

THE UNSPOKEN COMPLEXITY OF "SELF-CARE"

by Deanna Zandt

Self-care is thrown around a lot as a magic bullet to solve all of your problems. If you'd only take a second to treat yourself, you'd be fine!

But what does self-care really mean?

First, I think there's a difference between *self-care* and *self-soothing*. Self-soothing might look something like this, for example:



Such delightful things!

But they may not actually get at stabilizing you, or creating opportunities for you to move forward.

That's where self-care can come in:



Ah yes, now we're getting somewhere. (That "finances" one may or may not be borne out of my own traumatic experiences with money, btw.)

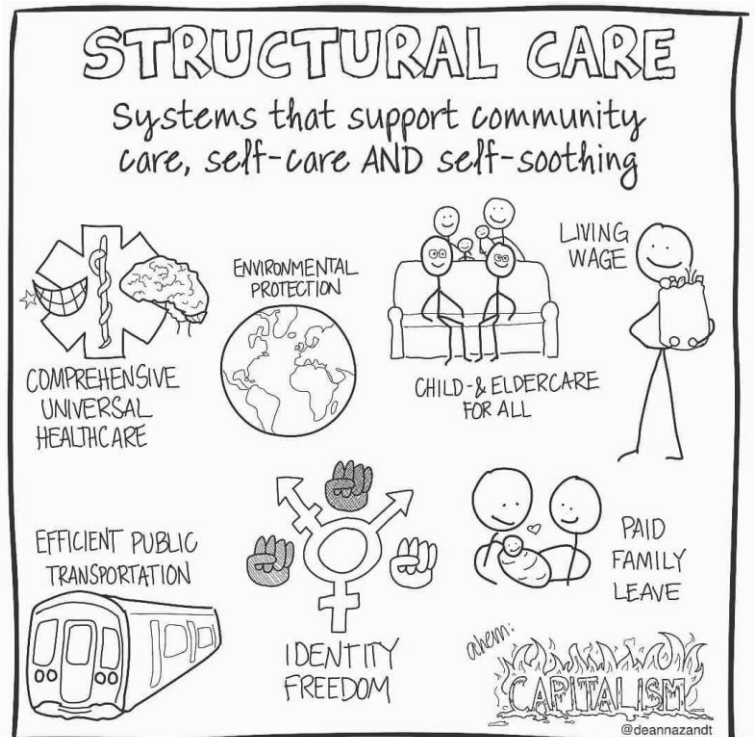
Still, it takes a LOT to be able to even do self-care, since the systems and cultural norms in which we currently live can feel impossible to navigate on our own.

That's why it's important to have workarounds:



Taking one step further back, it's also important to recognize that workarounds and harm-reduction are also only one part of the solution.

We also need to fundamentally overhaul (or tear down and rebuild entirely) the systems in which we live, so that we can be further enabled to work on the other kinds of care that we need.



No single person can do all the kinds of care that are needed all the time; we each can play a role in supporting each other in different ways, though. Now, go forth and care for each other—and yourself.

