SELF-CARE for NOW

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START WITH YOU

What feels true?

What used to feel true?

What do you want to be true?
MORE ABOUT YOU

What feels happy?

What feels discouraging?

What feels encouraging?
TAKE A MOMENT TO THINK ABOUT THE “YOU” FROM 2019 IN 2021
THINKING ABOUT YOU

This pandemic is a crisis of global proportions. It’s reeking havoc on the economy and whole sectors of work. It’s transforming communication and human interrelationships.

All of that is true.

But, you need to survive. You need to feel like you can make it through this situation.

Here are some ways I’m working through my own feelings about this situation.

NOTICING

I’ve been living in both fight and flight reactions for much of the last month.

To help myself with balance, I decided to refocus myself by taking stock.

Each morning, I’ve been trying to notice where I am. I’ve been careful to remind myself there are no rules for feelings in a pandemic.

Take a few minutes to note where you are right now. Not in the future. Not where you should be. But, where you are in this actual moment.
NOTICING WHERE I AM
FORGIVING
YOU'VE BEEN DUMPED INTO SOMETHING HUGE.

YOU HAVE NO EXPERIENCE LIVING THROUGH SOMETHING EXACTLY LIKE THIS.

YOUR REACTIONS ARE UNPRECEDENTED.

TRY TO FIND WAYS TO GIVE YOURSELF A BREAK DURING THIS TIME.
How are you giving yourself a break
Okay
Your rhythms have changed.
Your friends, family, and everyone
else have found their rhythms changed. And,
then there is Zoom.

It’s a lot.

Think of some specific things you can be okay with letting go.
IT'S OKAY
THAT
I:
MATTERS
I’m trying to name the things that no longer matter.

In a different world, I’d like to dress in my style. Now, I like to be dressed at all in conference calls.

I’m making this a running list.
WHAT NO LONGER MATTERS
WHY
WITH SO MANY BIG CHANGES, AND SO MUCH PROFESSIONAL AND PERSONAL LOSS, I KEEP FOCUSING ON THE REASONS WE ARE DOING THIS. I’VE BEEN PARTICULARLY WORRIED ABOUT THE LIVES OF FRIENDS AND FAMILY, FOR EXAMPLE.

WRITING DOWN THE REASONS FOR OUR NATIONAL CHANGES CAN HELP MAKE THE CHANGES FEEL WORTHY.
WHY, WHO, HOW
WHAT ARE
YOU DOING THIS
FOR
The hardest challenge might be the global nature of this situation and the fissures occurring all around. It's impossible to control so many simultaneous challenges. You can't.

You can only deal with what you can—yourself.

But, you also can't put your head in the sand. In controlled ways, being informed is helpful.

Naming how you feel about the world and the situation we are in can also help.
THE WORLD IS:
BEING OKAY WHERE YOU ARE
NOW I'VE MANAGED TO HAVE MORE EMOTIONS IN THIS MONTH, OFTEN SIMULTANEOUSLY, THAN I HAVE IN MY OWN LIFE.

FRIVOLITY, REALITY, POSSIBILITY, PRODUCTIVITY, TERROR...ALL THE FEELINGS ARE AROUND.

I'VE PURPOSED TRIED TO STAY OPEN AND SHARE MY FEELINGS. IT'S HARD, BUT IT FEELS NECESSARY.

IN THIS PROCESS, I'M TRYING TO JUST GO WITH ALL THE IMPORTANT AND UNIMPORTANT FEELINGS.
I'm craving
LISTEN
CONSUMING MEDIA CAN BE GOOD (AND BAD). THIS IS A GREAT TIME TO LOOK FOR ESCAPE AND COMFORT FROM BOOKS, MOVIES, AND MUSIC.

I’VE STARTED CREATING A SOUNDMTRACK OF SONGS I FORGOT I LOVED.

WHAT IS YOUR MIXTAPE?
Your survival mixtape.
 Laugh 
 Gallows humor, perhaps, but I’ve been struck at how much humor has helped me.

 Memes, tweets, humorists, all of it has been working for you.

 I decided to start writing down some of the things that made me laugh, just to remember humor is still a tool in this time.
WHAT'S

MAKING YOU

LAUGH?
LOSS
I’VE BEEN STRUCK AT THE FEELING OF LOSS THAT HAS HELD ON LIKE A SPECTER. THERE WAS A PLANNED FUTURE THAT WILL NEVER OCCUR.

RATHER THAN IGNORE THE PHANTOM PAINS OF THIS LONG GONE FUTURE, I DECIDED TO LET MYSELF IMAGE THOSE MOMENTS AND LET THEM GO.

MAKE SOME SNAPSHOTs OF THE FUTURE THAT DIDN’T HAPPEN.
ALTERNATE FUTURES OF MY PAST
SURPRISE GRATITUDE
I’m taking stock of the tiny things that turned out for the best.
Accidental purchases, forgetting to schedule a meeting, anything that turned out for the best given the circumstances.
SURPRISE GRATITUDE

FOR:
WHAT NEXT?
FIRST, IT’S OKAY NOT TO KNOW.
WE’RE IN UNCHARTED WATERS. BUT,
HERE ARE SOME EXERCISES I’VE BEEN DOING TO HELP MYSELF STAY OKAY.
I’D ALSO WARN EVERYONE AWAY FROM GRAND PLANS FOR PRODUCTIVITY. THIS IS NOT A SNOW DAY. THIS ISN’T REGULAR WORK FROM HOME DAY. THIS IS A FUNDAMENTAL CHANGE IN OUR SOCIETY FOR AN UNKNOWN AMOUNT OF TIME.
BEING OKAY SHOULD BE YOUR BIGGEST GOAL.

PLANS
I’M A BIG FAN OF SMALL PERSONAL GOALS THAT I KNOW I CAN ACHIEVE. THESE ARE NOT TRIATHLON-TYPE GOALS. THESE ARE GET OUT OF BED EVERY DAY STYLE GOALS.
I SET THEM THOUGH SO I HAVE BENCHMARKS AND EASY SUCCESS.
DURING THIS TIME I WILL:
Daily Checks

I’ve tried a couple ways to figure out my feelings. At the end of the day, I’ve been writing out daily checks.

I’ve also tried to see if there are any patterns, doing a check at lunch for each day.

I’m not sure which is more helpful, yet, so I pass both on.
Tracking Myself

I’ve been mapping some big overall feelings and ideas just to see the week to week transitions.

I’m doing this to help me see my changes and know they are normal.

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I'm radically transforming my to do list. I start each day with a stress list, writing everything stressing me out. Then I do the things I could accomplish in less than three minutes. Next, I write a list of the things left, putting down deadlines, if I have them.

Before moving forward, I then decide if I really need to do that thing. I'm making different choices than I would have a few weeks ago, so I'm trying this method to help me make better choices for this age.
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SUCCESS
MANY PEOPLE ARE ACHEING TO WORK ON WHAT’S NEXT, AND I HAVE THAT IMPETUS AS WELL, BUT I ALSO WANT TO FIND WAYS TO COMMEND MYSELF FOR SURVIVING. I WANT TO CELEBRATE THE LITTLE THINGS AND THE HARD THINGS.

CREATE SOME BADGES FOR YOUR LITTLE SUCCESS.
WHERE DO YOU END AND YOUR JOB STARTS?

You

You ARE NOT YOUR JOB.
WHAT WAS TO GOOD YOU
GAINED FROM THIS
FIELD?
What is your story of 2021?
NOW FOR MUSEUMS

What feels true?

What used to feel true?

What do you want to be true?
MORE ABOUT MUSEUMS

What feels happy?

What feels discouraging?

What feels encouraging?
THE FIELD FEELS BROKEN. WHAT ELEMENTS FEEL HARD?
What does your dream museum field look like?
How far is the state of the field from your dream field?
MORE ABOUT MUSEUMS

TAKE A FEW MINUTES. TAKE STOCK OF THE FIELD FROM YOUR POINT OF VIEW.

The Good

The Bad

The Ugly
There are things that need to go in the field. What are they?

What would you trash?
There are things that need to stay in the field. What are they?
SO, TO GET WHERE YOU WANT THE FIELD TO GO, THE FIELD NEEDS TO TAKE SOME RISKS. WHAT ARE THEY?

What are you willing to risk?
SO, TO GET WHERE YOU WANT THE FIELD TO GO, WHAT ELEMENTS WILL YOU FOSTER?
FOR MUSEUMS

WHAT FUTURE DO YOU WANT?
WHAT ARE YOUR LOVE LETTERS TO THE FIELDS?
THIS LITTLE PACKET WAS
RELEASED FREE BY SEEMA RAO
OF BRILLIANT IDEA STUDIO. SHE'S
EASILY FOUND AT
BRILLIANTIDEASTUDIO.COM, ON
TWITTER @ARTLUST, ON
INSTAGRAM @ ART_LUST_

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