

COMMUNAL CARE*



break out/shut down/expropriate/appropriate/create

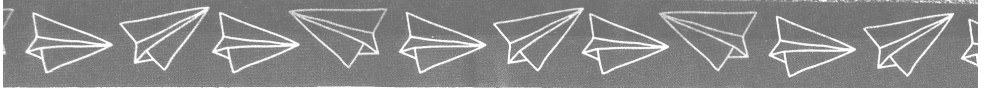
* "The most radical organizers are those who get more people into motion, helping ever larger numbers to engage in mass action to change the world and change themselves. The most revolutionary acts are those that create conditions in which people can deepen their political understanding and gain confidence in their collective political potential. The best militants don't lead by heroic individual example: they work to maximize experiences that make others more militant. The most important movement leaders are not the best speakers or the most selfless activists they are those who make their own leadership redundant by facilitating the development of new leaders." -<https://climateandcapitalism.com/2021/04/28/can-sabotage-stop-climate-change/>

with_drawn#1

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*if you read the zine on a screen,
you can click on the links to visit referred websites
*there is a trigger warning concerning health-related issues and
body-related exercises, shown with. TRIGGER



1. dedicated to all the no-bodies in this world

how and who
one switched letter
no coincidence
a whodunnit is
about how it happened
someone is recognised by
some way

therefore

someday
you will get recognition
by somebody
in
some way

until
that day
learn to speak

Privilege note: this zine is made by two white people. we both have 'issues' with our bodies, but are relatively able-bodied and both had the opportunity to finish a higher study. Whether we like it or not this has informed our zine and therefore it shall possibly be more recognisable by people with similar backgrounds. Nonetheless we think that self-emancipation is beneficial for all. And we both have our long herstory of struggles for a different, loving world. Out of LOVE.



All Cats Are Beautiful
@Vicky_ACAB



Capitalism has always involved a "how many deaths are acceptable" calculus, and the answer has almost always been "the number of deaths at which people start rising up" minus one

6,208 12:40 AM - Mar 24, 2020

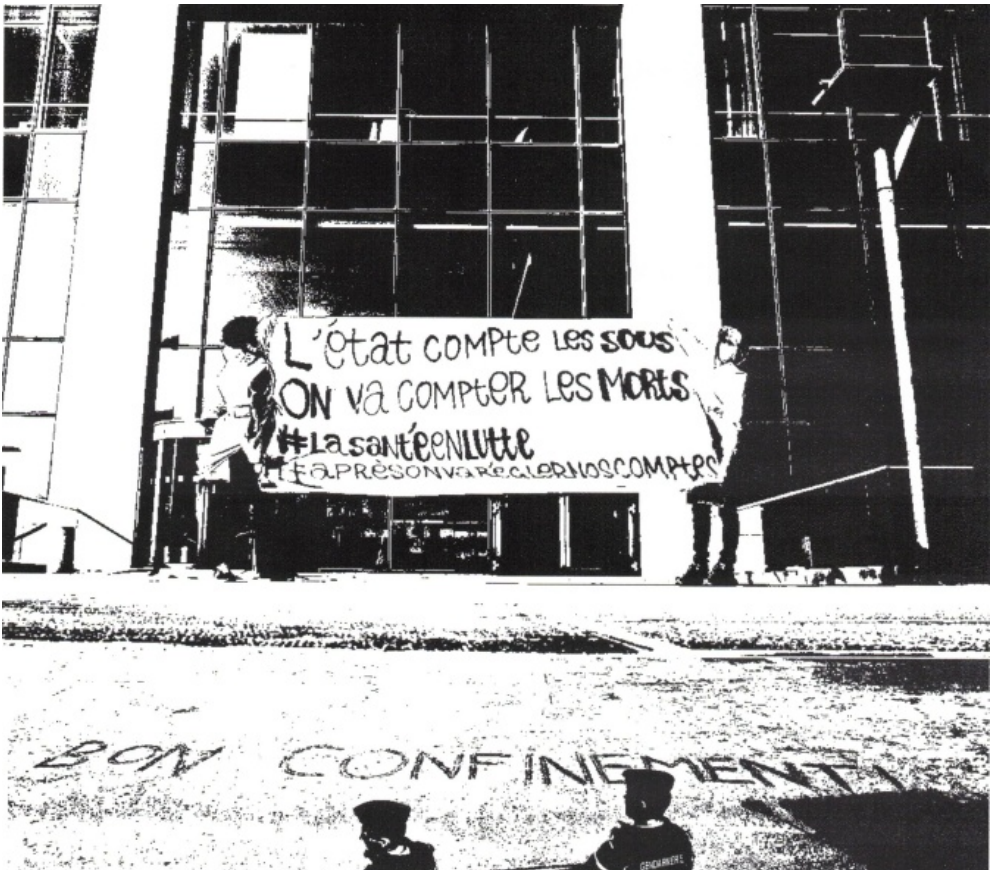


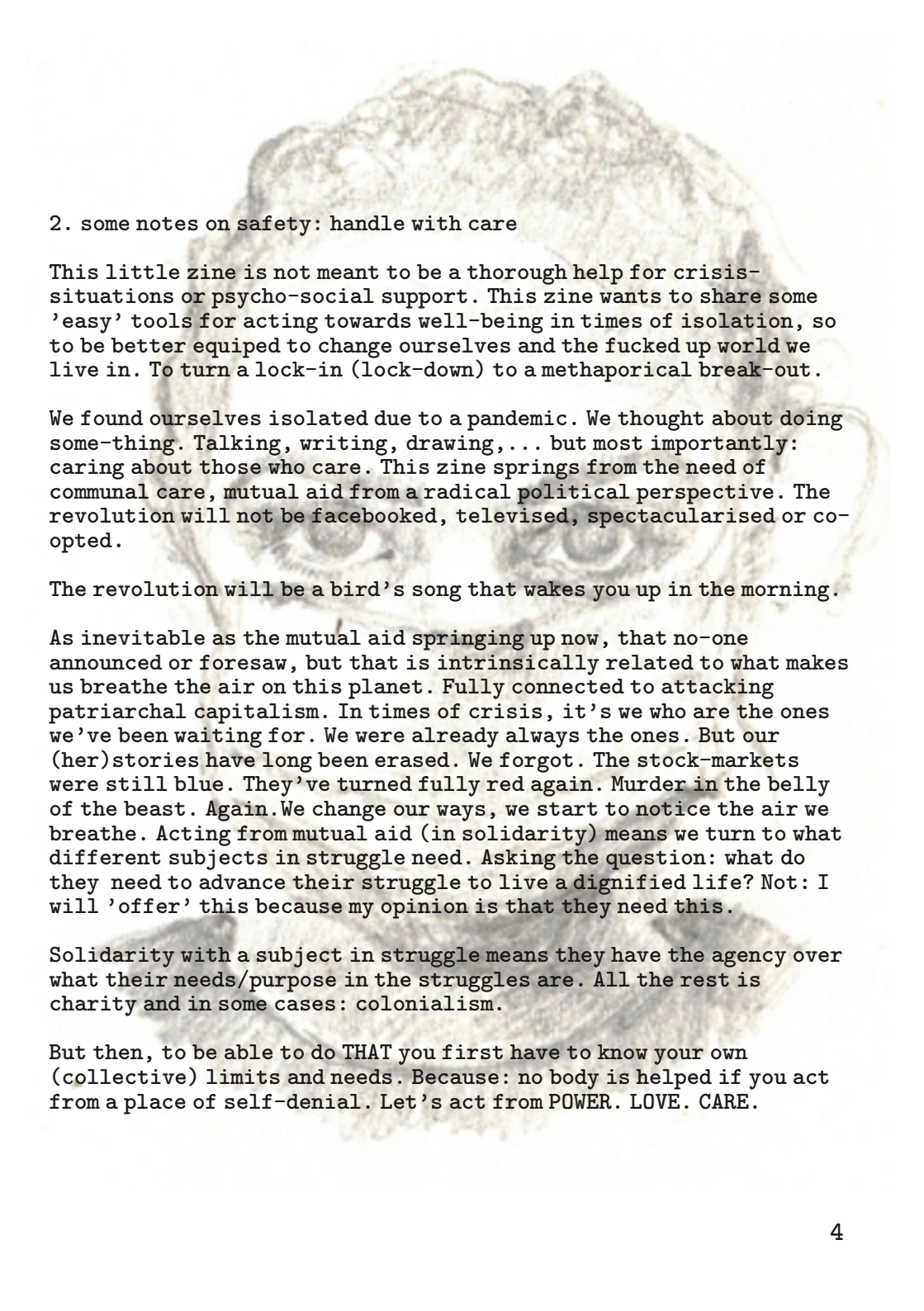
surplus individual
@An_Eager_Foil



I'd die for my family. I'd die for my friends. However, if these sons of bitches think that I'm gonna die to keep rich assholes rich, they're dead wrong. [#GeneralStrike](#)
[#NotDyingForWallStreet](#)

7,229 9:33 AM - Mar 24, 2020





2. some notes on safety: handle with care

This little zine is not meant to be a thorough help for crisis-situations or psycho-social support. This zine wants to share some 'easy' tools for acting towards well-being in times of isolation, so to be better equipped to change ourselves and the fucked up world we live in. To turn a lock-in (lock-down) to a metaphorical break-out.

We found ourselves isolated due to a pandemic. We thought about doing something. Talking, writing, drawing, ... but most importantly: caring about those who care. This zine springs from the need of communal care, mutual aid from a radical political perspective. The revolution will not be facebooked, televised, spectacularised or co-opted.

The revolution will be a bird's song that wakes you up in the morning.

As inevitable as the mutual aid springing up now, that no-one announced or foresaw, but that is intrinsically related to what makes us breathe the air on this planet. Fully connected to attacking patriarchal capitalism. In times of crisis, it's we who are the ones we've been waiting for. We were already always the ones. But our (her)stories have long been erased. We forgot. The stock-markets were still blue. They've turned fully red again. Murder in the belly of the beast. Again. We change our ways, we start to notice the air we breathe. Acting from mutual aid (in solidarity) means we turn to what different subjects in struggle need. Asking the question: what do they need to advance their struggle to live a dignified life? Not: I will 'offer' this because my opinion is that they need this.

Solidarity with a subject in struggle means they have the agency over what their needs/purpose in the struggles are. All the rest is charity and in some cases: colonialism.

But then, to be able to do THAT you first have to know your own (collective) limits and needs. Because: no body is helped if you act from a place of self-denial. Let's act from POWER. LOVE. CARE.

3. i feel lucky...when you need distraction

I FEEL LUCKY BECAUSE...

- I DON'T MIND BEING ALONE AT HOME FOR A LONG TIME, I COPE WELL WITH IT SO FAR.
- I CAN WORK FROM HOME (SO I STILL GET PAID).
- I HAVE A BIG SUPERMARKET NEARBY.
- I HAVE A BIG SUNNY WINDOW WITH A WIDE VIEW ON A ROAD WITH (EMPTY) TRAMS PASSING BY, WHICH MAKES ME FEEL LESS ISOLATED.
- I CAN CALL AND CHAT WITH FRIENDS AND FAMILY ONLINE + ON THE PHONE. I RECOMMEND [HTTP://RIOT.IM!](http://riot.im!)
- I HAVE A LOT OF UNREAD BOOKS AND ZINES.
- I HAVE NO SYMPTOMS OF THE VIRUS AT THE MOMENT.

BUT STILL...

- IT'S FUCKING SCARY...
- I WORRY ABOUT PEOPLE GETTING ILL.
- I WORRY ABOUT GETTING ILL MYSELF.
- I WORRY ABOUT NURSES, DOCTORS, AND SUPERMARKET EMPLOYEES BEING OVERWORKED AND EXPOSED TO THE VIRUS.
- I WORRY ABOUT HOMELESS PEOPLE AND REFUGEES.
- I WORRY ABOUT PEOPLE NOT BEING ABLE TO PAY THE RENT OR BUY FOOD.
- I HATE HOW POLITICIANS, CAPITALISM, AND RACISM ARE MAKING EVERYTHING EVEN WORSE...



NINA
AT HOME SINCE 13/3/20
IN BELGIUM

**PLEASE STAY AT HOME
IF YOU CAN! STAY SAFE!**

what to write
all my words
have been said
over and over
not right
the unbridgeable
always ever present
gap
between my words
and a full-blown
imagination
in which i am
all-right
I am not right
much farther than radical left
off the map (nowhere to be found)
still in an ever darkening gap
where there is only silence
that I force feed
myself
I silence myself constantly
like the Green Scarce or Mc Carthy' s farce
in which censors think they can win
by mouth
forgetting that a mouth is attached
to a whisper?
That breathes and makes sounds aloud
attached
to a brain
that makes my thoughts out loud
I silence myself constantly
unable to silence myself
I dare to step up words
in one phrase
I affirm an existence
being born
from being torn

before they mapped the world I hid



STRAIGHTJACKET - TANGO 6

WHEN YOU NEED DISTRACTION...

Some things to remember:

-You don't have to do anything, no matter what anyone says. Really, take a much-needed break from everything if you can. So to be clear: this list of ideas is NOT a to do list. The only thing that matters now is your well-being, not what you get done during your confinement.

-Everyone needs different things as distraction or to feel better. So the ideas mentioned here might not work for you. You could maybe make your own list for when you get bored or anxious?

Ideas:

GENERAL:

-Plan some fun things to do in a few months when the lockdown is over.

-Volunteer to help buy groceries for a neighbour or friend.

CREATIVE:

-Write a zine, like we did, or keep a diary about your experiences during this time. Or draw a silly comic about how your pets are coping with the situation.

-Draw a self-portrait. You can even do this on a regular basis if you feel like it, like every day or week during the lockdown. You can also draw portraits of your room mates and have them draw you.

-Imagine new endings or extra scenes for films you like but that have sad/wrong/whitecishetpatriarchal endings or scenes. You can even film yourself acting in those scripts (something a friend and I plan to do with *The Craft* because really, the witches need to win!).

-Make some street-art or put stickers up any time you go for a walk.



8

-Write a bunch of short stories. I have some dystopian story lines in mind and I've always had the plan to invent life stories about people I see on public transport. If you don't know where to start, open a book at a random page and let the first sentence be the beginning of your story. Or ask someone for a prompt. Creative writing stimulates you to write whatever comes to mind without reflecting or editing (you can do that afterwards, but first let the words flow). You could even publish your stories in a zine when you've written several of them. Remember: your stories don't need to be brilliant, just write anything - the process of writing is the most important - and someone out there will love them!

-Play dress-up. Wear clothes you were too shy or insecure to try before, or invent unusual combinations. Wear something comfortable or challenge yourself. No one will be able to see you (unless you go to the supermarket or a park with your fabulous outfit, which is even better), so go wild! Onesies, drag, pajamas, party costume, superheroine cape, bathing suit, anything is possible.


-Mend broken clothes or make something new out of them. For example turn a T-shirt into a pillow case, make a bag out of trousers or simply cut them short to be ready for sunny days.

-Listen to angry music, listen to sad music, listen to joyful music. Sing along. Sing your heart out! I've had days when I've been listening to melancholic Neil Young songs and 80s hardrock ballads by Heart as well as days when I've needed some angry anarchy-feminist hardcore punk like War On Women. Also, Britney Spears just called for a general strike, so how about you give her another go?

-A friend sent me a digital mixtape (he shared the MP3s online) in the beginning of our confinement and it made my day. Mixtapes are the best. Make one for someone else or for yourself. Silly thematic playlists can be fun too (think: Nine Inch Nails' "Every day is exactly the same", "It's easy to get bored" by Helmet, "Do they owe us a living? Of course they do" by Crass, "All by myself" - I prefer the version of Babes in Toyland, or "Wijken voor de rijken" by Makiladoras)

-Write and record a song with your instrument/voice. You can use a metronome or beat to keep in time. Send the file to friends who can record their instrument/voice over it or record additional instruments and vocal harmonies yourself. Mix everything with open source sound editing software Audacity.





-Bedroom dancing or bedroom moshing to your favourite music (not too loud, because of the neighbours!).



READING & LISTENING:

-Read (web)comics. I recommend Assigned Male, Maaïke Hartjes, Sarah's Scribbles, Projet Crocodiles...

-When I'm too tired to watch a screen or read a book but still want to be entertained or learn something, listening to podcasts can be an option.

-Read zines. Some recommendations: "Poor Lass", "Resisting Capitalism for Fun", "Mapping our Madness", "Call My Name", "Scorpio Moon", "Athemaura", "Tiny Acts of Rebellion", "Telegram", "Workaholic", "Everything.is.fine", "The Super Happy Anarcho Fun Pages", and many others.



You can also download zines in pdf format from:

<http://qzap.org>

<http://www.phillyspissed.net/taxonomy/term/3>

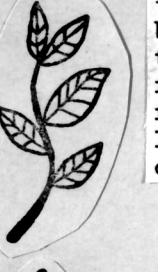

<https://xfadex.wordpress.com/interesting-info/>

<https://echopublishing.wordpress.com/2020/03/15/free-zine-downloads-for-dark-times/>





-Sow seeds in pots/cups/boxes in your home (or garden or balcony if you have one) or throw some seed bombs to make the view out of your window a bit nicer and greener. It feels good to be able to eat your own vegetables or to see flowers you planted bloom. I personally really like herbs like rosemary, thyme, lemon balm, mint, and sage, for cooking and to brew tea with as well as for their smells.

NATURE & FOOD:

-Bake something, f.e. these easy vegan biscuits: Preheat oven at 180° C / 350° F. Mash 2 very ripe bananas in a bowl. Add 1 ½ cup of oats, 1/3 cup of peanut butter, and ¼ cup of chocolate chips (or chopped nuts, raisins, seeds...). You can add cacao powder or cinnamon if you like. If you don't have peanut butter, you can use some maple syrup and add another banana. Mix well. Take bite-sized spoonfuls of the mixture and place them onto a parchment-lined baking sheet. Bake for 12-15 minutes. Let it cool down a bit and eat!



-Sneak out and go for a walk. Breathe some fresh air, stretch your legs, meet a friend (but keep your distance).

PEOPLE:

-Check in with your friends and (chosen) family. Call someone. We all need human company, even when we can't be physically nearby.

-Write and send letters (or long emails if the postal system is down). It's a nice personal way to keep in touch with people you won't be able to see in a while. After the lockdown is over, I hope people will keep sending letters and postcards because snail mail always puts a smile on my face.



SELF-CARE:

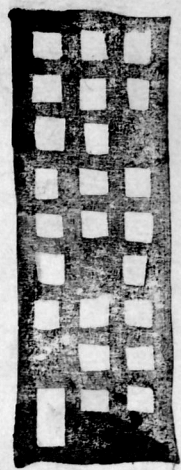
-Create an "emotional first aid kit". I just read a zine by one of my zine pen pals that explains how to do this and what could be part of this kit. Another friend recommended something similar too. It basically means that you fill a box or bag with things that bring you joy or can help you get through difficult times (stress, depression, dissociation...). This can include: tea bags, crystals, telephone numbers of people you can call during crisis moments, postcards or artwork made by friends, something that smells nice (f.e. essential oils, soap, herbs), something you can squeeze, bubble-plastic, small objects that have a special meaning for you, etc.

<https://dangerouscompassions.wordpress.com/>

-Doing repetitive things works for me when I can't concentrate on anything and need to occupy my hands and/or mind. For example crochet/knitting/embroidery/sewing, folding zines, making collages, doodling patterns, rearranging book shelves, making puzzles, solving crosswords, building things with lego...

-Meditation & breathing exercises (see elsewhere in this zine)

-Have a nap (or lots of naps), take a pause. This situation is tiring!





Mensenkettering

holding imaginary hands

while building the future of our dreams

and never going back to
to what once was "normal"

IT'S OK

IT'S OK TO FEEL PARALYSED AND UNABLE TO DO ANYTHING

IT'S OK TO BE EXHAUSTED AND HAVE NAPS ALL DAY

IT'S OK TO PANIC

IT'S OK TO CRY

IT'S OK TO FEEL HYPERACTIVE AND UNABLE TO SIT STILL

IT'S OK TO FEEL:

OVERWHELMED

ANGRY

SCARED

WORRIED

DOWN

DISTRACTED

NERVOUS

BORED

BURNED-OUT

DESPERATE

NUMB

LONELY

RESTLESS

GRUMPY

STRESSED

ANXIOUS

IRRITABLE

APATHETIC

CLAUSTROPHIC

SAD

CONFUSED

AND MORE...

EVEN THOUGH THESE FEELINGS AND REACTIONS CAN BE VERY UNPLEASANT AND UNCOMFORTABLE FOR YOU, THEY ARE NORMAL RESPONSES OF YOUR MIND/BODY TO AN ABNORMAL, SCARY, HIGH STRESS SITUATION AND YOU ARE NOT THE ONLY ONE WHO IS EXPERIENCING THIS.

ALL FEELINGS ARE VALID!



TRIGGER

4 extreme experiences (THX to Support and recovery, see end)

If you, or someone close to you, is facing a 'crisis' now, we recommend you look at the link at the end of this zine (navigating crisis) and reach out for mutual aid support, professional support or just support. The same goes for extreme experiences you've had to go through in the past. So first of all: reading this zine can be triggering. If you're going through a rough time it might be better to pick it up at some later point, or maybe share this reading with a friend? Is there someone you can call if you feel unsafe? What can you do to take care of yourself if you start to feel overwhelmed?

4.1. reactions on high-stress events

reactions on extreme experiences can be very diverse and very different for every-one. It's important to know that every-one's mind&body has its ways to try and cope with extreme experiences. Generally there can be three types of reactions after a high-stress event:

1/re-experiencing: re-occurring images/sounds, one cannot let go of it, flashbacks,...

2/ avoidance or suppression: isolation, loss of memory, strong resistance, losing oneself in work, abuse of drugs, dissociation,...

3/ amplified emotions: problems sleep, concentration, agitation, anger, emotional outbursts, shame, guilt, fear or panic attacks, depressions, suicidal, earlier trauma, decisionless, apathetic,...

these are all normal reactions to extreme experiences. they also have a healthy function. They all exist to protect you in that situation, whether that is dropping out, re-experiencing or still being in a 'survival mode' afterwards. Important to know is that most commonly these reactions disappear 7 weeks after the high-stress event. A lot of people have gone through similar reactions and have recovered. If they persist or are unmanageable it might be good to seek a friend you really trust, professional support or someone who is really supportive. 13

Two sidenotes:

*firstly it is quite likely you might have more, longer or intense reactions if you had to or are still dealing with other 'stuff'. These things don't have to be linked to each other.

*the extreme experience doesn't have to be done unto you. It is well known that care-takers might experience so called 'secondary trauma' (normal reactions on high stress), because of having worked with people in dire situations.

4.2 . active listening (first towards yourself)

Be gentle and check in with yourself about your limits and capacities as you are reading. The world is not a safe place, but we can learn how to take care of ourselves (and the ones around us) for the sake of healing. We were not born to be oppressed, used or commodified. To be more vulnerable (read here: open towards what touches us) is to become stronger. To become able to destroy what deserves to be destroyed. Underneath this page we share the idea of a safety plan. Have a look at it or fill it in if it speaks to you. A safety planning is making an outline on how to act in dangerous situations, before they happen. If we can't think clearly in a moment of panic or strong emotional reactions, this plan can provide us with steps to take so we don't have to think about them in the moment. This can bring us out of a crisis and it can help other people know what you need. Safety plans can be very simple or very thought-out. Depending on your needs. It can address material, physical or emotional safety concerns. To be able to heal and take care of yourself, you should feel safe

4.3. my safety plan (THX to Philly's pissed)

where I can go that is safe:

things that overwhelm/anger/scare me:

things that help calm me/ and or relax me:

things that boost my confidence and makes me feel good:

sometimes I want to drink or smoke-
this feels safe to me when:

if I know this isn't a good idea for me, here are some other things I can do to make myself feel okay:

HANDS IN DISTRESS



Important phone numbers:

- 1.
- 2.
- 3.

People I can call:

- 1.
- 2.
- 3.

Things to have with me or keep in a safe place:



Smoking triggers



~~3. awareness and basics~~

There is soo much we could write about care: mental and physical health, housing, group dynamics, food, work, power and gender dynamics, privilege,... Here we want to offer some simple tools, focusing on the individual. In other chapters we will zoom out a bit to not get stuck in ourselves so to speak. To connect not only with our own body, but also with other beings and the planet.

Taking Care of The Basics

The collage consists of six panels, each with a title and a corresponding illustration:

- eating well:** A man sits at a table with a large spread of food, including a pizza, a bowl, and a glass.
- sleep + rest:** A man is shown sleeping in a bed in a room with a window looking out at a city at night.
- exercise:** A man is running on a path in a park-like setting with a sun in the sky.
- herbs, meds, etc.:** A man is lying in bed, looking unwell, with a speech bubble containing a musical note. Below him, a woman is pushing a shopping cart filled with various bottles and containers.
- having a schedule:** A woman is holding a calendar and looking at it, with a clock in the background.

The Icarus Project www.theicarusproject.net
A Radical Mental Health Support Network
 by and for people struggling with dangerous gifts commonly labeled as mental illness

"THE WHOLE EARTH IS THE TRUE HUMAN BODY. TO
- DOGEN ZENJI

it,
n



VERY SHORT STORY :
ONCE UPON A DAY
I WAS SHOCKED (QUITE POSITIVELY):
I HAD A BODY AND I AM A LIFE
FOR ME, MEDITATION HAS HAD A HUGE IMPACT
I REALISE : I AM ALIVE...

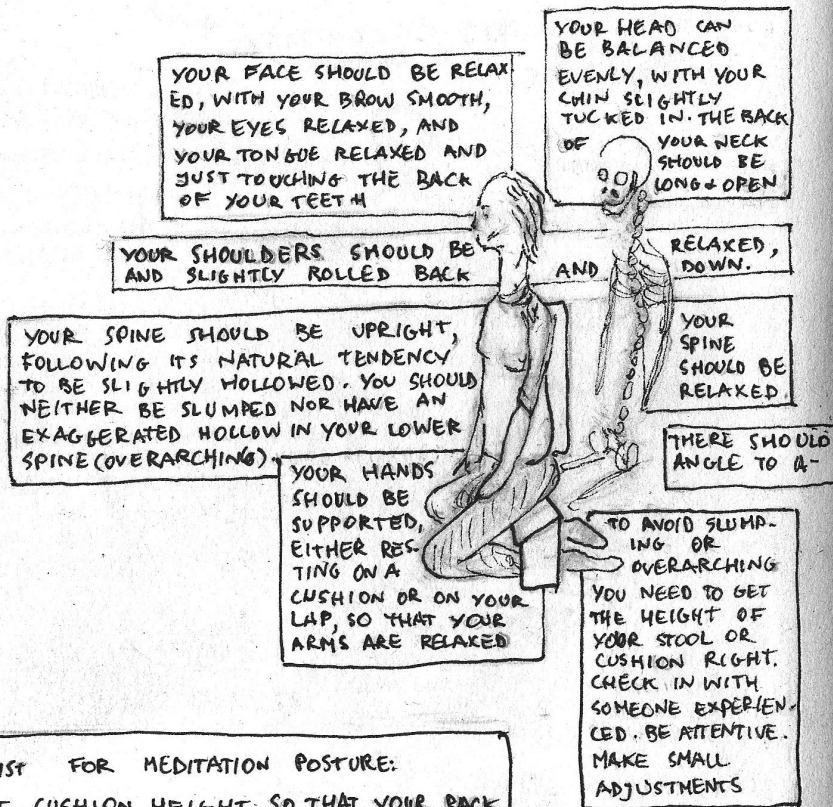
TRIGGER

THE FIRST THING TO LEARN IN SITTING MEDITATION IS HOW TO SIT EFFECTIVELY. THERE ARE TWO IMPORTANT PRINCIPLES:

- * YOUR POSTURE HAS TO ALLOW YOU TO RELAX AND TO BE COMFORTABLE
- * YOUR POSTURE HAS TO ALLOW YOU TO REMAIN ALERT AND AWARE

BOTH ARE VITALLY IMPORTANT. YOU CAN THINK OF IT AS THE WINGS OF A BIRD, BALANCING THROUGH THE SKYE.

ELEMENTS OF A GOOD POSTURE



CHECKLIST FOR MEDITATION POSTURE:

- * ADJUST CUSHION HEIGHT SO THAT YOUR BACK IS RELATIVELY STRAIGHT (FIRM CUSHIONS!)
- * MAKE SURE HANDS ARE SUPPORTED
- * RELAX SHOULDERS, LETTING THEM ROLL BACK TO OPEN YOUR CHEST
- * ADJUST ANGLE OF THE HEAD, SO THAT THE BACK OF YOUR NECK IS RELAXED, LONG AND OPEN, AND YOUR CHIN IS TUCKED IN.

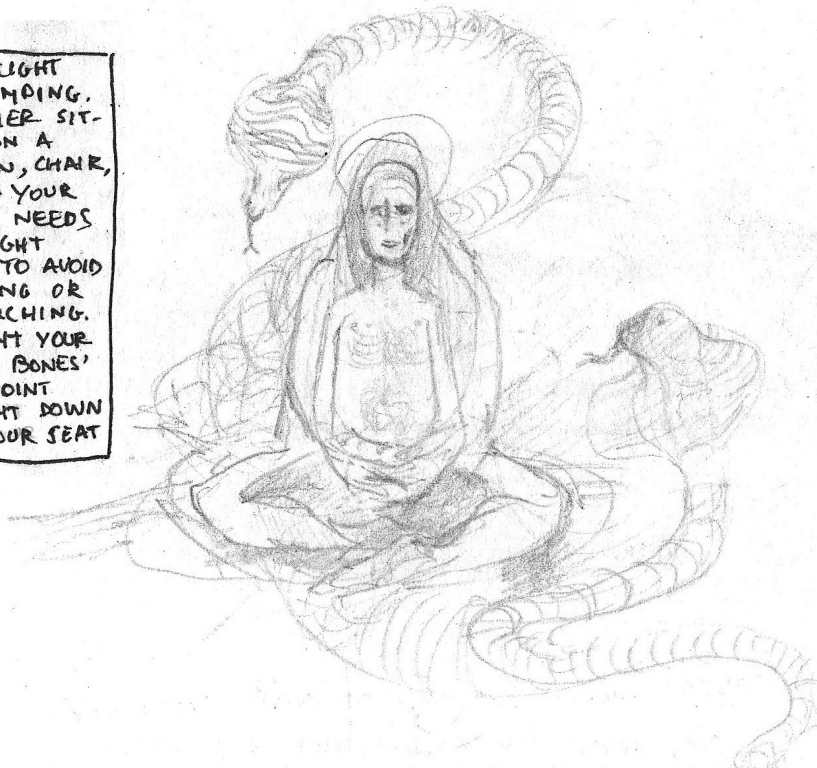
TRIGGER

5.1. Bodyscan

Being aware of your body in meditation is vital. It's not something separate from the meditation, and is not an optional extra. The more awareness that you can take into your body as you begin your meditation, the better your meditation will go. Start by becoming aware of your feet, and with the contact you have with the floor. Really let your awareness fill your feet. The more you become aware of your feet, the more you can allow them to relax. Let the muscles soften and lengthen. Once you've done that for a minute or two, take your awareness from your feet through the rest of your body, "letting go" as you move through all the different muscles. Become aware of your legs, your thighs, your hips, your back, your shoulders, your arms and hands, your neck, your head and face. When you become aware of a particular area of your body, then soften, relax, let go. Notice the subtle change in the quality of your experience as you first become aware, and then relax. Often you'll notice more energy, or tingling, or even feelings of pleasure, as your body relaxes. Pay particular attention to the following parts of your body, where lots of tension is commonly stored: -The back of your neck -Your shoulders- Your hips- Your thighs and calves

Once you've been through your body, become aware of your body as a whole. Then center your awareness on your belly, sensing the calming, rhythmic motion of your belly as you breathe in and out. Relax, soften, let go. Now you're ready to begin meditating.

BE A SLIGHT
VOID SLUMPING.
WHETHER SIT-
TING ON A
CUSHION, CHAIR,
BENCH: YOUR
PELVIS NEEDS
THE RIGHT
ANGLE TO AVOID
SLUMPING OR
OVERARCHING.
IF RIGHT YOUR
'SITTING BONES'
WILL POINT
STRAIGHT DOWN
ONTO YOUR SEAT



TRIGGER

Besides sitting in formal meditation, the point is liberation in real life. Our minds have a tendency to be distracted or exclusively focused. We can cultivate the intention and practice of a middle path during all daily activities. This is cultivating a 'whole-body' awareness. We can always cultivate just a natural awareness of our position of the body and its movements. Practising mindfulness in formal meditation can learn us to stay in the 'now', and a more open awareness and receptivity can learn us to focus on the 'here' in daily life.



foundational attitudes
to meditate:
*gentle kindness
*balance between
relaxing &
putting energy in it
*an adventurous &
playfull
approach

You can always come back to the body. Compare it to spending time with a good friend. You'd like to spend as much time as possible! It is effortless and without judgement. When you are distracted, you just come back to the body as you would tend to a friend, with a smile. Mindfulness can permeate, if intentionally cultivated, all activities during the day.

TRIGGER

5.2. Meditation and breathing techniques

WHY: Breathing techniques can be used to calm down the stressed or agitated mind, but can also be used to manage physical pain or discomfort. By focusing on the breath, the attention is taken away from the stressful input and the mind realizes that there is more than just the pain or the discomfort. The rhythm of the breath is calming and grounding.

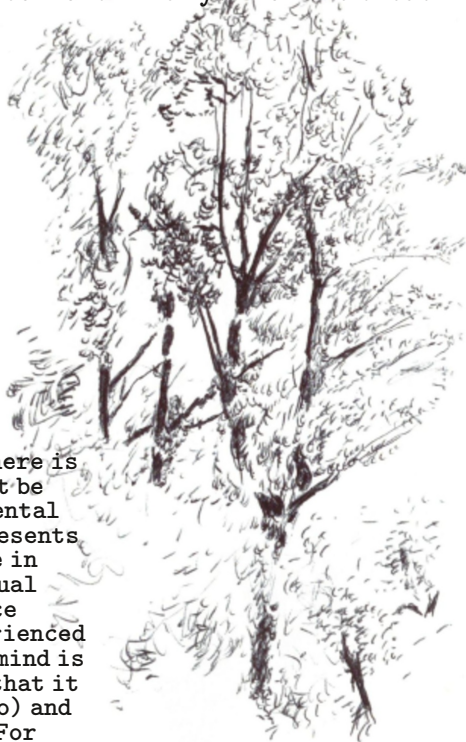
WHEN: Breathing techniques can be used during moments of mental stress or moments that involve physical pain. You can even use breathing techniques when you need to pee, but can't (for example when you are in a lock-on or part of a road blockade).

Mindful breathing

Simply follow the breath as it is. There is no need to change the breathing, just be curious, open-minded and non-judgmental on experiencing the breath, as it presents itself. Follow the whole breath: the in breath, the out breath and the eventual pauses in between two breaths. Notice where in the body the breath is experienced and in what ways. If you notice your mind is wandering, no problem. Just notice that it was distracted (this is what minds do) and bring your focus back in a kind way. For some people, it is helpful to (mentally) say 'in' during the in breath and 'out' during the out breath, or to count at the end of every breath (count up until 10 and then start again at 1. When you loose count, no problem, just start at 1 again).

Shifting the focus during mindful breathing

Follow the breath as described in the mindful breathing exercise. When the mind is dull or tired, it helps to focus specifically on the sensations of the in breath in the upper part of the body or in the head. You could visualize the breath as incoming light that spreads in your head (if visualizations work for you). On the other hand, if the mind is agitated or chatty, focus more on experiences of the out breath and the lower parts of the body, specifically the body parts that touch the underground (feet when standing, buttocks and feet when sitting, heels/calves/ buttocks/ back/hands/ back of the head when lying down). Imagine breathing in from the ground and breathing out into the ground.



5.3. Resilience Pie

WHEN WE TALK, WE DON'T EAT
WHEN WE EAT, WE DON'T TALK ...
WELL, MOST OF THE TIME ...
ACTUALLY: WE CAN EAT A PIE THAT IS NOT A REAL PIE,
IT YOU COULD CALL IT A RESILIENCE PIE



THIS IDEAL PIE IS SIMPLY
AN EXERCISE IN THE QUESTION
HOW YOU RECOVER FROM EXTREM
UNPLEASANT STATES* OF MIND.
BODY. WHAT DO YOU

NEED ?
WANT
DO

TO FEEL WELL-RESOURCED
BALANCED, HEALTHY, ...

* UNPLEASANT ≠ YOU ARE RESPONSIBLE

RESILIENCE PIE / RESILIENCE PIZZA / PANCAKE ... *

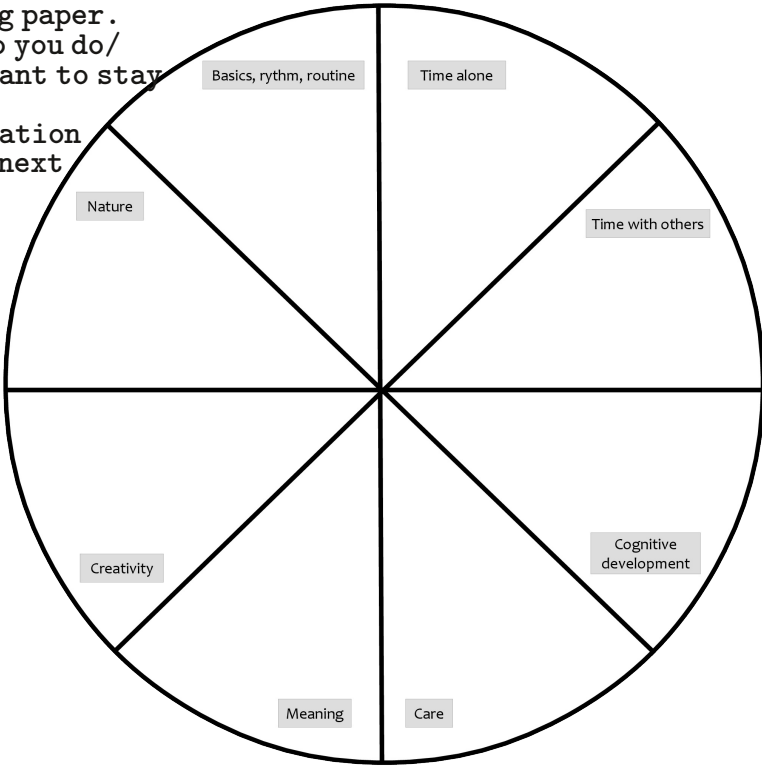
* BASICALLY, CALL IT WHATEVER YOU WANT, COULDN'T CARE LESS. JUST A CIRCLE IN 8



TRIGGER

RESILIENCE THROUGH PROTECTIVE FACTORS

if you want you can fill in the resilience pie for yourself, better on a big paper. What do you do/need/want to stay on it? Explanation on the next page



In academic research on traumatized children, at one point, researchers noticed that there was always of group of children that seemed less affected, was recovering faster or actually came out stronger. In one word: this group showed more resilience. Research then focused on what the conditions for resilience were and came up with what was called 'protective factors'. The protective factors can be divided into eight categories. From these categories, people can define concrete activities that restore energy and enhance resilience: the resilience strategies:



- *Basics: Food, sleep, rest, medical care, safety, rythm and routine
- *Time for yourself: Resourcing, self-awareness
- *Well-functioning communities and groups: Connection, recharging, relaxation, celebration of what has been accomplished
- *Care: Tutorship, care
- *Nature: Connection, rootedness
- *Creativity: Imagination, expression
- *Cognitive development: Problem solving skills, self-control, self-efficacy, learning processes
- *Meaning: Motivation, life questions

MUSIC HAS HELPED ME COPE DURING DIFFICULT TIMES. IT MAY NOT SOLVE THE SITUATION BUT CAN AT LEAST TEMPORARILY MAKE ME FEEL A BIT BETTER...

DANCING, MOVING TO LET IT ALL OUT...



LISTENING TO SAD/ANGRY/UPBEAT SONGS TO FEEL LESS LONELY, MISERABLE, DESPERATE AND RECLAIM SOME POWER...



THAT FEELING YOU GET AT A LIVE CONCERT WHEN ANYTHING SEEMS POSSIBLE...



BY MAKING MUSIC I CAN GIVE A VOICE TO ALL OF MY FEELINGS...

RAAAAAAH! FUCK YOUUU!



LYRICS CAN PROVIDE COMFORT, RECOGNITION, A FEELING OF CONNECTION AND BELONGING



MUSIC AS SELF-CARE

PLAYING MUSIC TOGETHER WITH OTHERS CREATES A SPECIAL KIND OF BOND



7. CONSCIOUSNESS-RAISING IN ZINES

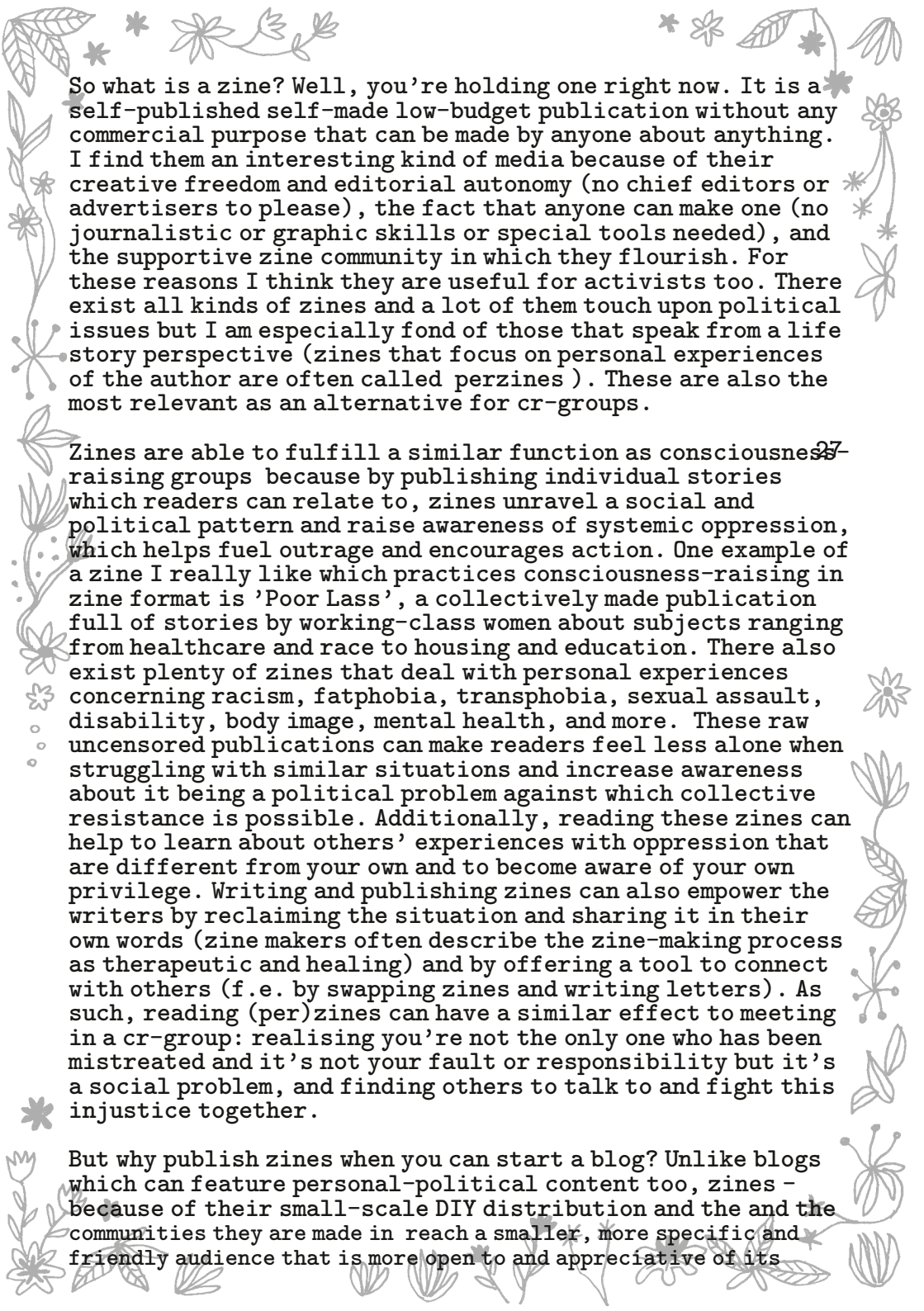
'Consciousness-raising, as a strategy for revolution, just involves helping women translate their personal dissatisfaction into class-consciousness.' (Cathy Levine)

In the late 1960s American feminists developed the method of consciousness-raising. They founded small leaderless women-only affinity groups - consciousness-raising groups or cr-groups in which they met in a private space to talk about personal experiences as women. Subjects that arose in these group conversations included unattainable social expectations concerning housework/childcare, oppressive beauty standards, and sexual harassment at the workplace. These talks led to the realisation that such individual experiences were shared by other women. Women used to see them as a sign of their own personal failure or responsibility but they were in fact a social and political problem with a social and political cause. The slogan 'the personal is political' originated from this time. So personal issues affecting women's daily lives were political issues and this awareness politicised a generation of women and girls. It was also important for women to get together amongst each other at that time and not only spend time with their families or (male) partners. Even though the collectives weren't free from conflicts and problems, the feeling of sisterhood and mutual support was strong and the cr-groups inspired participants to take action and get organised.

Consciousness-raising and sharing personal stories that contribute to political awareness is still a valid and useful (necessary!) strategy for activists fighting oppression today, and not only for women or feminists. I've participated in a kind of cr-group myself: it was a feminist reading group which started from written texts and discussed a variety of themes and subjects which led to sharing personal stories and helped build awareness for the participants, including myself. However, even though this experience has been very valuable for me and I recommend continuing the strategy of consciousness-raising, it is not always possible to physically meet in a group. For example because of the Covid-19 quarantine restrictions but also health problems or living in an isolated place can complicate things. In such situations I've found that reading zines and writing and sharing personal stories on paper can be another way to reach the same aims as a cr-group.



NINA
2018

A decorative border of various floral and leaf motifs surrounds the text. The motifs include simple line drawings of leaves, flowers, and stems, some with small dots or circles. The border is most prominent on the left and right sides, framing the text.

So what is a zine? Well, you're holding one right now. It is a self-published self-made low-budget publication without any commercial purpose that can be made by anyone about anything. I find them an interesting kind of media because of their creative freedom and editorial autonomy (no chief editors or advertisers to please), the fact that anyone can make one (no journalistic or graphic skills or special tools needed), and the supportive zine community in which they flourish. For these reasons I think they are useful for activists too. There exist all kinds of zines and a lot of them touch upon political issues but I am especially fond of those that speak from a life story perspective (zines that focus on personal experiences of the author are often called perzines). These are also the most relevant as an alternative for cr-groups.

Zines are able to fulfill a similar function as consciousness-raising groups because by publishing individual stories which readers can relate to, zines unravel a social and political pattern and raise awareness of systemic oppression, which helps fuel outrage and encourages action. One example of a zine I really like which practices consciousness-raising in zine format is 'Poor Lass', a collectively made publication full of stories by working-class women about subjects ranging from healthcare and race to housing and education. There also exist plenty of zines that deal with personal experiences concerning racism, fatphobia, transphobia, sexual assault, disability, body image, mental health, and more. These raw uncensored publications can make readers feel less alone when struggling with similar situations and increase awareness about it being a political problem against which collective resistance is possible. Additionally, reading these zines can help to learn about others' experiences with oppression that are different from your own and to become aware of your own privilege. Writing and publishing zines can also empower the writers by reclaiming the situation and sharing it in their own words (zine makers often describe the zine-making process as therapeutic and healing) and by offering a tool to connect with others (f.e. by swapping zines and writing letters). As such, reading (per)zines can have a similar effect to meeting in a cr-group: realising you're not the only one who has been mistreated and it's not your fault or responsibility but it's a social problem, and finding others to talk to and fight this injustice together.

But why publish zines when you can start a blog? Unlike blogs which can feature personal-political content too, zines - because of their small-scale DIY distribution and the and the communities they are made in reach a smaller, more specific and friendly audience that is more open to and appreciative of its



I HAVE
FLASHBACKS OF
BEING FORCIBLY
DETAINED

I'M AT
RISK OF
DOMESTIC
VIOLENCE
/SEXUAL
ABUSE

HOW WILL I
BE ABLE TO
PAY THE RENT
AND BILLS?

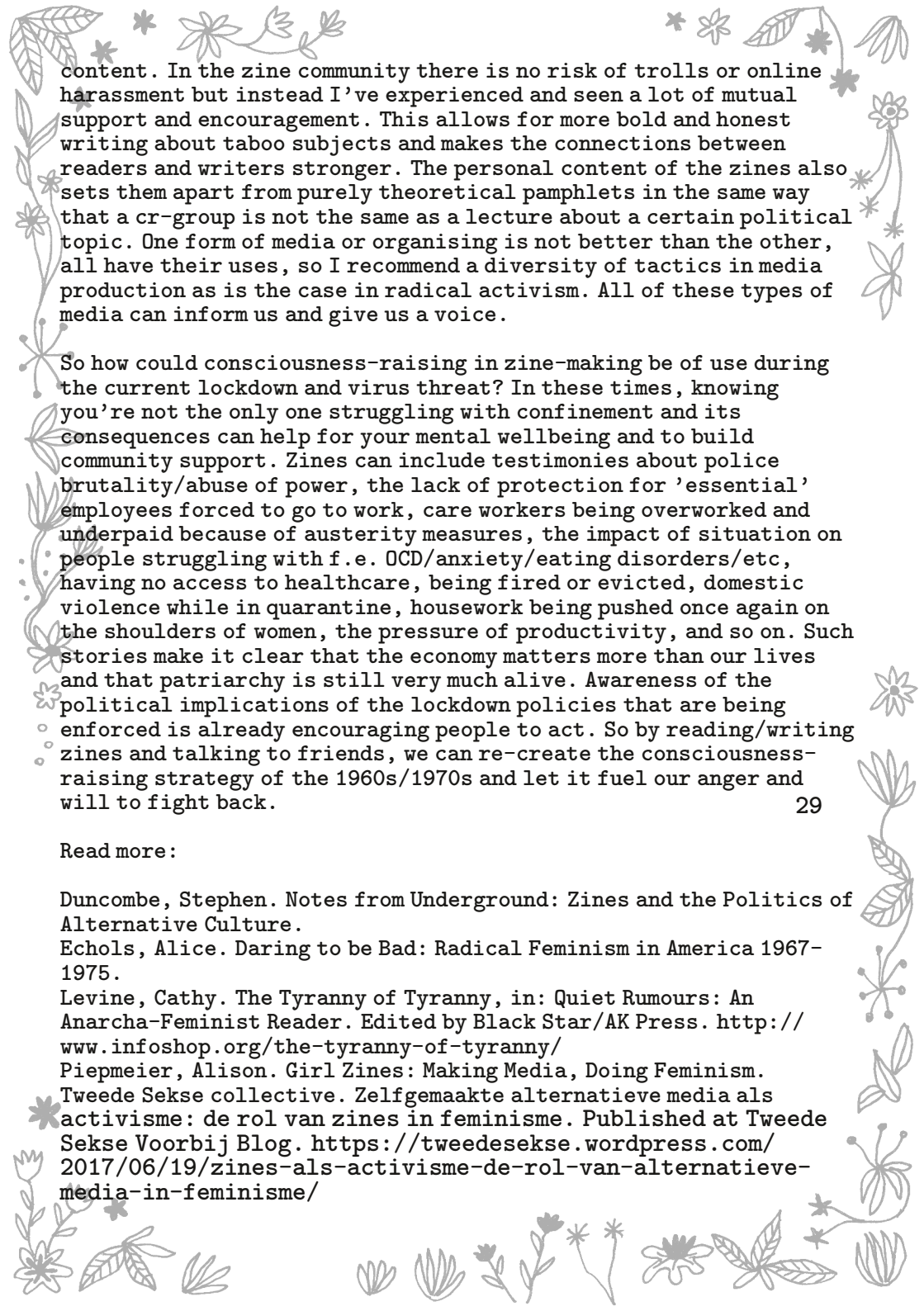
LONELINESS
INTENSIFIES
MY DEPRESSION



I HAVE
NO PLACE
TO CALL
HOME

HOW CAN
I TELL MY
CHILDREN
THEY CAN'T
GO PLAY
WITH THEIR
FRIENDS?

HOME SWEET HOME

A decorative border of various flowers and leaves surrounds the text. The flowers include daisies, tulips, and simple line-art blossoms. The leaves are simple, pointed shapes, some with veins. The border is most prominent on the left and right sides, with smaller floral elements at the top and bottom.

content. In the zine community there is no risk of trolls or online harassment but instead I've experienced and seen a lot of mutual support and encouragement. This allows for more bold and honest writing about taboo subjects and makes the connections between readers and writers stronger. The personal content of the zines also sets them apart from purely theoretical pamphlets in the same way that a cr-group is not the same as a lecture about a certain political topic. One form of media or organising is not better than the other, all have their uses, so I recommend a diversity of tactics in media production as is the case in radical activism. All of these types of media can inform us and give us a voice.

So how could consciousness-raising in zine-making be of use during the current lockdown and virus threat? In these times, knowing you're not the only one struggling with confinement and its consequences can help for your mental wellbeing and to build community support. Zines can include testimonies about police brutality/abuse of power, the lack of protection for 'essential' employees forced to go to work, care workers being overworked and underpaid because of austerity measures, the impact of situation on people struggling with f.e. OCD/anxiety/eating disorders/etc, having no access to healthcare, being fired or evicted, domestic violence while in quarantine, housework being pushed once again on the shoulders of women, the pressure of productivity, and so on. Such stories make it clear that the economy matters more than our lives and that patriarchy is still very much alive. Awareness of the political implications of the lockdown policies that are being enforced is already encouraging people to act. So by reading/writing zines and talking to friends, we can re-create the consciousness-raising strategy of the 1960s/1970s and let it fuel our anger and will to fight back.

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Read more:

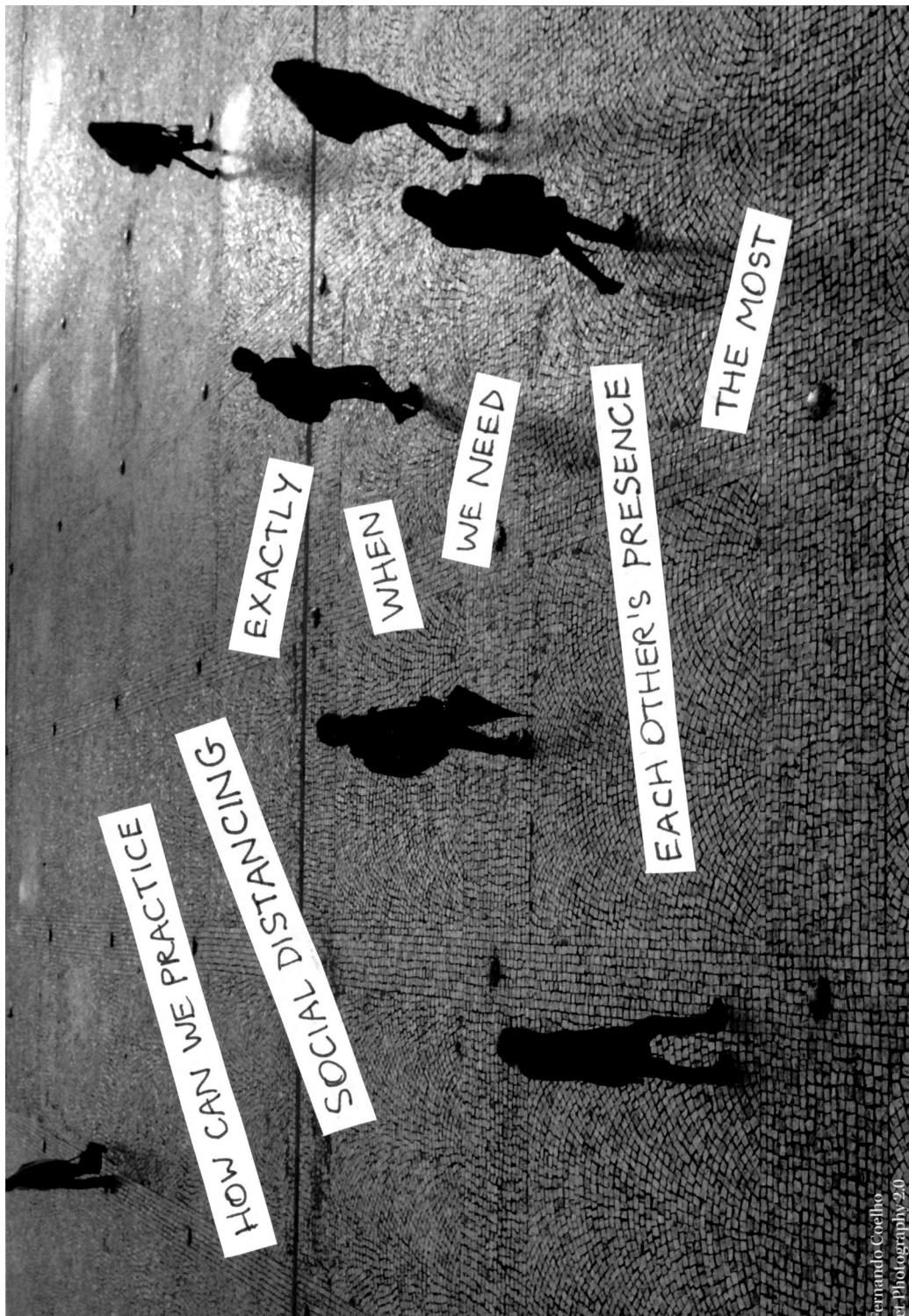
Duncombe, Stephen. Notes from Underground: Zines and the Politics of Alternative Culture.

Echols, Alice. Daring to be Bad: Radical Feminism in America 1967-1975.

Levine, Cathy. The Tyranny of Tyranny, in: Quiet Rumours: An Anarcha-Feminist Reader. Edited by Black Star/AK Press. <http://www.infoshop.org/the-tyranny-of-tyranny/>

Piepmeyer, Alison. Girl Zines: Making Media, Doing Feminism.

Tweede Sekse collective. Zelfgemaakte alternatieve media als activisme: de rol van zines in feminisme. Published at Tweede Sekse Voorbij Blog. <https://tweedesekse.wordpress.com/2017/06/19/zines-als-activisme-de-rol-van-alternatieve-media-in-feminisme/>



HOW CAN WE PRACTICE
SOCIAL DISTANCING

EXACTLY

WHEN

WE NEED

EACH OTHER'S PRESENCE

THE MOST

8 SMALL IDEAS FOR GROUPS IN TIMES

8

BUDDIES



PRESENCE + NON-JUDGEMENT ARE KEY

- ACTIVE LISTENING (ALSO TOWARDS YOURSELF)
- CHECK ASSUMPTIONS
- GIVE AND RECEIVE FEEDBACK



RULES

• GROUND RULES

OR

• SHARED COLLECTIVE AGREEMENT

- WHAT DO I NEED TO FEEL SAFE OR TO BE ABLE TO PARTICIPATE?
- RECONSIDER WHEN NEEDED



TASKS - PROCESS-RELATIONS

WHAT ROLE DOES TECHNOLOGY PLAY? DURING ISOLATION, OR RAPIDLY CHANGING CONDITIONS, ONE PERSON CAN UPDATE OTHERS IN A ROTN...

OFTEN WE TEND TO FOCUS ON ALL THE WORK AHEAD (TASKS). WHAT ABOUT THE PROCESS OF OUR GROUP-LIFE OR PROJECT AND WHAT ABOUT THE RELATIONS WE ARE BUILDING? WHO IS DOING THAT WORK? WHAT DOES IT SAY ABOUT CARE AND EMOTIONAL LABOUR? WHAT IS VALUED?



ATTENTION: DIGITAL TECHNOLOGY IS NOT NEUTRAL AND CAN BE TOXIC

* CHECK TACTICAL TECH + HOLISTIC SECURITY

CO-OPERATION OF ISOLATION

PRACTICES FOR EFFECTIVE COLLABORATION

INCLUDE RESPECT AND INTEGRATE DIFFERENT VOICES

BALANCE ACTION WITH REFLECTION

SHARE AIR TIME

CHECK ASSUMPTIONS

GIVE AND RECEIVE FEEDBACK

LOOK FOR SHARED GROUND

ACCEPT ALL FEELINGS

BALANCE SPEAKING + LISTENING

LIBERATE THE ELEPHANTS IN THE ROOM

USE BLENDED DECISION-MAKING

ICEBERG BLA BLA BLA



MANDATES, DELEGATES, REPRESENTATIVES?

OTHER DECISION-MAKING, HOLONOMIC, GENERAL ASSEMBLY, FEDERATION, ...

ETHICS CONFLICT OK (NOT ALWAYS)

WHAT ARE THE SHARED IDEALS?
 WHAT ARE YOU AIMING TO ACHIEVE?
 IT'S ALWAYS INDIVIDUALS (I) WITH PARTICULAR PRACTICES (P) AIMING TO ACHIEVE SOME UNIVERSAL IDEAL (U) FE. 'ANARCHISM'.

TAKE WHAT YOU NEED, GIVE WHAT YOU CAN...

DOESN'T MEAN 'GOOD' ETHICS * CHECK

Using tools to work and understand groups, cultures, social movements, society... can help us to overcome seeing individuals as atomised people and strengthen our projects.

9. resources (click the link):

On Mutual aid (search a local mutual aid group):

<https://mutualaiddisasterrelief.org/>

what is mutual aid?

<https://itsgoingdown.org/autonomous-groups-are-mobilizing-mutual-aid-initiatives-to-combat-the-coronavirus/>

[https://en.wikisource.org/wiki/](https://en.wikisource.org/wiki/Mutual_Aid_a_Factor_of_Evolution)

Mutual_Aid_a_Factor_of_Evolution

Activist resources during Covid-19:

https://commonslibrary.org/tag/coronavirus-infections_covid-19/

Violence within (activist) communities and stopping it:

<https://www.phillyspissed.net>

<https://incite-national.org/>

<https://www.transformativejustice.eu/en/>

www.creative-interventions.org

Resilience & activism:

<http://www.ecodharma.com/>

<https://ulexproject.org>

<https://mindfulnessandsocialchange.org/>

<https://supportrecoveryteam.wordpress.com/>

<https://www.activist-trauma.net/en/mental-health-matters/ptsd.html>


<https://theicarusproject.net>

Mental health, addiction abuse and consent: [https://](https://xfadex.wordpress.com/interesting-info/)

xfadex.wordpress.com/interesting-info/

<https://sarahtearex.wordpress.com/zines/>

<http://www.zinzinzine.net/zinotheque.html>



Meditation resources (be kind-start with the body if possible-maybe find some group for guided meditation):

<https://www.freebuddhistaudio.com>

<https://dharmafeed.org/>

<https://www.buddhistinquiry.org/resources/>

Some names of groups/teachers that have affinity with activism & meditation include: Ecodharma/Ulex, Mindfulness for Social Change, DANCE-network, Paramananda, Analayo, Rob Burbea, David Loy, ...find your own ;).

COVID-19- Activist focus

Quarantine Watch:

<http://femmesdedroit.be/quarantine-watch/>

Pandemic Notes: archive of stories

<https://pandemic-notes.maydayrooms.org/>

<https://coronaviruslesoublies.be/>

Domestic Violence

Online chat in different languages for victims of domestic violence: <https://www.we-access.eu>

<https://projectsalvage.wordpress.com>

(French): <http://garance.be/spip.php?article1322>

Survivors Library <https://www.facebook.com/survivorslibrary/> <https://sheffieldtransformativejusticelearninggroup.com/>

[2020/03/17/transformative-justice-harm-reduction-and-the-acknowledgment-of-marginalised-legacy-in-grassroots-mutual-aid-movements/](https://sheffieldtransformativejusticelearninggroup.com/2020/03/17/transformative-justice-harm-reduction-and-the-acknowledgment-of-marginalised-legacy-in-grassroots-mutual-aid-movements/)

This zine and other creations:

<https://echopublishing.wordpress.com/>

10. CALL WITH_DRAWN: SHARE LIFE THROUGH STORIES, IMAGES, . . .

In these times, knowing you' re not the only one struggling with confinement and its consequences can help for your mental wellbeing, to build community support.

It can help us also to re-claim our herstories to create the different world we so desperately need. Zines are part of a small self-organised way of communicating and claiming back herstory.

With the small collective we are open to recieve testimonies to create a second issue of with_drawn.

Share your stories: the structural racism of borders and the carceral system, police brutality/abuse of power, overworked and underpaid care workers because of austerity measures, the impact of the situation on people struggling with f. e. OCD/anxiety/eating disorders/etc, domestic violence while in quarantine, being fired or evicted, having no access to healthcare, the lack of protection for ' essential' employees forced to go to work, domestic work being pushed once again on the shoulders of women, the pressure of productivity, . . .

Your stories make it clear that the economy matters more than our lives and that patriarchy is still very much alive.

Sharing our stories is a way of dealing with the situations, acknowledging we live despite capitalism and we need something else, something better, some-thing with a heart.

Your life matters. Let' s share resistance. Because the revolution will not be televised.

Testimonies in any way (writing, drawings, poems, audio, . . .) , can be shared to with_drawn@riseup.net.

Because our lives are more worth to be told than their profits are allowed to silence us.