

THERE MIGHT BE THINGS YOU CAN ALREADY DO WITH YOUR CURRENT SKILLS + AUTHENTIC SELF:

- MAKE POSTERS → TRANSLATE RESOURCES
- MAKE KNOWLEDGE MORE ACCESSIBLE → SUM UP BOOKS IN ZINES
- BE A HEALER: HOLD SPACE, LISTEN, COMFORT → TEACH OTHERS A SKILL YOU HAVE, FOR FREE
- PUT IT INTO WORDS FOR OTHERS TO FEEL HEARD → COOK FREE MEALS
- HELP YOUR NEIGHBOR → FOR A FRIEND HELP AT FREE MEAL KITCHENS
- DONATE: MONEY, TIME, GOODS, SKILLS, DEPENDING WHAT YOU HAVE

Maybe you don't feel pretty yet

- SPEAK AT EVENTS → BE THE ONE TO START RADICALLY HONEST CONVERSATIONS IN YOUR CIRCLES
- MAKE ZINES → CREATE
- PUT YOUR ART, WORDS, WORK IN PUBLIC: ONLINE + SHARE
- PRINT IT, PUT IT IN THE STREETS, HAND OUT YOUR POETRY TO STRANGERS → TESTIFY
- WRITE, SAY, SING WHAT NEEDS TO BE HEARD (EVEN JUST TO YOURSELF. ARE YOU HEARING YOU?) → HOST/ORGANIZE ROUND TABLES/ VENTING CIRCLES (NOT JUST TEXT)
- DANCE, SING, PLAY MUSIC WITH OTHER PEOPLE → GET TO KNOW A NEIGHBOUR

Maybe you feel useless

- JOIN PROTESTS/ DEMONSTRATIONS → PUT YOUR BODY OUTSIDE!!!
- BE IN → LITERALLY TOUCH GRASS: NATURE GARDEN, GROW THINGS
- MEET YOUR FRIENDS + ORGANIZING GROUPS IN PERSON - OR AT LEAST OVER THE PHONE, VIDEO → ATTEND EVENTS OUTSIDE OF YOUR USUAL CIRCLE (NOT JUST TEXT)
- GET TO KNOW A NEIGHBOUR → EVEN ON A SURFACE LEVEL, YOU DON'T HAVE TO BECOME BESTIES

Maybe you feel unappreciated

- LEARN SKILLS USEFUL FOR COMMUNITY, ORGANIZING + SELF-SUFFICIENCY: COOKING, MENDING, GROWING FOOD, CONFLICT RESOLUTION... → START A GROUP (ONLINE IS GOOD TOO) WITH PEOPLE WILLING TO SHOW UP MIGHT ANYONE NEED HELP
- LOOK OUT FOR EACH OTHER: WEAR A MASK, REACH OUT IF SOMEONE SEEMS ISOLATED... → TELL SOMEONE WILLING TO TEACH, THAT YOU WANT TO LEARN
- ASK QUESTIONS → LIST WHAT YOU ALREADY HAVE AS RESOURCES, & WHAT YOU NEED
- TELL PEOPLE THEY'RE SCARED TOO.

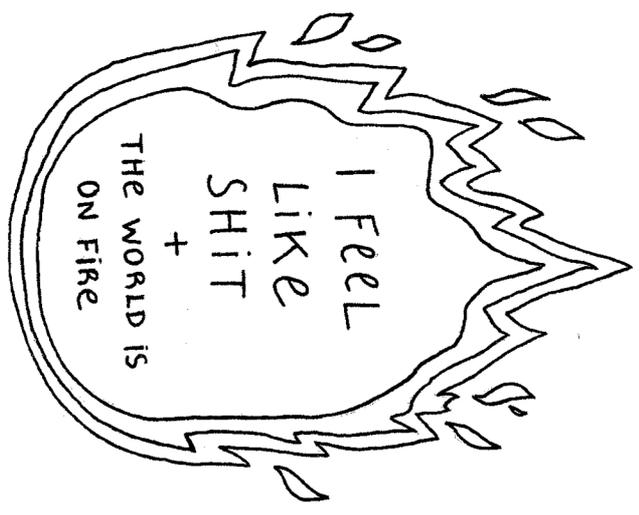
Maybe you want to take direct action but you're not sure what it looks like

- YOU CAN DISRUPT SYSTEMS BY:
  - BOYCOTTING GARDENING
  - PROTESTING
  - BLOCKING PUT UP
  - CIVIL DISOBEDIENCE INFORMATIVE STICKERS/ POSTERS WHEN YOU GO
  - MAKING THEM OBSOLETE
- PROVIDE FOR FREE WHAT THEY ARE PROVIDING FOR A COST OR WITH CONDITIONS: ACCESS TO CHILDCARE, KNOWLEDGE, FOOD... USE YOUR SKILLS TO FIX STUFF IN YOUR COMMUNITY E.G.: BROKEN BENCH...
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  - MAKING THEM OBSOLETE
- SCREAM ABOUT IT → TAKE A NAP. TAKE A BREAK. COME BACK STRONGER
- CRY → MAKE SPACE FOR JOY, TOO
- FEEL + EXPRESS YOUR ANGER → HUG, HOLD SOMEONE (OR YOURSELF, OR A PET)
- ↳ VENT ABOUT IT → RELEASE IT PHYSICALLY → TURN IT INTO A MATERIAL THING (ART TO SHARE, A LETTER TO SHRED...)
- BREATHHE (SERIOUSLY, YES)

AND IF YOU DON'T HAVE HOPE, HAVE SPITE

AS SAID ROBERTA SAM (@SHOWME.YOURMASK)

ANOTHER LIST OF (HELPFUL?) THINGS TO TRY



What do we do when our pain is caused by systems and issues bigger than the personal level? What's left when self-centered "self-care" does not help? What steps can we take to both feel better and actually contribute? Take what applies, add your own ideas, be critical of mine, love.

(A sequel zine to "I FEEL LIKE SHIT")

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