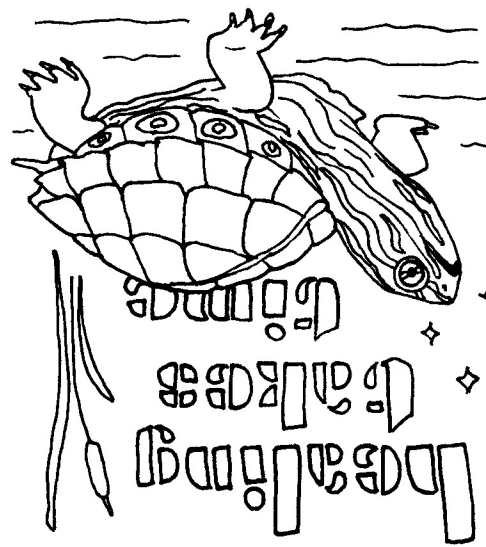


IT'S OKAY IF ALL YOU CAN DO IS SURVIVE SOME DAYS. YOU'RE ALLOWED TO DO WHATEVER IT IS THAT MAKES YOUR DAY MORE BEARABLE. INDULGE. CUT YOURSELF SOME SLACK. WHAT BRINGS YOU COMFORT? WHAT DOES REST LOOK LIKE? CAN DO FOR YOURSELF?



IT ALMOST ALWAYS TAKES WAY LONGER THAN YOU WANT IT TO. SELF CARE & SELF IMPROVEMENT ARE NOT MUTUALLY EXCLUSIVE.



Choose your adventure:

**REFLECT**  
 JOURNAL, MEDITATE, TAKE A WALK, WRITE A SONG, LISTEN TO MUSIC, MAKE A ZINE, ETC.

**DISTRACT**  
 WATCH TV, READ A BOOK, LISTEN TO A PODCAST, WORK ON A PROJECT, BUSY YOUR HANDS, PLAY A GAME, ETC.

**CONNECT**  
 PHONE A FRIEND, HUG A LOVED ONE, REACH OUT TO SOMEONE YOU TRUST, SPEAK WITH A THERAPIST, ETC.

YOU HAVE  
 INNATE WORTH

YOU ARE NOT A BURDEN, YOU ARE HUMAN. YOU HAVE VALUE BEYOND WHAT YOU CAN OFFER OTHERS. YOU DON'T HAVE TO BE PERFECT TO BE WORTHY OF LOVE, OF HAPPINESS. YOU ARE DESERVING OF CARE RIGHT NOW. TRY TO TREAT YOURSELF AS SUCH.  
**YOU ARE ENOUGH**

HOW WOULD YOU TREAT A GOOD FRIEND IF THEY WERE IN YOUR SITUATION? WHAT NEGATIVE BELIEFS DO YOU HOLD ABOUT YOURSELF? WHERE DO THEY COME FROM? WHICH ONES CAN BE CHALLENGED OR REFRAMED?

you can't  
 stop yourself  
 from feeling  
 better

Thank You  
 Thank You  
 for reading.

THE TITLE OF THIS ZINE IS A LYRIC FROM THE HELLO SHARK SONG, "LAST SUMMER."

BY ALYSSA GIANNINI  
 OLYMPIA, WA † 2020

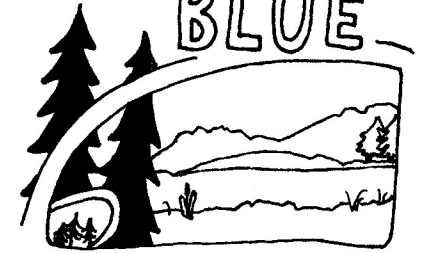


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 @CRAFTORDIY.ART

IT CAN BE REALLY DIFFICULT TO BE KIND TO YOURSELF WHEN YOU CAN'T SEE ANY LIGHT AT THE END OF THE TUNNEL— I PROMISE YOU, THINGS WILL NOT ALWAYS FEEL THIS BAD. † †

you won't  
 feel this  
 way forever  
 even if it seems that way.

LAKES  
 AREN'T  
 ALWAYS  
 BLUE



ON SELF-COMPASSION  
 IN TOUGH TIMES