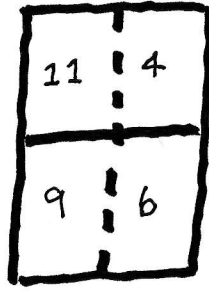
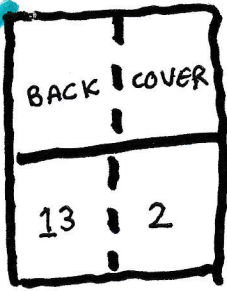


ZINE ✂ THERAPY



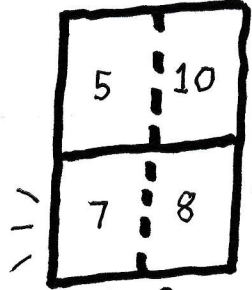
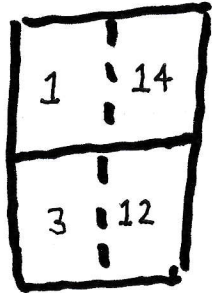
FRONT

2 pieces of paper

16 PAGES

14 pages of stuff
front + back
covers

1. Fill out the survey.
2. Do the therapy.
3. Make a zine about it.



CUT BACK

center spread

FOLD

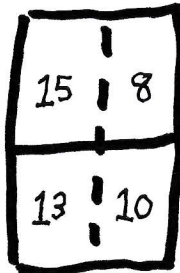
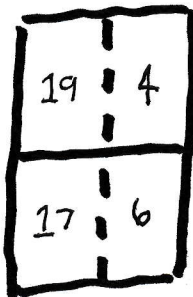
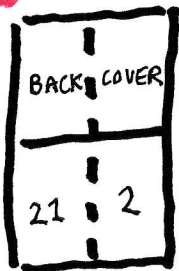
Add your own steps
and reminders ♡

PAGE

PAGE



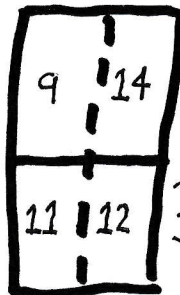
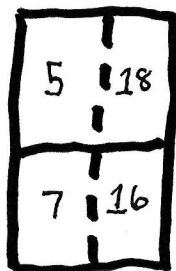
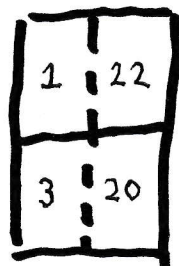
DRINK WATER!



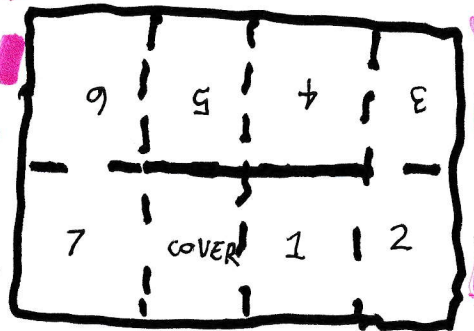
3 pieces of paper

24 PAGES

22 pages of stuff
front + back
covers



center spread



1 piece of paper

8 PAGES

7 pages of stuff
front cover

STRETCH ♡

ZINETHERAPY.
NEOCITIES.ORG
Take care of
yourself!

REMEMBERS!
 ANXIETY!
 CREATIVE!
 HOME!
 DEPRESSION!
 BODY!

MAX'S SELF-CARE MANUAL

MAKE YOUR OWN

1. Identify categories
2. Reflect on each over a week:
 - How am I taking care
 - How have I done it in the past
 - What do I know works
 - What do I want to try
3. Review & share - some in one category may apply to another one too!
4. Make a zine and reference when needed!

ANXIETY SELF CARE

Video games: Learn to let go

Cry & feel everything: Write

Take notes

Allow yourself to thrive on change (even though it's scary): Stretch

Protect home / sacred space: Drink water

Recentering/reprioritizing

HEALING IS NOT LINEAR: Allowing it

Walks (in nature, but where I feel less seen)

Do something you used to do that you stopped doing a long time ago

Do something new

Meditation / Breathing

DEPRESSION SELF CARE

HEALING IS NOT LINEAR: Cry & feel everything

Take notes: Recentering

Fruits & vegetables: Allowing it

Drink water

Guilt free doing-nothing time, even if the dishes are piling up

Leave room for fluctuation: Drumming

Naps: Write

Look at the moon

Do something you used to do that you stopped doing a long time ago

Therapy / third party perspective

CREATIVE SELF CARE

People - individuality, creativity, coolness, hilariousness!!!!, feeling understood, love, cuddles, laughter, sharing: Projects

Connect with nature somehow

Look at the moon: Resetting creatively

GET WEIRD: Forcing it

Walks (very long walks in fun places): Be vulnerable / tell your story

Home / Environment: Expression

Listening/enjoying the experience

Leave room for transformation

Learning / Experiencing: Silence

Music

Be present in doing nothing

HOME SELF CARE

Protect home / sacred space: Colors you like

Learn to let go: Projects

Objects that make you happy: Routines

GET WEIRD: Allow yourself to thrive on change (even though it's scary)

Inspiration: Leave room for fluctuation

Therapy / third party perspective: Mood

Do something new: Monitor & keep boundaries as they shift over time

TREMOR SELF CARE

Allowing it: Video games

Walks: Monitor & keep boundaries as they shift over time

Accepting it

Learn to let go: Drink water

Drink less caffeine / cut out caffeine

Meditation / Breathing

Don't apologize

Guilt free doing-nothing time, even if the dishes are piling up

Drumming

EARLY SELF CARE

Leave room for fluctuation: Snacks & cravings

Do something new: Learn to let go

Drink water: Monitor & keep boundaries as they shift over time

Routines: Breakfast oats or something

Do something you used to do that you stopped doing a long time ago: Drumming

Drumming: Walks (in newer & more challenging places, but also any walks are ok)

Stretch: Fruits & vegetables



zinetherapy.neocities.org

The website expands on the idea as a peer-to-peer resource in case you'd like to try it yourself!

Zine Therapy Season 1 Retrospective

► MARCH 2023 - FEBRUARY 2024

Topics

All topics I covered in Season 1!

- Conflict about my job/career
- Impacts of ignoring my needs
- Continued exploring work stuff
- Figured out some ideas to address/approach the issue
- All the things I feel stuck on (ruts)
- Burn out signs & fixes
- History around Outer Banks
- Anxiety about family
- Staying sober
- How I'm using apps to track/keep up with life

2 ►

- Birthday reflection
- Drinking less
- Work reflection
- Social media addiction
- Dating/being on the apps
- Adjusting to having a cat
- Name change
- Work reflection

3 ►

- Recognizing how angry I've been lately
- Embracing old creative hobbies (making websites!)
- Goal setting for the next few years
- Benefits of life tracking
- Pokemon Sleep

Reflection since previous zine

Research the stuff online (just like 10 articles, nothing too extensive) & take notes
Reflect on possible next steps

Think about: major thoughts or issues throughout the month

For the most honesty, review texts, posts,

reposts, likes, comments, photos, artwork, etc

Reflection on prompts

I wanted to have the same questions in the zine every time I make one so I can get a snapshot of these thoughts over time

Update the topics and questions to things that are important to you. Mine included: shout outs, gender therapy, upcoming plans, seasonal reflection, things I made

Wait a day or two (take a break)

Process

Timing:
Each month for the duration of the season which was 12 months.

First time ever. Think about why you're doing Zine Therapy and loosely set goals. Adapt the concept of "goals" to your requirements, and don't try to stick to a strict schedule that you find uninspiring. (Unless you find schedules inspiring.)

DAY 1: In a Google doc template, I have the survey and areas for reflection. I do all of the following on the first day of reflection, at a very high level. (Note: Don't get lost in (c), which can potentially take you down some very extensive rabbit holes!) This should only take about 2 hours (the first time you do this, it may take longer since you have a lot of stuff to flush out).

- Fill out the survey
- Reflection about previous zine

DAY 2: Start making the zine - layout, background, headers

DAY 2+: If you have energy then, continue, or in the next few days, start writing the zine

- I fill out the prompt pages first (the easy stuff)
- I save the therapy for when I have more time to focus on it

ZINE THERAPY

I did zine therapy because I needed therapy but couldn't afford it. I made it into a project so I could address some low-hanging fruit - things that don't require psychiatry or medication. It was fairly successful and by the end I felt like I had taken care of a lot of stuff that'd been lingering to be processed but never quite made it into sessions when I was in therapy. That said I also think the Zine Therapy supplement practice could be a good supplement to therapy!

3 reminders for when I do this again

- It will drain you creatively, emotionally, and mentally: it's a really intensive kind of therapy that requires focus multiple days in a row (whereas "real" therapy is usually just one afternoon & some reflection)
- Make the zine very shortly after the reflection, or do double issues to compare, but if you wait more than 10 days after reflecting you'll never make the zine (upside down smiley)
- Improve the monthly survey frequently so it addresses questions/concerns from the previous months; those things don't get lost because you can read them over, but by the end you realized that addressing those was better than simply noting them

7. There was zero social barrier - I've gotten very comfortable with being open/honest with myself in a way that would take years to accomplish with someone else.

8. I had to be highly creative every month for this project! Even if I didn't do anything else, I still did this, and it became a **consistent creative practice**.

1. Outside perspective: I am limited to my bias
2. Training/knowledge: I am limited to my search results
3. Support: being accountable to someone else means they do half the work for you, but they're also there to provide an extra cushion that you can't give to yourself
4. Next steps: though I could set small goals and see patterns over time, I still don't know what to "do" with all this knowledge
5. Trauma-informed approaches: I am still learning how to deal with the trauma I've experienced, and perhaps would have benefitted with more knowledge on the subject

5 things that were missing

DAY 5(ish): After filling out the easy stuff, do therapy and RLY go at it. **You're going to cry several days in a row.** Return to major thoughts/issues, and dive further. Identify 1-3 things to explore further in the zine (explore anything priority that needs attention too).

Read & expand on thoughts, reflect on current/past feelings

Try to identify underlying causes, or patterns, etc

To fill out the therapy zine pages that explore these topics:

I put therapy pages on the 2-page spread usually and leave 1-2 additional pages for reflection. Consolidating the info and squishing my learning onto the page helps me process it because I'm forced to understand it well enough to summarize and work with it

Decide how you want to present the info in the zine (writing only, graphics, flowchart, tips & tricks, advice, research, etc)

Decide what kind of therapeutic strategy you'll apply to the information (e.g., reframing) and experiment with

Benefits

I engaged in Zine Therapy for a year and here's what I improved:

8 things doing Zine Therapy improved in my life

1. I recognized patterns over time that I was unable to see before. This is the reason I go to therapy and they fail EVERY time because they are so focused on the month-to-month; I fluctuate too much and need to see patterns season-to-season, year-to-year.
2. I resolved many surface issues. that I'm good at ignoring (and that in "real" therapy, I always forget to bring up).
3. I saw how much I am my own champion - **taking care of my mental/emotional self felt good.**

Retro

What went well

Keeping up with it monthly (for 8 months)

Creative expression

Narrative through my survey - improvement over time, but also a clear desire to be more honest as I progressed through the project

Narrative through my consistent topics (upcoming events, gender identity, art made this month, seasonal review)

stranger

Taking time to take care of myself

Processed and dealt with some major stuff that I didn't feel comfortable bringing up with a stranger

Intense searches finding resources, articles, and perspectives that aligned with my needs

By DAY 10: Write the Thanks page and design the cover/back cover if I didn't already

The zine is "done" but just needs to be copied and assembled. I try to do this within a few days (before the 10th of the next month) but there's no rush.

After I assemble it I read it again for the first time and do reflection in my brain

I don't look at it again until next month when I loop back to Step 1.

What needs improvement

Adapt the survey over time and continue exploring topics even after they've "passed" - little check ins on the status would have helped

Frequency - after 8 months it was too much and I couldn't keep up with it

Side notes

I started with the intent to share it and then found it was too difficult to be truly raw about things since I felt weird about sharing that. Next time start private, then decide whether to share later.

Every month I collected my personal weather status. Here are my favorites.

Make a prompt template to use when you're unable to put full effort into the zine - this will ensure you make it even when you don't want to take any effort at all

Did not trigger abandonment issues because there was no therapist to break up with me

I need a real deadline for making the zine after the month is over

4. It was free - you can find most of the therapy worksheets online after a little reflection & identifying & google searching. I got much further in 12 months than I did in 2 years with a "real" therapist and it didn't cost \$300/month.

5. I had to learn how to deal with the tough stuff on my own, even though there's a learning curve and it's difficult. **I am my own accountability partner.** With "real" therapy I felt very codependent on that person to stay by my side so when they broke up with me I felt abandoned.

6. I was able to set goals for improvement that were specific & achievable because they met every need. Therapists like your goals to fit in their view of what a good goal is.

Personal Weather Status



I'm a nice early spring day to embrace your tired laziness. Close the blinds but enjoy the birds!



Gloomy with cloud coverage, but comfy and breezy. A great day to capture photos after the rain.



Foggy but less in a magical/romantic way and more in an allergy-ridden haze way.



Still, clear day with no breeze. Some morning fog. You normally feel good on a day like today but something feels off.



Rainy evening, warm but not too warm with a slight breeze. You're in a hoodie and everything feels fine.



Inside cat - no weather, just trying to get through the week.

to help you regulate your intake?

- Reflect on zine therapy and how it's going for you
- Are you dating? How's that going?
- If you use any kind of life tracking app, review the data and note observations

I do some supplementary reflection that's not related to zine therapy directly, but which helps me stay on top of other things in my life. Putting them here too in case these interest others:

Daily or near-daily writing

- Writing is something I am required to do to process stuff in life, so I make sure to engage in this as often as possible, even if I don't have anything to say.
- Doing this often keeps the momentum going so when I do have something to process, it comes naturally and doesn't feel like a heavy lift to "start writing again."

- Identify possible next steps/things to try that might improve/help
- Translating the topic to a visual form (art therapy but it's zines)
- Therapeutic strategies (reframing, DBT, exposure therapy, relaxation techniques, etc.)

Prompts for reflection based on topics I've covered:

- How are things at work? (Do you get along with your boss? Your coworkers? Are you working on anything you love? Is

<http://zinetherapy.neocities.org>

Strategies for Self-Therapy

FIND WHAT WORKS FOR YOU!

there work you wish you had more of? etc)

- How are you staying creative? Is there anything you're working on? Are there blockers?
- Are you spending too much time on your phone/devices/games/etc? Is social media numbness taking over your life? What can you do about this? What's causing it?
- What are you doing to keep up with your home and take care of your community?
- Are you engaging too often in a substance of some kind to escape your reality and are you okay with it?

- Is there something you need to accomplish (e.g., changing your name, creative project, health goal) that you can track in this zine over time to give yourself checkpoints?
- If you're feeling overwhelmed with life, do you feel overwhelmed at home too? What small thing can you accomplish this month that will make things a tiny bit better?
- What are your learning goals (not related to self-care)? How have you been doing with that? Do you feel unmotivated - if so, why?
- How have you been eating? What are some psychological strategies

Therapy

- Reflect on past/present feelings
- Underlying causes, patterns, trauma that you know about?
- Research online & take notes
- Online worksheets

<https://store.samhsa.gov>
<https://www.therapistaid.com>
<https://www.psychologytools.com/downloads/cbt-worksheets-and-therapy-resources>
<https://free--therapy.tumblr.com>
<https://positivepsychology.com/therapy-interventions-techniques>

Self-love rainbow monthly challenges

- This is a patreon reward but I do these monthly worksheets that self-love rainbow offers. There are 20 small challenges for self-care each month.
- Some of them make me feel goofy but they keep the momentum going, and overall it really does help.



BACK

COVER

1

14

3

12

11

4

9

6

5

10

7

8