Squeaky Clean

Flying Dreams

a zine on self care & creative healing
Sometimes it is good that we are able to laugh about WWC standing for We Work Constantly. However, while the amount of work we do is amazing, it is often at the cost of our mental and emotional health. While it is wonderful to go to yoga once a week, sometimes it can begin feeling like just one more thing on an already full plate. While, yes, we are in college to learn and earn degrees, those degrees won’t help us much if we graduate and do not know how to healthily deal with the stress that followed us through school. Self-care can also be very important for healing. Whether you are healing from a traumatic event, a fallout with a friend, a bad day, or way too much stress, healing can be a long and challenging process. While many conventional healing techniques make be very helpful for you, maybe they aren’t working so well. This zine is not a how-to guide for self-care and creative healing. It is intended to jump start ideas to help you develop a self-care process or healing techniques that work for you.

Have fun with this zine and remember:

* If reading this zine is just one more thing you feel like you need to do, wait until you feel as though you are in a better place before reading it. The last thing we want to do is cause more stress.

* If you don’t currently practice good self care, don’t beat yourself up over it. That is also contrary to this zine’s mission.

* If you have experienced something traumatic, healing on your own is one option. However, know that there is a lot of support out there for you and that you are not alone. For a list of resources look to the back of the zine.

* We love you and support you!

This zine was made possible by the RISE Crew, Sara LaFone, Zoe Peters, Evan Cohen, Victoria Wiener, and many fantastic contributors.
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Sometimes I take myself on dates. I mean, I go out and do the types of things most people do with groups of friends or with men and women they're interested in becoming romantically affiliated with, but I do them by myself. I get dressed up, in nice clothes. I eat dinner at a restaurant and then maybe I go see a movie or a play or a music show. Maybe I go on a walk. Sometimes I have conversations with myself, although it's best to be careful about doing that out loud. I've learned not to be embarrassed about doing these things dressed up and alone. If anything, I like it better that way, by myself. I needn't bother worrying who's going to pay for what or struggling through the awkward fields of obligatory small talk. ("What's your major? What do you plan on doing when you graduate? What's your family like? Where do you live? Are you the kind of person your clothes and mannerisms suggest you are? Are you impressed with how cool/intelligent/funny/sensitive I am yet?") I can float through the world, a part of it, watching people walking and kissing and arguing on the street, watching that guy who dresses up like a nun ride past on his tall purple bicycle, holding an apple or a book or a cup of coffee in my hands, but happily invisible. I always feel much calmer when I get back after such an evening.

-Julia Page
Grabbin' a fresh watermelon from the garden & eating it right away. + Carpenters crew. A the Cow magician.

Me and my Charizard LOVE to play at the beach every morning after breakfast.

I love you, kiss me.

 trabajo

Work

Friends

Music

cooking

my doggie

I love you. 

Love,

[Handwritten notes and drawings]
Your body is like a frog. Well, any amphibian really. Amphibians are the world's canaries in the mineshaft. They absorb toxins easily and tell us through their health how much poison is in the bloodstream of the world. Our bodies do the same thing. Every stress, no matter if it is mental, emotional, or physical, acts upon our bodies. Taking care of yourself means listening carefully. However, mental and emotional signals can be complex and hard to interpret. Bodies are much simpler: most signals are some level of pleasure and pain. While pleasure can ultimately be bad for you (like eating five donuts at one), and some pain is good for you (muscle soreness after a good workout), if you listen closely you may find that you feel satisfied after only one donut or that the pain is a “good” pain.

To me, everyone lives in three worlds, mostly but not always at the same time. These worlds are our conscious mind, emotions, and our body. For many people, they live mostly listening to their healthy. However, it can also be a very destructive habit.

A few years ago, I developed chronic pain in my upper back and dominant arm. I was unable to do classwork or satisfying crew work, which started an emotional cycle that just made the pain worse. One of my teachers lent me a book called “It's Not Carpal Tunnel” which has valuable advice and stretches designed for people with repetitive motion injuries. It helped me heal myself (with intensive help from the Wellness and Physical Therapy Crews), and changed my outlook on life. One of the main ideas of the book is that people who get repetitive motion injuries aren't lazy slackers or wimps. They are the folks who come in early and leave late, and who work passionately on their hobbies as they do at work. They are the people who ignore pain for hours, days, months, even years to do their jobs, until the pain becomes impossible to ignore.

Our culture admires this intense individual, and encourages others to emulate them. Don't be that person. Listen to and love your body, it's the only one you've got. When doing a repetitive task, such as being on a computer, scrubbing, weeding, doing dishes, and crocheting (to name a few), take a three to ten minute break every twenty minutes, or at least every hour. Go to the bathroom, drink water, talk to a friend, roommate, co-worker. I'm sure that every crew on campus has some sort of repetitive task, so we all should be doing it. Have fun! Have spontaneous five-minute dance parties at work. Get up and make faces at your roommate every half hour while you're working on that paper. Go (quietly) pretend to be a ninja while walking down the hallway every fifteen minutes while doing math homework. Take lots of breaks, get creative!

Just like our earth isn't full of unlimited resources, our body isn't full of unlimited energy or strength. As autumn blazes into winter, this part of the earth prepares for its annual winter beauty sleep. Give your conscious mind permission to listen to the wisdom of your body, to delight in physical pleasure, to stop when you are injuring yourself, and rest when you need it.
What is your spirit animal?

Mine is a seahorse because they sea dwelling and unusual.
- Evan

My spirit animal is a skunk because they are incredibly shy but have a very strong presence.
- Vic

Glue a picture of your spirit animal here!
These are some things I do to heal:
- Write poetry/short stories
- Go on long nature walks, walking slowly (walking meditation)
- Drive to a craft store and get ideas/inspired
- Sit outside and knit things for my friends
- Find a nice, grassy spot and read for fun
- Drive to a coffee shop, and sip a mocha while doing homework/people-watching
- Call a friend who I haven’t heard from in a while
- Sing with/to friends

With warmth,
Danielle Landy
Self Care While Caring for Others

Who?
We all work and we all do service. Our work is part of taking care of our community, we are all caregivers in our own community. Our service gives us the opportunity to be caregivers in our larger community. Whether you are an RA, on the chemistry crew helping others while they struggle to master a difficult subject, cleaning dorms, preparing food, educating the campus about environmental or social justice issues, leading service trips, or answering phones, this piece applies to you.

What?
Self care can mean a huge number of things. There are many different ideas throughout this zine and it can be good to experiment and find one or more which work for you. While each crew is different, here are some of my thoughts on what self care could mean for some different crews.

◊ If you work on heavy duty keeping public spaces clean and cleaning up after other people, you may not do the same for your own space. It can be hard to get up the motivation to take care of your own space when you are constantly doing it for others. For you, taking time to clean your room or organize your backpack could help diminish stress and give you a safe, clean place to go at the end of a day.

◊ If you work on dining, you are preparing food for others and cleaning up after them. You often have only 15 minutes in which to eat. As a result you learn to eat fast and end up eating every meal at top speed. Self care for you could mean ensuring that you are taking some time to eat slowly and taste the food.

◊ What is most important to remember, whatever crew you are on, service you do, or classes you are taking is to be intentional with your actions and self-care. While you may love to hike, doing trail maintenance is different from taking a hike.
When?
What a great question! When do we have time to take care of ourselves when we have so much else going on? This is a question I have struggled with a lot. The answer I have come up with is that I must schedule self care into my week as though it were a meeting or a class. Whether I am going to take ten minutes to sit and breathe, I am going to call a friend from home, or I am going to take a walk around the farm, I put it on my calendar. When I am struggling to get through the week, I will always have my scheduled self care to look forward to.

Where?
Another great question! Self care can happen anywhere. Sometimes it can be great to request your room for an evening of alone time to sing much too loudly along to your music and jump around. Other times, getting off campus is the best option for self care. It can be great to take the bus into Asheville one afternoon and do all your homework in a coffee shop rather than in the library. Sometimes, the best thing to do is to borrow a friends car or hop on a bike and ride up to the Blue Ridge Parkway to spend a day frolicking on a trail.

How?
Just do it! Find something that makes you feel good and helps you take care of yourself. Everyone does something different. As caretakers, we get used to taking care of others. Sometimes taking care of ourselves can be hard not because we don't have the time but because we find it hard to let ourselves be taken care of even when we are the ones extending that care. Tonight, take at least five minutes to just sit and breathe, tomorrow maybe do a bit more. Self care often doesn't happen all at once and getting used to doing it can be a very hard process. Take your time, reach out for help if you need it, and last of all, if you never start it will never happen so just go for it.
To keep me healthy and sane I challenge myself with a really difficult piano piece to learn. When I’m upset, the pieces I’ve learned are comforting. When I’m mad I can swear and scream at the piano when I’m having problems learning the new one. When I finish learning one, I find an even harder piece. Right now I’m working on a Rachmaninoff piece.

-Diana Sisson

1. The Blue scholars
2. Moving my attention outward
3. Deep conversations
4. Luvins
5. sun
6. underwater
I lie on my back and find images in the patterns on the ceiling. If there are faces, I give them personalities and stories. Then every time I notice them again, I smile, it’s like seeing an old friend.

When I’m frustrated or upset, I talk to my dog, like he understands me and can empathize. It helps. Actually, I talk to my dog all the time, about everything. He listens.

When I’m sad I envision all the fabulous things I’m going to do with my life years from now, and all the amazing people I’ll have with me in the future. Believing in it always makes things easy.

I like kid things, like bubbles and obnoxiously bright colors and sidewalk chalk and silly glasses and stuffed animals and Disney movies and balloons. They make me happy.

Because of personal symbolic reasoning, whenever I see a heart in nature or food or whatever, I take it as a sign of encouragement.

-Kira Mogart
Healing in the Community of Life
David Grace
Spirituality and Social Justice Crew

What are we healed by, who do we heal with, and how do we heal? My attempt is to create a framework for creative healing that can be used in service of personal potential within a shared-developmental context. Warren Wilson is our shared-developmental context: where ideas and relations are fluid, our skin semi-permeable. Personal potential is the capacity that you (the reader) have proceeding from within, that which has brought you from infant, child, to adult and continues to shape your psyche. In order to heal in continued development, we need more than we thought from places we didn’t suspect, surprisingly nearer than far. Creative healing hinges on alignment with the often-disregarded forces that support life. “No one can serve two masters” – Luke 16:13.

“Gotta Serve Somebody”- Bob Dylan

Luke and Dylan are talking about the same thing: Alignment. That’s what I will discuss now. Alignment is to acknowledge that there are forces greater than oneself as individual and to act according to that understanding. This understanding is not limited to Christian theology, as all the major religious traditions recognize this, and secular ethicists recognize this too. Human beings are now at a point of producing such stress on ecosystems that we are a global threat to life in general. Accordingly, today the most inclusive form of alignment is based upon Earth and the entire community of life and non-life.

Proper alignment provides the psychic support to call forth the activation of personal potential. Instead of attempting to dominate systems, proper alignment at tempts to seamlessly integrate with them. On campus at Warren Wilson, there is a glimmer of what an alternative to mainstream American alignment might look like. This is an ever-fleeting vision, but the actual substance of an Earth-based, life-centered alignment continues to be
the community and the seeds that are planted in the student body. This alignment proceeds from the land and is shared with the plant and animal species of our community.

There is continuity to a life with alignment beyond the seemingly cyclic nature of experience, where every morning the sun appears on the horizon in the East and disappears in the West. Beyond the days, there are the seasons and the years. Within all the years and each second, there are systems to be appreciated. We are discovering a history of our past that is greater than a collection of our individual stories: We are discovering a shared story of the history of all life on Earth. This is the organization, Earth proper, not our economic or political cycles of today. Even though we live amidst destructive, industrial culture, the impulse for life has always been and is still with us. The intersection of these two incompatible organizations is where the highest potential for development exists, where Warren Wilson should be situated. In order for us to heal, we must heal our human systems from the ground up.

Development is a process in which you give everything you can and find you still have more. Give away all your riches and realize you still have more than you need. In the process, real value is realized: it is healing. Humans need a radically new identification to accommodate systems thinking in terms of the development of ecological systems. We need to release ourselves, by working for institutional change, from everything that denies life and wake up to a world we couldn’t have even imagined, alive and rejuvenated.

To defy convention, we need creative vision to sustain our effort; we need creative healing. What we align ourselves with determines how we are to heal. There is no healing, if you are to be seeking to heal yourself with the medicine from a toxic system. However, if we draw our vision from the life-giving well of Earth, we will become healers and be healed. Our healing is bound up with the healing of the Human species and our relationship with our home planet, Earth.
Writing Out
By Victoria Wiener

I have had a really amazing life so far. Unfortunately, I have experienced a lot of bad things along with the good. I have been using various approaches to heal in the last couple of years including counseling, journaling, and telling people around me about my experiences. I have become an advocate for Our VOICE and for RISE and have found that a very empowering and healing experience. I made shirts for the Clothesline Project, spoke out at Take Back the Night, and joined the cast of the Vagina Monologues. To the people around me, I am told I appear to be strong, confident, brave, etc. In some ways, this makes it harder for me when I break down. I feel as though I am supposed to be over it. However, I finally realized my experiences won’t just go away however much I wish they would. Healing doesn’t mean forgetting. My experiences will affect me throughout my life and I have to be ok with that.

A little while ago, I was in counseling and we were talking about my inability to be vulnerable. While I tell my story, or at least parts of it over and over, I always tell them out of a place of strength and recovery. Not too long ago, I was watching a movie in class and found myself triggered. I had too much going on so I ignored it. The next day I was still feeling shaky and when I lay down to sleep I suddenly started having vivid flashbacks. I knew I had to do something. I left my house and walked up to the soccer field. I tried calling my dad and one of my friends. Neither picked up. After a while I calmed down a bit and went home. I took a shower, moved my bed into my living room, and practiced some breathing exercises until I fell asleep. My process that night was all part of my self-care ritual I have developed to cope with some of the bad things I have experienced.

The next day, I thought back to the talk I had with my counselor about being vulnerable. I realized that while I had told my story many times, I had always told it with the intent of reaching out to others who may have had similar experiences to mine. I had never told it just for me. That night before I went to bed, I sat down and started writing out my story. I started from my earliest memories of discordance in my home, documenting each thing I remembered clearly as well as more vague memories. I had never laid out everything in one place. There were a lot of painful things I had never really told anyone. Especially not in so much detail. While telling my story to others was an essential part of my healing process, telling it to myself is another, larger, and much more difficult step. It means that I have to be fully honest because for once choosing how much I tell is not really an option. I know everything that has happened to me so not mentioning something won’t change anything. I will still know it has happened but I will not have fully acknowledge it or the extent of its damage. The hardest thing about writing everything out is that I cannot come from a place of strength. I have to be vulnerable with myself and let myself feel the pain that I suppress. I am not done writing it yet but the process has already helped. At the moment, I do not plan on showing it to anyone. It is for me. The fact that I am doing something just for me is already pretty huge. While I know that writing this document won’t completely heal me, I also know it is an important step.
Pump up the Tunes
By Evan Cohen

Music is my therapy. Enhancing and enchanting my surroundings at all times. Whether it’s a song in my head, through the earphones, at a show, or in the car, life is filled with a constant soundtrack.

I like going to shows because it is a shared experience. Lot’s of people in one place listening to the same sounds, the same vibrations going through our bodies. The best shows are the ones that involve dancing, the type that you can completely forget that other people are watching because every person is equally committed to the movement to the music.

While listening to music, I often choose more uplifting tunes that interact with my surrounding, making the leaves look like they’re swaying to the sounds.

I recommend taking a listen to these songs, seeing how they make you feel, and making playlists of your own that capture you in the way that these songs do to me.
## All Things Flying: A Crossword Puzzle

<table>
<thead>
<tr>
<th>Across</th>
<th>Down</th>
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<tbody>
<tr>
<td>1. Found only in the Galapagos</td>
<td>29. Fluffy flying rodent</td>
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<tr>
<td>5. Led</td>
<td>31. Perhaps extinct Appalachian bird</td>
</tr>
<tr>
<td>7. Metamorphosed caterpillar</td>
<td>33. Apollo 1</td>
</tr>
<tr>
<td>10. Bird with red shoulders</td>
<td>35. Popular bird tattoo</td>
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<tr>
<td>12. White crane</td>
<td>37. Ugly duckling</td>
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<tr>
<td>14. “Let’s go fly a _____”</td>
<td>38. Dinosaur</td>
</tr>
<tr>
<td>16. Pink</td>
<td>40. Tinkerbell</td>
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<tr>
<td>17. Biting not-bee</td>
<td>41. No two flakes are the same</td>
</tr>
<tr>
<td>19. Bird too young to fly</td>
<td>42. Green-headed water bird</td>
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<tr>
<td>20. Bird with throat pouch</td>
<td><strong>Down</strong></td>
</tr>
<tr>
<td>22. Arizona state butterfly</td>
<td>1. Bzzzzz</td>
</tr>
<tr>
<td>24. Party favor</td>
<td>2. Roswell, NM</td>
</tr>
<tr>
<td>27. Half horse, half eagle</td>
<td>3. Adult maggot</td>
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<td></td>
<td>6. Ultimate ________</td>
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<td></td>
<td>8. Goodyear</td>
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<td></td>
<td>9. Emergency medical transport</td>
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<td></td>
<td>11. Long, skinny, skimming insect</td>
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<td></td>
<td>13. Visible only if you’ve seen death</td>
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<td></td>
<td>15. Soaring marsupial</td>
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<td></td>
<td>18. First successful flight technology</td>
</tr>
<tr>
<td></td>
<td>21. Night butterfly</td>
</tr>
<tr>
<td></td>
<td>23. They don’t actually fly</td>
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<td></td>
<td>25. Look like flying cigars</td>
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<td></td>
<td>26. Fluffy, suspended water droplets</td>
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<td></td>
<td>30. Winged horse</td>
</tr>
<tr>
<td></td>
<td>32. May fly in a fight</td>
</tr>
<tr>
<td></td>
<td>34. Night flyer</td>
</tr>
<tr>
<td></td>
<td>36. One of the loudest birds on campus</td>
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Answers on page 42! But don’t cheat.
Before you sit down to write a paper, sing about it. Sing about what you are going to write, and what the experience of writing it is going to be like.

Trust me, it helps.

-Alexander Griswold
On self-care and healing: to you, from me.

Whether it’s been a hard day, a tough week, or a trying year, it is important to keep our self-care time in mind and it’s even more important to take that time when we need it—sooner rather than later.

Self-care is like the water that quenches our thirst and helps us keep on going. Once we are thirsty, our bodies are telling us that we are already getting dehydrated. So take self-care time regularly! I need to remind myself that often and remember that the 1-hour per week allotted to me as a RISE crew member is there for a very intentional reason—to help me stay healthy and continue the work that I do on the crew.

So I take my “me time” to reflect, shower (I do this other times too), eat food that I wish I had more time for, write poems and letters, and just take time to sit and to be. 🐺 murdering.
MIND

To stay healthy take self care. How do you do it?

Nature: power and destruction.

We should be generous.
Generosity will go a long way toward repairing the damage to our reputation caused by this war.

Art is one of the most releasing forms of healing.

For me collage, ink drawings, paint... you name it.

I love city adventures.

Healin' with Lil' Bear his art.

The funny things we stumble upon.
Self-listening Exercise
By Hana Russell

Try and do this meditation at least once a week or more. It is a relaxing way of checking in with your body. It is especially nice to do before you go to sleep or before you get up in the morning. If you find that you cannot relax properly after clenching or that it is painful, then feel free to skip that step.

- Sit in a comfortable chair or lie down on a comfortable surface (blankets, grass, beds, or yoga mats are perfect).
- Breathe in through your nose, filling the lower part of your lungs, for four heartbeats, hold for four heartbeats, then release the breath through your mouth for five heartbeats. Do ten of these deep breaths.
- Breathe in and clench your feet like a bird clinging to a branch in a storm. Relax as you breathe out. Breathe in and send oxygen, love, and gratitude to your feet. As you breathe out, listen to them: how do they feel? Tired, sore, happy, itchy? Don’t forget to breathe and take as much time as you need to listen before moving to the next step.

- Breathe in and clench your legs. Relax as you breathe out. Breathe in and send oxygen, love, and gratitude to your legs. As you breathe out, listen to them: how do they feel? Tired, sore, happy, itchy? Don’t forget to breathe and take as much time as you need to listen before moving to the next step.
  - Breathe in and clench your belly, give your internal organs a massage. Relax as you breathe out. Breathe in and send oxygen, love, and gratitude to your organs. As you breathe out, listen to your them: how do they feel? Tired, sore, happy? Don’t forget to breathe and take as much time as you need to listen before moving to the next step.

- Breathe in and clench your back, glutes, and shoulders, making sure to tense your abs a bit to protect your lower back. Relax as you breathe out. Breathe in and send oxygen, love, and gratitude to your back. As you breathe out, listen to your them: how do they feel? Tired, sore, happy? Don’t forget to breathe and take as much time as you need to listen before moving to the next step.
  - Breathe in and clench your arms, like your gripping some tightly in each hand. Relax as you breathe out. Breathe in and send oxygen, love, and gratitude to your arms. As you breathe out, listen to your them: how do they feel? Tired, sore, happy? Don’t forget to breathe and take as much time as you need to listen before moving to the next step.

- Breathe in and clench your neck and tense your face. Make a face and try to tense even your scalp. Relax as you breathe out. Breathe in and send oxygen, love, and gratitude to your neck and face. As you breathe out, listen to your them: how do they feel? Tired, sore, happy? Don’t forget to breathe and take as much time as you need to listen before moving to the next step.
  - Breathe in and tense your entire body at once. Relax as you breathe out. Breathe in and send oxygen, love, and gratitude to your entire body. As you breathe out, listen to it: how does it feel? Tired, sore, happy? Don’t forget to breathe and take as much time as you need to listen before moving to the next step.

- When feel like you have listened enough, slowly come back to the world. Do not get up right away. Let your body adjust. If you are lying down, roll slowly to your right side (if lying down), wait a minute or two, sit up, wait a bit more, then stand up. If you are sitting down, open your eyes, shake out your legs a bit, and, when you feel ready, stand up.
What is Art Therapy?

Art therapy is a form of expressive therapy that uses the process of making art to help promote a person's well being. You do not have to be “good” at art to practice art therapy. It is not about the product of your creativity, but rather about the process and practice of using color, shapes, materials, and how the act of creating art changes your mental state.

Materials needed:
- Utensils i.e. pen, pencil, marker, paint, glitter, pastel, crayon, etc.
- Paper (choose a size that reflects your mood. I.e. large paper for explosive, intense feelings in need of a lot of space, and smaller paper if you feel the need to contain yourself)
- Whatever else makes you happy.
A Simple Art Therapy Practice:

1. Set aside a few minutes and find a quiet space.
2. Make sure all of your materials are in an accessible spot, so you don't have to break your flow to go search for the blue glitter pen.
3. Take note of your current mental state.
4. Take a deep breath, and begin creating. Do not think too much about what it is going to “look” like, but simply add images, shapes, and colors as they come to you.
5. Continue creating for however long you like, and once you feel finished, take note once again of your mental state. Do you feel emotions that were not present when you started? This could be a good time to journal and recognize these feelings that have come up through creating art.
herbs

GARLIC

CAYENNE

- yacon, echinacea, elder, berries, flowers, nettles, apple cider vinegar, ginger.

Uplift Mood

St. John’s Wort, Dandelion root tinctures.
(if you take birth control, don’t use St. John’s Wort)

Stress

Calendula, Bee Balm, Lavender.

Herbal Facial Recipe: Steam

★ Boil water in large pot.
★ Toss in handful of herbs and let simmer.
★ Herbs you can use: Comfrey, Calendula, Chamomile, Roses, Lavender, raspberry leaf, sage, rosemary.
★ After simmering for a couple of minutes, remove pot from heat.
★ Place face over the pot with a towel to cover your head and the pot capturing the steaming herb water.
★ Regulate heat by raising your head & towel.
★ Steam for 5 to 8 minutes.

♥ Facial Steam
My ideas for self care:

dance
  - in your room alone
  - with loud music
  - in a leotard
  - with glitter on

facial
  - clay masks
  - mask the hair is red
  - watch a movie

SING
  - laid in shower
  - in stairways
  - on the toilet
  - in the car

comfort FOOD
  - cornbread
  - with butter
  - pancakes
  - oatmeal cookies
  - quindinas
  - salsa & chips

Other:
  - use a punching bag
  - walk along the river
  - come to the beach room?

Scream
  - on the new field session
TEAMWORK MAKES DREAMS WORK

Breathing deeply, thinking about what makes me happy is what I am grateful for, being goofy for no reason, going to the people who I know can comfort me HIGH FIVES! Cuddling, singing, dancing! Happy music, HOME...fires!

you make me happy!

Nose Nose Nose

Piglet THERAPY!
By Eva Huston

When I am in need of self care, one of my favorite things to do is drink tea, particularly mint or peppermint. I also like writing in my journal. One of the most comforting things to me is reading books that put things in perspective. I particularly like the author David Richo, his books are all about how to be strong and awesome. They meld the best of both worlds of psychology and spirituality. Also, the celtic poet-philosopher John O'Donohue, particularly the books Anam Cara and Eternal Echoes.

When I was going through a gnarly breakup these 9 loving-kindness prayers helped me. I got them from a Buddhist speaker who came and spoke at Warren Wilson.

Nine Loving-Kindness Prayers from Thich Nhat Hanh
May I be peaceful, happy and light in body and spirit.
May I be free from injury. May I live in safety.
May I be free from disturbance, fear, anxiety and worry.
May I learn to look at myself with eyes of understanding and love.
May I be able to recognize and touch the seeds of joy and happiness in myself.
May I learn to identify and see the sources of anger, craving, and delusion in myself.
May I know how to nourish the seeds of joy in myself every day.
May I live fresh, solid, stable and free.
May I be free from attachment and aversion, but not be indifferent.

I forget exactly, but you’re supposed to say them for yourself, then for someone you feel neutrally about, then for someone you’re having a hard time with (for me it was my ex), then for someone you love. Saying them made me feel calm and better.

the end.
Thoughts from Tom Wilder

The calm between the extremes...

I see perfection shaped like a yin-yang symbol. Each of us has a presence that is finitely perfect whether we acknowledge our perfection or not. This does not mean our actions are perfect by any standards. When my actions are not perfect I know it intuitively and hopefully act on it consciously before things get out of hand. Most of the time things get a bit out of hand, especially when my mistakes affect other people. This is a hard one to overcome. So when I hurt someone I work to acknowledge how this person is feeling as a result of my lack of perfection. This is the first step. Sure it can feel awkward to get face to face with that special someone you hurt so bad and acknowledge how you fuct up big time. Try it. Next time your hurt someone you love be quick to go to them and acknowledge how you feel. No need to tell the story over and over again, just acknowledge. Some people need to just need to be heard and choose to improve yourself. To a negative way is a valuable person. You are not your successes, you are the extremes. Who I am is momentarily when my mute and nothing else is monologue is important. Sometimes your inner babble on like nonsense inner monologue will have every person’s psyche there contributes to the whole of the all these parts in paramount. A part of you may feel bored and restless while a part of your feels enthusiastic and eager. Ask your inner self questions to find out why you feel a way and then if there is a need, see to it that need is fulfilled. To have this inner dialogue is paramount to personal growth and you can learn much about your fears and strengths. Do this type of inner dialogue conversation among all your parts and soon it will happen subconsciously which is awesome! The goal is to become comfortable with all your parts while letting all your parts be comfortable with you. Another thing about that I would take time to state is that we are oneness not separation, although we are experiencing a dialogue between seemingly separate parts with in our selves we are still expressions of oneness.
Trauma is another big one when we are on the subject of self care. When I meet someone it is easy to forget this person is no different from who I am. To me this is why jokes on the job site should be very discrete and never aimed to trigger someone's trauma center. No matter who your are you have experienced trauma and trauma has effected you. I admit I am not a psychologist or psychiatrist or ever been in a psychology class, so what I say on the subject of trauma may be totally off target and if so, I am inviting you to come talk to me about how I need to keep it real. The way I see it, trauma affects only part of you. Like our mistakes, trauma is not who we are, only a part of what we experience. Yes, trauma has a profound and lasting affect on us; our trauma may represent the biggest obstacle to our self growth. What I hold on to is the theory that trauma only has affected a part of our whole. That part having been traumatized needs acknowledgement and safety. Healing trauma in ourselves has everything to do with our inner child. Tell that inner child what she or he needs to hear to gain some fulfillment. Create a safe place for that inner child and invite him or her to go to safety. You are in control. The past is over; who you are is your choice.

Go fulfill your destiny!

Self affirmations can be the catalyst to healing trauma. If you are exposed to a message for five minutes a day for 21 consecutive days the message becomes a part of your subconscious. This is a fact, so say psychologists. (Obviously the marketing industry found out about this. Know the jingle for Meow-mix?). Use your imagination to create a vision for your life and write up what comes to mind for ten minutes or so. Then of that brainstorm make some self affirmation statements using intentional language in the wording. If you write a statement about yourself and say it over and over for five to ten minutes a day for about a month, that statement about yourself will be part of your subconscious. The subconscious informs the conscious, if you are listening. If your inner child needs to hear a certain affirmation to reach fulfillment that could be a good place to start. It is YOUR BELIEF IN self affirmations that cause the affirmations to be useful. I do self affirmations and I feel a special power in them.

I was running. But the motions came slow, my arms and legs were inhibited from quickness. The more I tried to move the more I started singing and talking. It was almost like the force of gravity was not consistent. I must have felt great because the more I ran the more I sang, the more I ran. The more I ran the harder it became to move. It was like I was running under water, but I know it wasn’t that. The more I ran, the more I sang and the harder it was to move. I remember at one point I fell down laughing! Then I was back up again. I started to look around as I ran through this heavy vibrational plane and experienced joy in my dream because I saw other people running with me right beside me all along. The people running next to me I recognized from my life. We were taking turns singing. The more I ran the more I fell down laughing. It was like we were all out for a run and started frolicking while singing and bending the laws of gravity.

My thanks to the Squeaky Clean Flying Dream Zine.

Don’t be surprised if you see my dreaming and cleaning.
Taking night hikes along the river trail.

Sitting on a rock in the middle of the river.

Singing on the rock.

-Vic

Advice For the Sick Duck Blues

Emily by Joanna Newson
Healing with Song

In July of this year, I was on facebook and saw a bunch of people posting on one of my friends from home's wall. The posts mostly read things like “holding you in the light,” “I'll miss you,” “Thank you for being part of my life.” I was 2000 miles away and had no idea what was going on. When I saw that a few people had written “RIP” on his wall, I became desperate to find out what happened. I googled his name and found a news report saying that his body had been found at the bottom of a gorge where he had jumped off a bridge. I fell apart for weeks. I tried not to show it because I was having a lot of trouble coping with my grief and didn't really want people to know about it. I spent a lot of time taking long walks. Sometimes I would call mutual friends or talk to my dad. Sometimes I would walk around and around the farm until I couldn't really walk any more. While I was trying to process, no one around me who I confided in really could connect with my grief or help me channel my grief. Around then, I discovered an aria from an opera. I had never seen the opera or heard the aria before but something about it was something I could connect to.

After months of listening to this aria over and over again, I finally looked up the opera. I discovered that the character singing the aria was lamenting the suicide of the man she was in love with. While this may sound incredibly cheesy, her experience (while fictional) was the first thing I really found to connect with. I started learning the aria. I requested to do it in Applied Voice in the fall and spent weeks with my teacher working on the difficult melody and the French diction. Finally, it got to the point where I was ready to perform it. In front of my class, I poured at all the grief and pain I had been feeling for months into this aria. Afterward, I felt lighter. I had gotten to express what I was feeling. I was open with the pain I felt. No one in my class really knew why there was so much emotion in my performance or why I sang it but it helped me anyway. I don't know what exactly it was that helped but I think a lot of it was that my grief went into a finished project. It had somewhere to go rather than just being aimless. I am still struggling daily with the reality of his death but I no longer feel alone in my grief.
I keep a dream journal so that I have a story to tell every morning!

—Evan Cohen
**SQUEAKY CLEAN WORD SEARCH**

1. Bathhtub  
2. Waterfall  
3. Toothbrush  
4. Bib  
5. Soap  
6. Scrubadub  
7. Snow  
8. Vacuum  
9. Suds  
10. Shower  
11. Clean  
12. Broom  
13. Wash  
14. Sponge  
15. Rubber ducky  
16. Sanitize  
17. Mud  
18. Bubbles  
19. Loofah  
20. Cloth  
21. Dirty  
22. Laundry  
23. Exfoliate  
24. Mist
I send post cards to friends just to say hello. Staying in touch with old friends is just as important as making new ones!

-Evan
Standing still, hardly breathing,
the moment caught in my heart.
Wishing,
I let it all go,
let everything go
for this moment,
nothing exists but
the little bird
and the leaves it flits
around in.
I don’t even exist.
every movement - crouch, flick, “chip”-
is vibrant, vivid, alive

I am alive.
this is my therapy
head rubs!!

outdoors

good booger

sex

smiling

NAP all the time!

I dance for exercise and watch comedy to heal my stress.

Classic 90's Cartoons

Rugrats, Animaniacs, Looney Tunes Headbowl

Naked Yoga
A Recipe for Self Care

Pecan Balls
1 cup sifted all-purpose flour
1/2 cup butter or regular margarine, softened
1 cup finely chopped pecans or hazelnuts
2 tablespoons granulated sugar
1/8 teaspoon vanilla extract
Confectioner’s sugar

1.) In large bowl, combine all ingredients except confectioner’s sugar. With hands, mix until thoroughly blended. Refrigerate 30 minutes.

2.) Meanwhile preheat oven to 375F. Using hands, roll dough into balls 1-1/4 inches in diameter. Place 1 inch apart, on ungreased cookie sheets.

3.) Bake 15 to 20 minutes, or until cookies are set but not brown. Let stand 1 minute before removing from cookie sheets. Remove to wire rack; cool slightly.

4.) Roll in confectioner’s sugar while still warm; cool completely. Just before serving, re-roll in sugar.

Mmmm...comfort food...
I give myself foot massages with lavender oil.
-Vic

So, in my opinion, why wouldn’t life be awesome and interesting? What’s not to love? An endless supply of happiness? An endless supply of knowledge to be had, things to be learned, cosmic timing experiences, universal thoughts, symbiotic relationships, raging sex lines up sheer cliff face, people feeding me food, banana pudding vagina exclusive climbing, short interactions with people, angry men, fake mustaches, beautiful women, going fast, being on water, being on sailboats, raging the gnar. I love you

Swedish fish, jammies, kittens, now!

Cinnamon rolls with cream cheese icing on a cold afternoon while watching E.T. So the energizer bunny got arrested and charged with battery!!

HAAHA!!

Bad jokes make me so happy.
Out of the Frying Pan, etc
by Scott Fair

I forget exactly what the problem was, what wrong doing I had imagined I had committed, but several years ago I remember being engaged in a spirited bout of self flagellation. Somebody and I weren't getting along, and after briefly considering that I was part of the problem, I moved right along to I was all the problem—a terrible human being and probably not fit to walk the earth. After rolling around in this for a couple of days and gnashing my teeth, etc., I suddenly realized that maybe this wasn’t the best way to live a happy, kind of well adjusted life. “Oh”, I said. I then saw a picture of my mind of a rabbit or squirrel being roasted on a spit over a campfire. You know the scene: someone is out in the wild and hungry, and they successfully hunt a little forest creature and construct a simple roasting apparatus of three sticks—two uprights with a Y shaped crook at the end, and a horizontal stick that is skewered through the unfortunate animal. It then hangs over the fire, slowing turning and sizzling.

I realized that by constantly beating myself up, I was turning myself into that animal, and that didn’t make a whole lot of sense. I then made the decision to take myself off the spit—stop roasting myself—and this decision has helped me take better care of myself ever since.

And Then

Taking yourself off the fire is a great first step, but there’s a second step that sounds exceedingly simple, but is actually kind of tricky to put into action. The second step is to simply give yourself the same compassion and understating you would show a friend—even one who had really messed up. If one of your pals was kicking themselves because of something they had done, one thing you would probably offer them is some gentleness and perspective, right? Offer the same thing to yourself, and see if that doesn’t make things a little easier. There will be a crotchety little voice in your head that will tell you that you deserve to be punished and whipping yourself will make you a better person (You’re more apt to become a better person by holding yourself accountable and learning from your mistakes—not by beating on yourself). Tell this little voice that you hear it, but that you politely decline. Say something like: “That’s an interesting theory, but if you’ll excuse me, I’m going to buy myself some candy, sit on a bench, and watch the world go by.”

Focus on the Feeling

When I first moved to Asheville in 1998, I did some breath work (breathe in, breathe out, focus, etc.) with a woman who specialized in such things, and one day we were talking about strong emotions such as grief and anger. First of all she said that it was OK to have these emotions, that it was sometimes necessary to have them and instead of trying to avoid them and give them the slip, we needed to face them and feel them. Emotions and feelings that are stuffed or postponed too long, don’t go away, but gather size and strength until one day they come busting and roaring out, splashing all over whoever happens to be close by, and causing all sorts of problems.

We don’t need to lie down and wallow in them, but we do gotta feel them. The sooner and more directly we deal with them the sooner they leave us alone.

And here’s the second part that’s very important: When experiencing grief, anger, etc. focus on the feeling itself and don’t get wrapped up in the story that caused then. This doesn’t mean you shouldn’t do some reflecting and trying to figure the situation out, it just means not to get wrapped up in, and swept away by the different stories your mind will want to concoct. i.e.” If that little bitch/bastard Susan/Johnny hadn’t been so mean then…..” And so on and so forth. This kind of story telling and blaming may feel for awhile, but it will just keep you stuck in a never ending spiral, like a dog chasing it’s own tail. If you resist and allow yourself to marinate in the pure feeling (but not the roast!) then you’ll find that you will process it quicker and get back to your healthier, more positive self.
What works for you?
A writing exercise in planning self care.

What is one thing I could do every day to take a break from my routine and lift my spirits?

List making is fun.
Here are a few of my favorite things!

Mac-n-cheese
hugs

Who are the people that make me feel the most special?
What is something we could do together?
Get a Little Sunshine
Vitamin D is released from the sun... a natural happy stimulate! Taking a walk in the sun or lying under the rays can be an instant dose of endorphins.

So don’t hesitate to take a moment to read your favorite book in the grass, or just shut your eyes and let the rays shine on. Within a few minutes, you will experience a noticeable uplift in mood, the endorphins flowing in the brain!

(And don’t forget the sunscreen between the hours of 11 and 4, when the sun is at its peak release of ultraviolet rays!)

-Evan Cohen
RISE Project
RISE Director: Kelly Kelbel
Ext. 3799
kkelbel@warren-wilson.edu

RISE Crew: Located in lower dodge
Ext. 3798
rise@warren-wilson.edu
www.warren-wilson.edu/~rise

Counseling Center
Hours: Monday-Friday 8:30-12 and 1-5
Art Shuster: Ext. 3773 (For emergencies: cell-230-3712)
Anne Riddle Lundblad: Ext. 3700 (For emergencies: 775-0847)
Jil Meadows: Ext. 3905 (For emergencies: 216-8996)

Wellness Crew
Located in upper Vining C
Ext. 5848

Herb Crew
Garden @warren-wilson.edu