# HOW DO YOU WANT TO HEAL?

**PROCESS** 

## Background Research

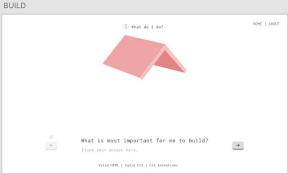
"I challenge self care to be **used for healing**, and to grow one's capacity for love (for yourself and others)."

"...self care is also more than material needs that can be bought; it becomes a process of self growth, of finding ways to satisfy your own emotional needs and allowing yourself to heal, from the inside out."

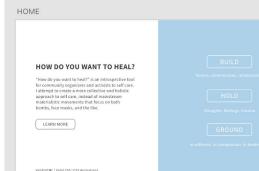
"I want to imagine a kind of self care that takes into consideration the connections we have around us. I want to imagine a self care that is intrinsically **intertwined with our communities**, but without depending or relying on them in unhealthy ways."

## Comps

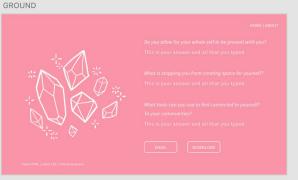












# Target Audience Results

 adding an intro screen to each of the modules

## **GROUND**

### /ground/ | verb

give (something abstract) a firm theoretical or practical basis

This activity will be prompting you with questions revolving around the word "ground". Consider conceptual, rather than literal meanings

examples can include:(your) mind, soul, spirituality, selfworth, in tenderness, in softness, in compassion, in community

\*Note: your answers do not have to revolve around any of these, they are simply here to guide you into thinking deeper about what "ground" can mean to you.

#### Creator's Interpretation

To ground something is to give it roots so that it can flourish, so that it can grow to reach its full potential. Grounding requires compassion, patience, and a soft push away from shame or other negative cycles.

START GROUNDING

#### BUILD

#### /bild/ | verb

to construct (something, typically something large) by putting parts or material together over a period of time

This activity will be prompting you with questions revolving around the word "build". Consider conceptual, rather than literal meanings

examples can include: connections, relationships, communities, home, belonging, safety, dreams, goals, future, fulfillment

\*Note: your answers do not have to revolve around any of these, they are simply here to guide you into thinking deeper about what "build" can mean to you.

#### Creator's Interpretation

To build something is to bring something into existence, with mind, soul, and body. Building requires carefully maxigating the world so that what is built doesn't bring harm to anyone else but allows the person to create whatever they need to.

### HOLD

#### /hōld/ | verb

be able to bear (the weight of a person or thing)

This activity will be prompting you with questions revolving around the word "hold". Consider conceptual, rather than literal meanings

examples can include: thoughts, feelings, resentment, grief,
space, people, flaws, narratives, trauma

\*Note: your answers do not have to revolve around any of these, they are simply here to guide you into thinking deeper about what "hold" can mean to you.

#### Creator's Interpretation

To hold something is to gently see that thing in its entirety, to face its flaws with compassion while acknowledging the potential it has.

## GROUND

#### /ground/ | verb

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#### Creator's Interpretation

To ground something is to give it roots so that it can flourish, so that it can grow to reach its full potential. Grounding requires compassion, patience, and a soft push away from shame or other negative cycles.

START BUILDING START HOLDING

START GROUNDING