeping a journal
- cleaning your room/ house
- finding a space where you feel safe
- exercising
- practicing mindfulness
- telling someone that you're having a hard time
- cooking a meal for yourself

DIFFICULT!

- saying "no"
- creating boundaries
- forgiving someone or yourself
- reaching out to a therapist
- avoiding alcohol, drugs, etc.
- changing your sleep schedule
- being kind to yourself
- finding the positive
- prioritizing your needs

JOURNALING FOR SELF CARE

WRITE DOWN TO-DO LISTS!:

- ☐ laundry
- ☐ homework
- ☐ call Grama
- ☐ dishes
- ☐ nap

INCLUDE MOMENTS OF SELF CARE

KEEP A LOG OF YOUR *gratitude*

12/02 a dog sat on my lap

12/06 I said no to going out + stayed in

12/15 my fav movie was on TV today

WORD VOMIT

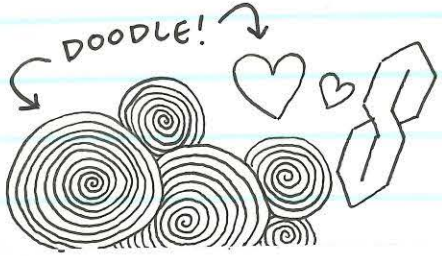
Take some time to physically write down what you're feeling + thinking. It doesn't have to be neat, organized, or even coherent. It helps to reflect on your inner feelings. Sometimes, you'll be surprised to realize how you're really feeling about that weird conversation you had with that person the other day, or how actually effected you are by the stress of an assignment deadline. You are your own therapist here + this session is in your control.

KEEP A LIST OF WHAT SELF CARE STRATEGIES WORK BEST FOR *YOU*:

- meditation
- playing video games
- drinking tea
- window shopping
- knitting
- mashed potatoes
- horror movies

LEAVE YOURSELF NOTES OF:
- THINGS TO DO
- AFFIRMATION
- REMINDERS
- HELPFUL FACTS

DOODLE!



helpful TECHNIQUES

5-4-3-2-1

RECOMMENDED BY JAVONNE ARCHIBEQUE
FOUND: WWW.THERAPISTSB.COM/BLOG, BY JORDAN KILLEBREW

5 Acknowledge 5 things you see around you. Think them, say them out loud - whatever feels right.

4 Acknowledge 4 things you can touch around you. They can be on your body or whatever's in reach.

3 Acknowledge 3 things you hear. Externally. Music, car noises, animals outside...?

2 Acknowledge 2 things you can smell. You may have to seek something out!

1 Acknowledge 1 thing you can taste. What does the inside of your mouth taste like? Gum, coffee...?

"SPOON THEORY"

RECOMMENDED BY IKAIKA GLEISBERG
FOUND: WWW.BUTYOUDONTLOOKSICK.COM, BY CHRISTINE MISERANDINO

"SPOONS" symbolize the reduced amount of mental + physical energy available for activities of living + productive tasks that can result from disability or chronic or mental illness.

Your spoons are limited!! It takes careful planning + consideration to ration out your spoons throughout the day, week, month.....
It's important to not spread yourself too thin. Listen to your mind + body. Listen to your needs.

MINDFUL BREATHING

RECOMMENDED BY LENA GROUT
FOUND: WWW.VERYWELLMIND.COM

— **DIAPHRAGMIC BREATHING**
Pay attention to the pace + depth of your breath. Be mindful of the work your body does to breath deeply. Put your hand over your diaphragm.

- **COUNTED BREATHING**
Inhale to a count of 4. Wait for a count of 7. Exhale to a count of 8. Repeat.
Slow down and count. Feel the tension release.

DECOLONIZED Self Care

BROUGHT TO YOU BY NETTY RODRIGUEZ

Hi! I'm Netty. This is my favorite quote about decolonization by Tina Curiel-Allen:

"Decolonizing is about reclaiming what was taken and honoring what we still have."

What does "decolonized" mean?

With colonization came centuries of erasure, of harm, of genocide, and a way of being that required many people indigenous to their lands to abandon traditions, ritual, family, and community. It also introduced a divide and conquer narrative — quite literally, separation. These are all things that require healing from. Thus, we decolonize.

Why does self care NEED to be DECOLONIZED?

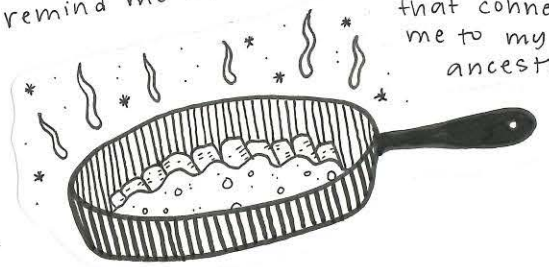
The self care movement, as we've come to know it, is not accessible to everyone. The "treat yourself" narrative is often paired with an attempt to sell you a product. It is also been seen as a recent movement, one that was both discovered and invented in the west. This narrative fails to consider the healing work, self care, and wellness that many communities have been practicing for a long time and excludes many people, like my mami, who sees self care as "leisure we cannot afford."

* IN PRACTICE...

Healing these splits and fragments can often feel selfish, counter intuitive, and scary. Decolonizing self care starts with having an open and honest conversation about what self care is and who it's for.

It also starts with redefining self care practices by honoring our identities, traditions, ancestries, and desires to understand and embrace ourselves as whole, in our body-mind spirits.

When I cook/bake, I am able to work with my hands, get dirty, and most of all, reflect and process. I get to indulge in the aromas that remind me of where I came from, that connect me to my ancestry.



Over time, I have been able to carefully craft my own space, both physically and mentally. A place to retreat that feeds you. In your mind, the options are limitless!

HOW DOES GITA PRACTICE SELF CARE?

SOJ they/them

I take long soaks in too hot baths, spend time with my family, + make stuff... like knitting, sewing, or crocheting!

JAVONNE
she/her

I use the 5-4-3-2-1 grounding technique. It has really helped me when I feel my thoughts getting out of control.

* see pg. 4 for more info!

LENA she/her

I make lists to organize my thoughts + needs. I give myself space to say no + create boundaries. I express myself creatively by drawing or crafting!

NICK they/them

Play time is really important to me. I try to find ways to play in just about everything I do. If I feel like I'm losing my mind, I stop, I breathe, I usually sit, I smile to myself. It's centering to intentionally "do nothing."

VANESSA
she/her

I take time for myself to read psychological thrillers, take really hot baths, + ride the light rail.

NASTASIA they/them

Learning new songs + singing songs that fit my mood. I'll take the time to look up a good recipe or throw something great together in the kitchen, which increases my mindfulness about what I'm eating. Bringing myself back to my body + giving myself the loving attention I've missed out on for years helps me connect intimately with myself + others.

KAT they/them

Hanging out with my dog, Jupiter!

IKAIKA they/them

I set firm boundaries + carefully measure my capacity. Sometimes saying "no" to social engagements or other taxing activities can be empowering. When I can't leave a space + feel stress creeping in, I close my eyes, place my hand on my chest, + take slow breaths until I can only feel my heart beat.

Dr. Nicole LePera's posts on Instagram

@the.holistic.psychologist

APP:

HEADSPACE

- listen to guided meditations
- specific meditations
  - sleep
  - relationships
  - etc.

*Available in the Apple App Store + Google Play

look into

PLEASURE ACTI

+

ADRIENN MAREE B

@adriennem
adrienne maree

*PLEASURE ACTIVISM

healing + happiness
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FUL CES...

More Instagram!!

* @_the_open_space_
  - written posts about personal, mental, + physical wellness in the 1st person
* @selfcaresessions
  - reminders of ways of self care that are easy to forget
* @bodyposipanda
  - the personal journey of Megan Jayne Crabbe through inclusive self love + care

ANOTHER SELF CARE ZINE!!
(it helped guide this lil guy along!)

HELL YEAH SELF CARE

By Meg-John Barker ♡

FOUND ON rewriting-the-rules.com

*in PDF form!!

The instagram page:

@selfcareisforeveryone (all one word!)

+ their website by the same name!

- helpful reminders to choose self care over self harm
- adorable posts daily to help those who need help in self care

THE TREVOR PROJECT'S
SELF CARE DURING THE HOLIDAYS

1. Check in on loved ones + friends who are affirming of your identity.
2. Make a self-care plan.
3. Practice talking about your identity to a friend before visiting your family.
4. Remember that you deserve love + support.
5. Keep a few resources at hand that you can turn to for support.

(for a list of these resources, visit www.thetrevorproject.org/2015/12/17/self-care-during-the-holiday-season/)

PETE WALKER'S
13 STEPS FOR MANAGING FLASHBACKS

www.pete-walker.com/13steps manageflashbacks.htm

Also check out: his explanation of Complex PTSD + the somewhat linear progression of recovery.

ON CAMPUS Resources

MSU COUNSELING CENTER
(303) 615-9988
Tivoli 651

THE LGBTQ STUDENT RESOURCE CENTER
(303) 615-0515
Tivoli 213

PHOENIX CENTER AT AURARIA
(303) 556-CALL (2255)
Tivoli 227

HEALTH CENTER AT AURARIA
(303) 615-9999
Plaza 150

THE GENDER INSTITUTE FOR TEACHING & ADVOCACY
(303) 615-2052
Boulder Creek 132