

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

HOME

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HOW DO YOU WANT TO HEAL?

"How do you want to heal?" is an introspective tool for community organizers and activists to self care. I attempt to create a more collective and holistic approach to self care, instead of mainstream materialistic movements that focus on bath bombs, face masks, and the like.

LEARN MORE

BUILD : homes, communities, relationships

HOLD : thoughts, feelings, trauma


GROUND : in softness, in compassion, in tenderness

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BUILD

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① What do I do?




What is most important for me to build?
| type your answer here...

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BUILD

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① What do I do?



What do I need help building?
| type your answer here...

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HOME

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GROUND

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① What do I do?




Do you allow for your whole self
to be present with you?
| type your answer here...

I'M DONE

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GROUND

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Do you allow for your whole self to be present with you?
This is your answer and all that you typed

What is stopping you from creating space for yourself?
This is your answer and all that you typed

What tools can you use to feel connected to yourself?
To your communities?
This is your answer and all that you typed

EMAIL

DOWNLOAD

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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, self-worth, 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 navigating the world so that what is built doesn't bring harm to anyone else but allows the person to create whatever they need to.

START BUILDING

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.

START HOLDING

GROUND

/ground/ | verb

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