

The background features a light pink color with large, expressive, and somewhat chaotic green brushstrokes that sweep across the page, creating a sense of movement and organic form. The text is centered and rendered in a clean, sans-serif font.

**SELF-CARE AND
COLLECTIVE CARE
FOR COMMUNITY
RESILIENCE**

ZINE OF ARTISTIC PRACTICES

SELF-CARE
COLLECTIVE
CARE FOR
COMMUNITY
SILIENCE

5
Care as notion and practice:
Introduction

8
A view on defining care
practices: Collective Care
Research

19
Participatory Knowledge
Exchange Laboratory

21
Bibliography

23
Acknowledgments

Insert
Selected Self-Care and
Collective Care Practices

**TABLE
OF
CONTENTS**

CARE AS NOTION AND PRACTICE

INTRODUCTION

This Zine is created in the framework of the international project Self-care and Collective Care for Community Resilience, and can be seen as an outcome document of it. The project, co-funded by Erasmus+ and spanned over more than a year, has been carried out by two different but in many respects similar communities and working collectives — Genderhood (Greece) and FemLink (Austria). The main goal of the project was to explore and to implement ‘care’—as both a theoretical concept and a living practice, in relation to oneself and to others, highlighting the inherent quality of collectivity implied by this notion. Theory and practice constitute the two main parts of the project: the research and the laboratory. This two-part structure has also determined the composition of this zine.

The research part was conducted by a research team during the autumn and winter 2023–2024. This part, in turn, is also two-folded: it includes twenty reviews of various publications on the topic of care, made by renowned scholars as well as activists, plus twelve semi-structured interviews conducted by the research team with community-based collectives and organi-

sations with a strong presence of collective care practices in their daily routines.

The laboratory part took place in Kame-na Vourla, Greece, where twenty-five participants spent a week in a seaside hotel, immersed in an atmosphere of friendship and engaging in daily workshops, exercises, group discussions and other activities. By bringing together people from different backgrounds and countries, the laboratory became a unique collective experience that proved transformative for all participants.

These experiences and these transformations cannot be fully expressed and made available for the wider audience, but some of the testimonies, impressions, reviews and documentation certainly deserve sharing. Alongside with results of the research part, they became the content and the *raison d’être* of the publication at hand. We hope that you will enjoy it.

Thank you for reading!

Here you can find some of the suggestions for using the Zine:

1. The pages 12 to 13 can be teared out of the booklet and used as a poster for your wall.
2. The Care practices can be printed out at home and shared with everyone who finds the information of interest.

All quotes that you find in the Zine were produced by people who were part of the in person meeting laboratory

Last but not least, enjoy!



"IN MY MIND, THERE IS NO SELF CARE
WITHOUT COLLECTIVE CARE, BUT NOW I
FEEL THAT IT SHOULD GO THE OPPOSITE
WAY TOO. I FEEL CARED."

A VIEW ON DEFINING CARE PRACTICES: COLLECTIVE CARE RESEARCH

The collective care research part of our project has served as a means of understanding what knowledge about the concepts of 'self-care' and 'collective care' is already there and what knowledge is still to be acquired.

Our team owes its inspiration to feminist scholars such as bell hooks and Audre Lorde who claimed "the need for rest as resilience, care as must, and collective solidarity as the path for resilience". The team conducted a study that attempts to bring to light the concepts of self-care and collective care and serves as an alternative to neoliberal productivity-centred working methods.

The research consisted of twenty reviews of scientific and non-scientific sources that we have selected, as well as of twelve interviews with EU-based organisations and collectives. The semi-structured interviews with community-based collectives, organisations, and institutions serve the purpose of uncovering the presence of collective care practices in their daily realities. It also presents an outline of practices carried out by participant organisations related to caring for themselves and caring for their communities.

To ensure the participatory component of the research, we created a collective care research group. The group consisted of FemLink members who expressed their will to join the research part of the project. The group members would support each other with their research tasks, exchange opinions and provide feedback on the topics of research.

"In the context of the non-profit sector and activist work 'care' is defined mostly as personal and political strategy aligned with corresponding agendas of social justice, ecological awareness and equity"

One of the goals of the study was to find out how various approaches to the topic of care lead to different definitions and, accordingly, different uses of the concept. In the context of the non-profit sector and activist work 'care' is defined mostly as personal and political strategy aligned with corresponding agendas of social justice, ecological awareness and equity (for example, in the case of Frida Feminist Fund, care is "a feminist political strategy to ensure the feminist movement sustainability and our resilience"). Informed by core feminist principles, these sources tend to view self-care as

AUDRIE LORDE

part of collective resilience, and collective care as a personal responsibility, thus avoiding foundational division between the two. For example, Lisa Chamberlain in the article From Self-Care To Collective Care quotes Audre Lorde to illustrate this inseparability: "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." The same tendency to speak of self-care in terms of community is noticeable in some NGO-related materials — as, for example, in the TransCare+ website, where the notion of radical self-care is introduced: "Radical self-care requires fostering rich community relationships, where the weight of what depletes us can be spread out." A similar approach can also be found in some academic sources, especially those bringing marginalised groups' perspectives. For example, in the article Reclaiming the Radical Politics of Self-Care: A Crip-of-Color Critique by Kim, J.B. & Schalk, S., authors propose a reclaiming of the radical roots of self-care, drawing from crip, feminist, queer, and racialised perspectives.

Although ideologically opposing definitions are circulating today in the public sphere, we opted to use some of the 'radical care' definitions based on queer of colour and crip critique, and combine them with the ecologically sensible vision of care as diverse activities aiming to maintain and continually repair the world. In such a synthetic definition the concept of care would refer to a multitude of life-sustaining practices that include not only humans but the entire diversity of living forms as well as inanimate matter.

Interviews Summary

The collection of interviews on self-care offers a diverse range of insights into how individuals of the participant organisations define and personally understand self-care and its importance in their lives. For instance, [Theatre of the Oppressed Vienna](#) sees self-care as essential for navigating oppressive structures and creating spaces for breathing and personal rejuvenation. It emphasises the importance of recognising one's worth and entitlement to moments of respite from societal pressures. [Rhythms of Resistance Vienna](#) view self-care and collective care as increasingly important concepts in response to the impacts of global capitalism and digitalization on individuals' behaviour and time management. [Gemeinwohlwohnen](#) portrays self-care as a conscious practice of attending to one's needs, including physical, mental, and emotional well-being and recognising the interconnectedness between personal care, the environment and relationships around oneself.

These perspectives on collective care shed light on the importance of mutual support, community, and addressing societal structures to promote well-being. It is important to stress that the majority of the interview

participants mentioned the impossibility of self-care without collective care and viewed them as two inter-related parts. For instance [The Hologram](#): Critiques the term "self-care" as having been capitalised and commercialised, suggesting instead a shift towards a "culture of care" that emphasises collective well-being and support for others. As well as [Gemeinwohlwohnen](#) who views collective care as intertwined with self-care, emphasising the inherent interdependence among individuals and the importance of creating spaces and structures that prioritise care for all members of society, especially those in need of support. [The Vienna University of Applied Arts](#) highlights the interconnectedness between individual well-being and broader societal dynamics, suggesting that collective care initiatives can contribute to social change and the limited recognition and support for self-care activities such as yoga and meditation. [Theatre of the Oppressed Vienna](#) stressed that in a society that often prioritises individualism, collective care is seen as essential for healing and rejuvenation. The perspective emphasises the role of community and collective action in providing opportunities for mutual care and support, countering oppressive routines.

As crucially highlighted by [FATA \(ΦΑΤΑ\) collective](#): "Self-care for me never works without collective care. When I do things for myself I also do things for others. I am an indigenous person and when people support each other and because we are such a small population after genocide and racism, people have to be together and help each other. This is a way of survival!"

You may find the complete overview of our research under this [link](#).

BELL HOOKS

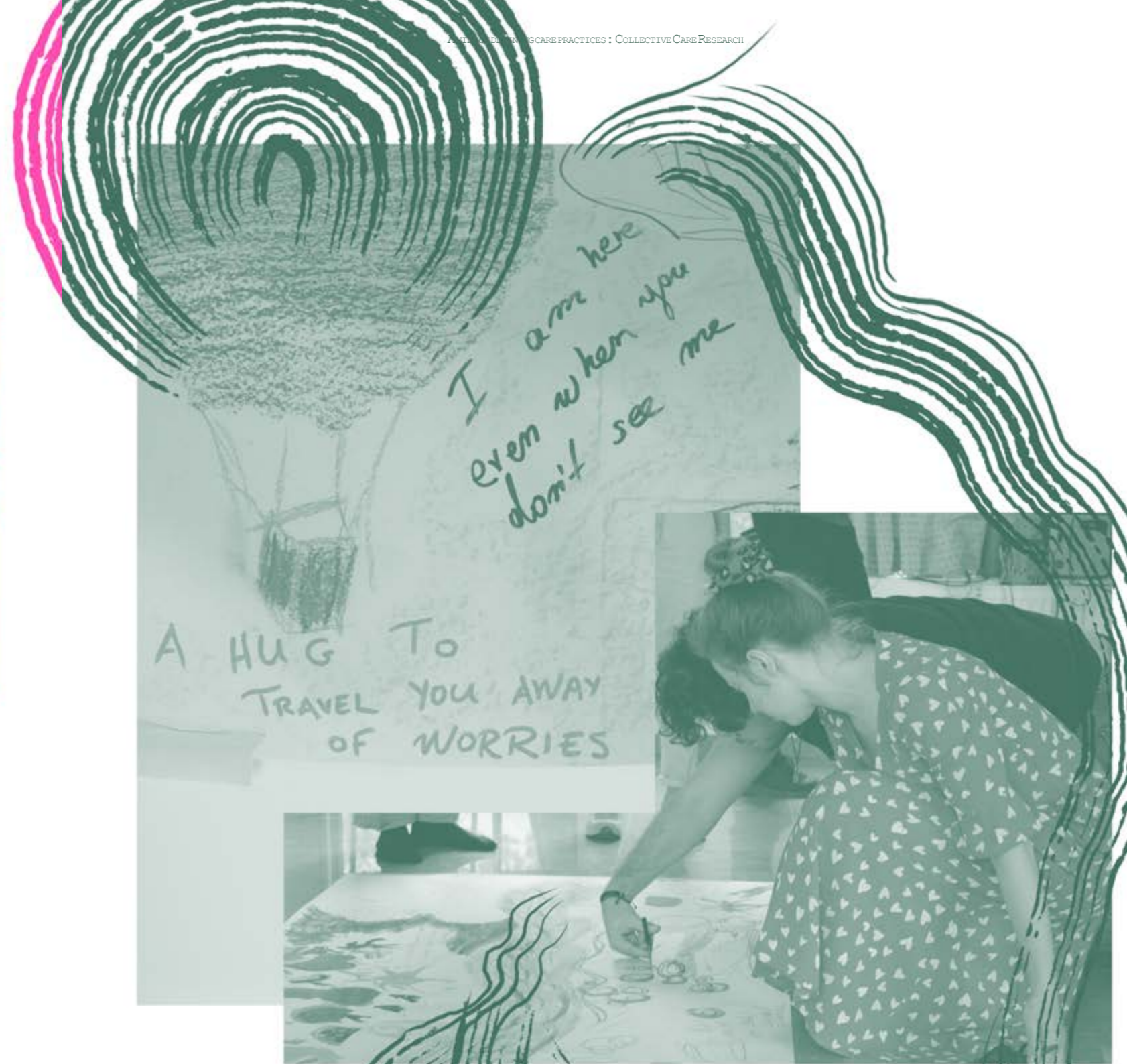




**“I AM HERE
EVEN WHEN
YOU DON'T
SEE ME”**



"I UNDERSTOOD THAT COLLECTIVE CARE HAS MANY FORMS, MORE THAN WHAT I IMAGINED AND I AM READY TO IMPLEMENT THEM IN MY OWN LIFE AND COMMUNITY."



I am here even when you don't see me

A HUG TO TRAVEL YOU AWAY OF WORRIES

"I LEARNED A LOT ABOUT BOUNDARIES AND ABOUT INVISIBLE STRUGGLES"

PARTICIPATORY KNOWLEDGE EXCHANGE LABORATORY

Care is beautiful. Care is needed. Care is essential and has to come up front in any line of work.

In our project Self-Care and Collective Care for Community Resilience we dived into an exploration of care and the meaning behind it for our communities in the field of adult education.

We met in Kamena Vourla, Greece with our Greek partner Genderhood. Participants presented/held their workshops on care, using various techniques (theatre, somatics, fine art, discussion circles etc) while at the same time inviting the adoption of care practices inside the reality of the lab. Childcare has been a significant one, as three children co-lived with the team and additional caretakers in the space. The verbatim quotes provided in this chapter depict the experience of laboratory participants in the space.

“Childcare has been a significant one, as three children co-lived with the team and additional caretakers in the space.”

The participatory methodology was used for the laboratory where the organisers have presented a chance for participants to co plan and co design the agenda and space for the laboratory but also to offer their workshops related to the topics of self-care and collective care. We have organised a planning call and used a common Mural board to plan and gather the ideas of how we want to create a space where collective care is a priority.

The presented picture depicts one of the workshops, which is the carpet we felt together as a group.



“EACH ONE OF THE WORKSHOPS WAS TOUCHING DIFFERENT PARTS AND EMOTIONS OF MY SELF, SO I DON'T THINK IS POSSIBLE FOR ME TO VALUE THEM, IN THEIR UNIQUENESS THEY WERE AN OPPORTUNITY TO GROW AND THINK OF THE POSSIBILITY OF A DIFFERENT WORLD / SYSTEM / COMMUNITY.”

"THE NEED FOR EMOTIONAL EXPRESSION IN THE COLLECTIVE IS VERY POWERFUL AND CAN CHANGE THE SPACE."



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[Under this link you will find a printable pdf version of the insert sheet on collective care practices.](#)

How to print this insert at home

Just follow these steps to print your self-care practices booklet:

1. Open PDF

Open the PDF file with your favorite program (e.g. Adobe Acrobat or Preview).

2. Select printer

Choose your home printer from the list.

3. Print on both sides

Set to print on both sides of the paper (front and back).

4. Assemble pages

After printing, you'll have four sheets. Put them together and fold them in half.

5. Have fun with your booklet

Now you have your own self-printed booklet with self-care practices!

Have fun printing!





"WE REALLY TRIED TO BUILD A
TEAM BASED ON CARE WHICH IS A
HARD PROJECT FOR PEOPLE THAT
DONT KNOW EACH OTHER."



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