

AfterCare Manual

for ShellScape Visitors

Inspired by <https://www.luhmendarc.com/the-pillow-blog/selfhelp-zine-fuer-die-zeit-nach-einem-aufregendem-workshop>

After this experience, you may feel empty, ambivalent, excited, tired, sad, vulnerable... This manual contains some exercises that may help you live with intense feelings.

Why do we have a weird time after an intense, intimate experience? Perhaps your cache of hormones is emptied. Or your body finds it hard to reconnect with your everyday life after the little bubble we have created together, where rules were so different. Or you need safety and time and calmness to digest the experiences, some of which may have been uncomfortable or hurtful. Or you felt uneasy or overpowered with someone during the workshop, and you need the distance and aloneness now, to re-calibrate towards your own needs. Or your heart and senses are so open now that you need to shut down for some time.

In these cases, the workshop is not over yet for you. This is why I have collected some after-care routines that you may find helpful.

Do nothing

No work, no appointments.
Perhaps for a day.

Schedule a meeting with
yourself.

Release

Give your body an easy time to
integrate the new impulses to
your nervous systems. You can
take a bath, shake, run around
the lake, breathe, go to the sauna,
whatever feels good to you now.

Share your experience

How was it for the others? How
was it for you? Different
perspectives are beautiful.

Reconnect with the fellow naked
limit jam participants or talk
about the experience with your
friends. Or write a feedback. Or
talk about it on the internet.

Formulating an experience can
help you find ways to integrate it
with what you and others know.

Imagine

Intense encounters often create new fantasies. Write them
down! Don't judge yourself. The naked limit jam was a space
for other bodies and desires to emerge.

They may inspire your future self.

Dream Journal

Put pen and paper next to your bed. When you wake up, note down your dream: anything you can remember.

Take hurt serious

Do you feel violated? Speak with people you trust and reconstruct what happened. What can make you feel better? There is no objective measure for when an experience is violent. Expect solidarity.

Hone your new skills

Did you learn something new about what you can do, what your body is capable of, how you can relate, sense and communicate?

Go for it! Apply it to everyday situations. Find more spaces and events where you can embrace this side of you. It's you, it's your life's journey.

Diary

You can ask yourself questions and formulate the answers, one per day.

- What has felt good for me?
- What was challenging?
- How would I react if I were in the same challenging situation right now?
- Have I joined something that wasn't good for me? What was my motivation?
- Is there someone I'd love to stay in contact with? What would I like to do in another encounter with them?
- Was there something I would have loved to do, but was too shy or afraid to do? How could I have asked for it? Was there the space for it to happen?
- What would I do different the next time? What would I do the same?

Pick the cherries

Make a list of what felt amazing. You can come back to it whenever you need it.

Or forget about the whole thing

Perhaps it's not for you. That's fine. Nothing is lost (except a few hours). Still you have gathered a new experience.