

A self-care
zine

WEIRD-KID
GUIDE

to

~~AVOIDING~~

SOOTHING

HEARTBREAK

by
dane

August, 2014

THIS IS A ZINE FOR THOSE WITH
HURTING HEARTS ☹️ THERE ARE
COUNTLESS REASONS FOR HEARTS TO
HURT, BECAUSE HEARTS TAKE A LOT
OF WEAR. ☹️ LOVING IS HARD. ☹️
BEING ALIVE IS HARD. THIS ZINE IS
NOT ABOUT ROMANCE, BUT IF THAT'S
WHY YOU'RE HERE, YOU ARE WELCOME

TOO. ☹️ THIS ZINE IS FOR WEIRD
KIDS WITH WEIRD BRAINS, AND
MAYBE HEARTS THAT "FEEL TOO
MUCH."

☹️ THESE ARE SOME (HOPE-
FULLY) HELPFUL TIPS FOR THE CARE
AND TENDING OF YOUR GENTLE
HEART.
KEEP FIGHTING & DEN



Gen. 22, non-
binary. experiencing
brain weirdness.
first time out of school

FIRST THINGS FIRST:

HAVING [insert relevant brain/
emotion situation] going on
CAN MAKE LOVING COMPLICAT-
ED. IT DOES NOT MAKE
YOU UNLOVEABLE. I LOVE
YOU, REALLY AND TRULY,
AND AS A FELLOW CREATURE
STUMBLING THROUGH THIS
WORLD, I AM SO PROUD
OF YOU. YOU'VE MADE IT
THIS FAR! WOAH.

IF YOU ARE HERE AND
NEED HELP, I AM PROUD
OF YOU FOR FINDING
IT. KEEP LOOKING.
KEEP TRYING.

YOU WILL ONLY
FIND MORE WAYS
TO CARE + BE
CARED FOR.



so, depending who you are, what you like, and what's going on, self-care can really mean anything. if it makes you feel okay, and isn't hurting anyone (or you) then it's a good one!

Also, your needs may change from day to day, and that's healthy but totally okay.

HERE ARE SOME THINGS THAT HELP ME, TO GIVE YOU IDEAS: ♡ ♡ ♡ ♡ ♡ ♡ ♡ ♡

- SURROUND YOURSELF IN BLANKETS, SNACKS + OTHER WORLDS.
- LET YOUR BODY REST WHILE YOU ESCAPE TO OTHER WORLD
- // WALK UNTIL YOUR BRAIN FALLS INTO RHYTHM WITH YOUR STEPS AND SPEAKS IN POEMS. GET YOUR BODY TIRED ENOUGH TO FALL ASLEEP AT NIGHT. // MAKE TEA + WATCH IT STEEP. // MAKE THE FOOD YOUR BODY CRAVES OR CAN TOLERATE GRACEFULLY. (INCL. SOME VEGGIES!) // MOODLE OBSERVATIONS TO STAY GROUNDED. // LEAVE THE HOUSE SO DOWN THE ST. OR ACROSS TOWN, BUT BREAK PATTERNS + GET YOURSELF AWAY FROM PLACES YOU ASSOCIATE NEGATIVELY WITH YOUR WELL BEING. // ORGANIZE THINGS. // DO SMALL PROJECTS YOU CAN FINISH IN 1-3 DAYS. (HAIR, DRAW, PATCHES) SIT IN THE SUN // JOURNAL OR WRITE LETTERS ABOUT FEELINGS. // LISTEN TO WATER.

FIND SOMETHING THAT CAN'T HOLD YOU.

HOLD YOU.
*



* A PERSON, PLACE DREAM SENSATION, SOUND ACTION

OFTEN, IT'S A GOOD IDEA TO HAVE SOME ARMOR*
 *(Something you can do or wear that makes you feel strong / reminds you to be extra gentle with yourself throughout the day.)

APPROACH GENTLY



BOLD LIPSTICK OR FANCY EYE MAKE-UP.



Good bangles, or talismans from friends.

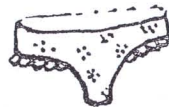


Nail Polish

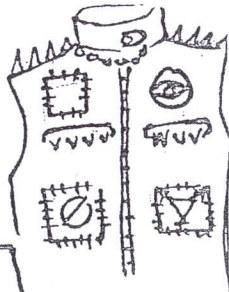


WOW, I'M ANXIOUS! PLEASE DON'T TOUCH ME.

"Too-honest" patches



A specific article of clothing.



FANCY OR BIG HAIR



SOMETHING TO HOLD / FORGET WITH

Good, reassuring words:

I AM ENOUGH!



ARMOR - CLOTHING

HEY! ♥

IF YOUR BRAIN STUFF HAS A TENDENCY TO MAKE YOU NONVERBAL, OR MAKE COMMUNICATION HARD, IT'S



ex. ASL for WATER

A GOOD IDEA TO TALK TO 2+ FRIENDS YOU ARE AROUND MOST OFTEN ABOUT HOW THEY CAN BEST REACH YOU OR HELP YOU.

please "do" "I curl up and stop talking"



- HELPFUL SIGN LANGUAGE
- PHYSICAL CUES TO WATCH OUT FOR + WHAT THEY MEAN
- GENERAL STEPS TO FOLLOW IF YOU SEEM DISTRESSED.

GIVE AND TAKE CARE

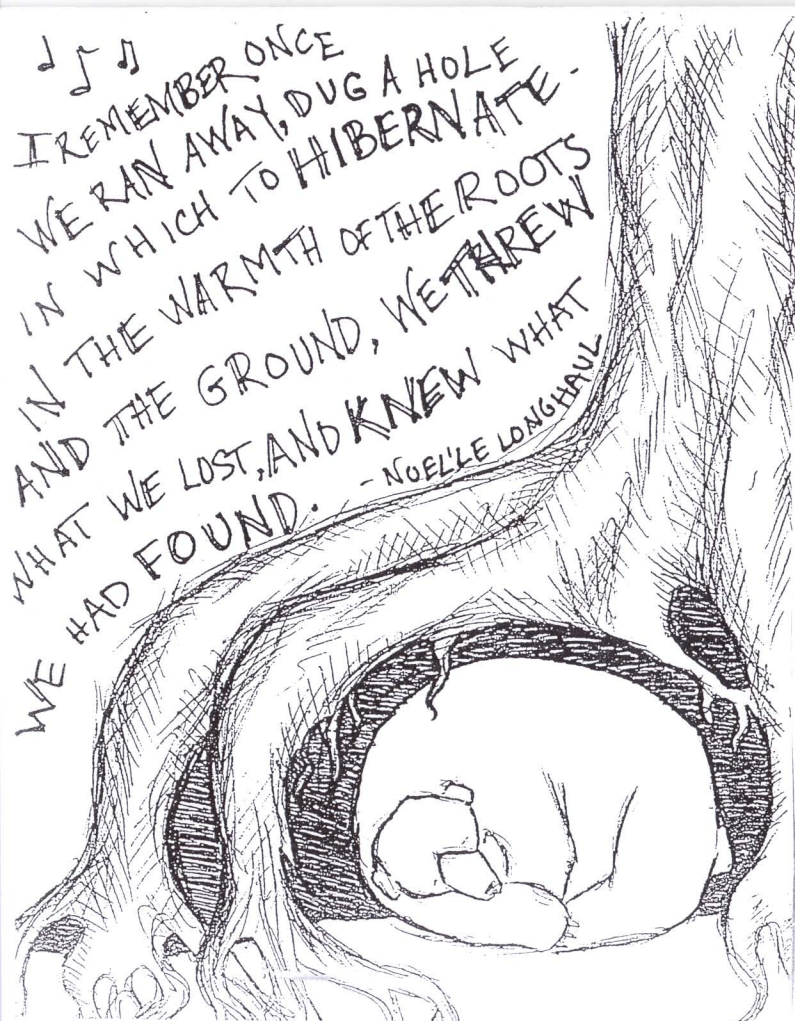
When you're feeling weird, it's important to make sure you're around people who understand and care about you, and take care of themselves.

→ 2 TIPS for helping friends in rough places: (ie. how to care for yourself too.)

ASK FOR HELP. Show your friend that you need them too, Especially when you need help with something your friend is good at and/or enjoys!

COMMUNICATE NEEDS. Let your friend know when you need rest or alone time. Everyone has needs, and meeting them keeps us healthy. Take care of yourself first. You can't care for others if you're worn out.

IT IS OKAY TO NEED THINGS + TO TAKE CARE OF YOURSELF.



♪♪♪
I REMEMBER ONCE
WE RAN AWAY, DUG A HOLE
IN WHICH TO HIBERNATE -
IN THE WARMTH OF THE ROOTS
AND THE GROUND, WE ~~THREW~~
WHAT WE LOST, AND KNEW WHAT
WE HAD FOUND. - NOELLE LONGHAUL

SOMETIMES YOU JUST HAVE TO
HUNKER DOWN AND GATHER
ENERGY IN YOUR ROOTS + REST
THAT'S OKAY. JUST REMEMBER

- ★ 1. Keep drinking lots of water!
(Tea is good too.)
- ★ 2. Check in with yourself often.
[-how do I feel?
-what do I need right now?
-how do I get that?]
- ★ 3. Learn to ask people for specific,
simple things that might
help you.
[ie. nice notes, a homework buddy, a hug,
not to mention _____ around you]
- ★ 4. Try to get fresh air or see a
growing thing daily if you can.

RESOURCES + HELP

SO, THAT'S
ALL FROM ME
FOR NOW. I'LL
LEAVE THESE HERE
JUST IN CASE.

* www.imalive.org

[chat-based online crisis network/hotline]

* www.stayherewithus.tumblr.com

[interactive safe-space]

* [stayherewithme.com/
resources-and-links/](http://stayherewithme.com/resources-and-links/)

[mental health, gender, sexuality
and self-love focused]

* www.thetrevorproject.org

[support for LGBTQ+ youth
ages 13-24]

* [tumblr-search resources lists](#)

(ex. mental health resources, anxiety resources, dissociation resources, etc. etc.)

[There is so much out there.]

* calmingmanatee.com

[silly encouragement]

↳ CONTACT ME @ adarlingdeer.tumblr.com

REMEMBER
I LOVE YOU!

