



METHODS
OF

SELF
CARE

This action has been inspired by a zine I encountered several years ago that encouraged such an exercise. In light of our current global realities, we can all benefit from this practice.

I've found in my actions, a pull to do that which gives me some kind of reward. Whether that be peace, a rest, a box to check off of a list, or a finished product.

Distracted as it may make me from time to time, this action grounds me and opens me up to creative freedom and new possibilities.

I've opened this up beyond myself. It is a book to encourage the cataloguing of such actions, and vulnerability. Sharing, caring, and making. A lot of the time, methods of self care translate into why we make or design the way we do. Where our hearts and heads lay, how we open our minds.

As winter encroaches, and the gray days trickle into each other, these small things matter so much.

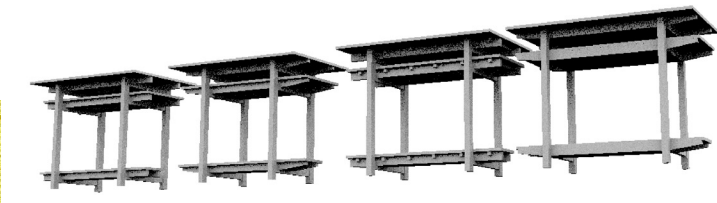
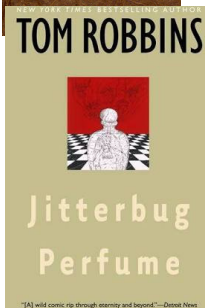
Setting aside time for this makes a world of a difference, in a world that is so big and complicated.

Thank you for your contributions.

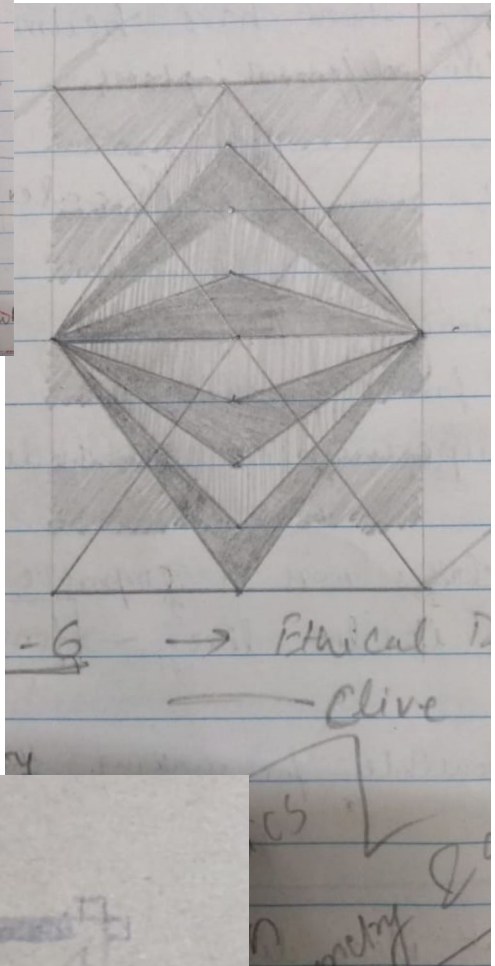
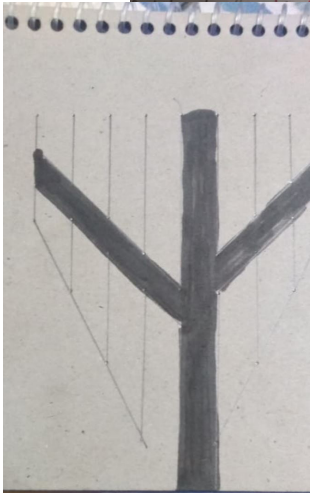
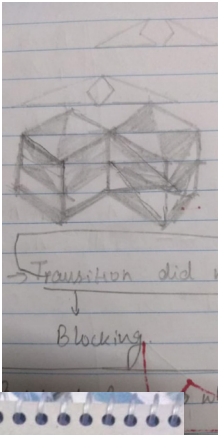
This will work will continue to be **for** and **by** all of you.



- DRINK A GLASS OF ICE WATER
- CLEAN THE SHEETS
- WALK MY DOG
- MAIL A LETTER
- BUY A NEWSPAPER, READ THE WHOLE THING, THEN CROSSWORD
- EAT CHIPS + SALSA (THE SPICY KIND)
- HAVE A BEER AS A SNACK
- READ FICTION
- MAKE SOMETHING ON PURPOSE + FINISH IT

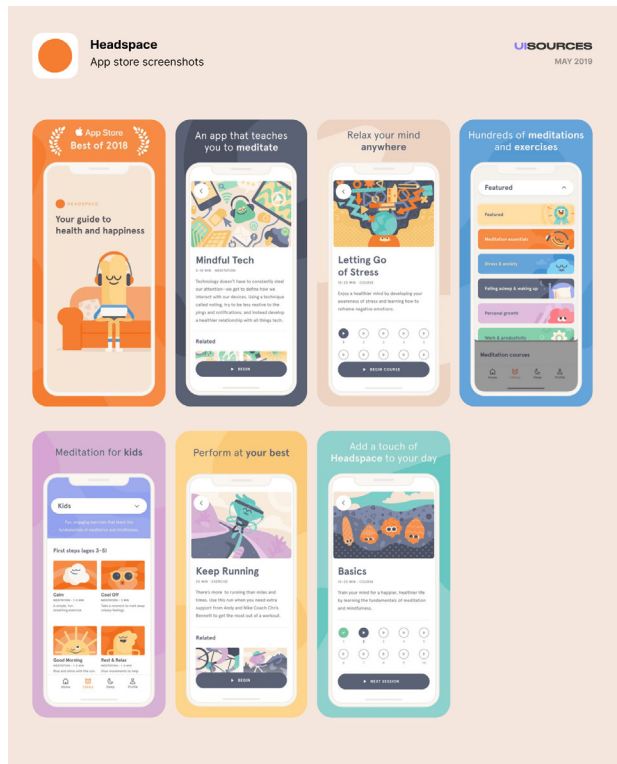


“I like to sketch”



“unwinding with friends
(call/activity/walks)

the app Headspace”



“meet friends for a drink and talk

yoga practice

watch a silly tv series

go to the beach and dive into the waves”

“making fried food, I just like the end result and the process
and sound and sizzle”

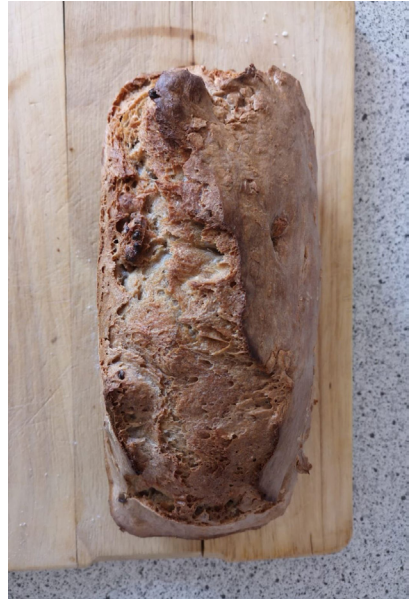
“I sometimes do creative cooking, that is cook without plans and recipes, and using strange combinations of ingredients. Results can be disasterous but are always fun”

“I like to meet three friends and hang out with them
or go on a ride”

“yoga, cooking, and working in my garden”



“watching tv shows in bed, cleaning, and organizing”



“Baking bread, it takes ages and asks for patience!”

