

Good Call Counselling Services Mindfulness Resources

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Intention

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The intent of this document is to empower us to understand how the different kinds of care we provide to ourselves naturally extends beyond us, as individuals. By exploring opportunities for radical care, such as those offered in this document which are low-to-no cost, we can hopefully support wellness for all parts of ourselves, our families, our community, and even society.

This PDF is yours to keep and share, in the hopes that this will support ongoing collective wellness and learning amongst our community members. Please note that this document and the suggested activities therein are not substitutes for mental health therapy. If you have any questions, comments, or concerns, please feel free to contact me.

Meegwetch/Thank you!

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Mindfulness

- Mindfulness means “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” (Kabat-Zin, 1994).
- We can learn healthy and productive ways of thinking to shift our feelings towards acceptance and our choices towards collective wellbeing

How do I start practicing mindfulness?

- A mindful practice is any purposeful act that helps your mind and body to reconnect, as well as brings you safely back into your whole self when you’re feeling intense, heavy, or draining emotions.
- If grounding, centring, and calming yourself is something new for you, think about what techniques you could try to achieve this for yourself.
- Try it. Practice; be patient and gentle with yourself - remember the non-judgemental part of mindful practices!

Radical Care

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Collective-care is the natural result of our interdependence and our intentional radical care.

Self-care is inherently unselfish when we approach it with an understanding of intersectionality and interconnectivity.

Radical care requires us to be authentically accepting of and present with ourselves - there is no room for shame in radical care spaces.

be your curious, weird self in all your glory and vulnerability.

be intentional and follow-through on your boundaries.

be considerate of others, especially those who aren't invited to the table.

embrace opportunities for Radical Care.

Grounding Practice

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A grounding practice is any purposeful act that helps your mind and body to reconnect, as well as brings you safely back into your whole self when you're feeling intense, heavy, or draining emotions. Can you take at least ten minutes today to purposefully reground, reconnect, or recharge yourself?

Reflection:

Do you have a favourite grounding practice that you already do? What about that practice helps you to feel especially grounded?

If you need ideas or inspiration for grounding practices, try these resources:

<https://www.youtube.com/watch?v=d4S4twjeWTs>

<https://self-compassion.org/test-how-self-compassionate-you-are/>

<https://www.headspace.com/meditation/guided-meditation>

<https://www.joyn.co/>

Natural Relationships

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We are in such profound, interconnected, mutually-dependent relationships with the land, the waters, the sky, the life-forms in our environments.

Take a moment to reconnect with the natural world around you today. Can you sunbathe with one of your houseplants or go outdoors to feel a tree's bark, a stone's surface, a body of water's ripples? Can you consensually and ethically bring a bit of the natural world into your space as a source of care and companionship?

Reflection:

Research the territory you are on using resources like [Decolonial Atlas](#) to learn more about the ongoing presence and legacies of Indigenous peoples and nations in this place.

Cozy Attire

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Everyday, you make informed choices about your aesthetic - the way you present yourself to the world at a glance. Curate an outfit that makes you feel authentically yourself, regardless of who may or may not see you today. You may choose to wear some, all, or none of your curated outfit.

What's already in your wardrobe that makes you feel cozy, comfortable, and confident? Within the resources that are available to you, is there an ethical, local brand that you could support by adding a new-to-you piece of clothing to your wardrobe? Check-out Alok Vaid-Menon's wisdom on representation and creation to get inspired: <https://www.youtube.com/watch?v=FDZskzSLzPk>

Reflection:

Consider the feelings that arise when you focus on your own comfort and style rather than other people's expectations and opinions of "presentability".

Crafting and Creating

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Your creativity is one of the many things that helps you to problem-solve and find novelty on a regular basis.

Is there a creative or hobby project that you've been intending to start, or to do more work on lately? Do you have energy and time to dedicate to that project today, in a way that feels purposeful and joyful?

Reflection:

What are some of your favourite ways to use your talents and skills to create?

What creative project are you most proud to have realized?

An Ear-full of Joy

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Music and audio-content (like podcasts, soundscapes, or audiobooks) can have such deep emotional meaning for us; they can also be purposeful distractions for us to escape into. We can use many senses, other than hearing, to enjoy sounds.

There are many opportunities for us to curate mood or purpose-based playlists online using streaming platforms. Sometimes we can even make these playlists collaborative to get input and suggestions from our loved ones. Whether you're settling-down with old favourites or diving-into a new genre of audio content, may your personalized soundscape lend growth to your ongoing radical self-care practice.

Remember:

It is entirely valid for you to turn-off or turn-down the sound in your life, too, as feels right to you.

Eating with Intention

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When we are facing poverty, pain, limited resources, mobility, or capacities, we often worry about what or how we will feed ourselves. This is the tyranny of edn-stage capitalism and ableist white supremacy culture.

It is possible - even necessary - to nourish ourselves consistently.

We can find delight for our taste buds and satisfaction for our bellies one bite at a time.

We can give ourselves permission to be fed.

Reflection:

Can you choose to think about where your ingredients/current food comes from and honour these histories that give you nourishment?

Can you try focusing on the flavours, textures, scents, temperature changes in just one bite of this food, without distractions?

Animal Comfort

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Our animal companions understand us on an emotional level that sometimes isn't foremost for us day-to-day.

Find a way to purposefully spend time with an animal today. Connect with your pet or perhaps open yourself to a chance encounter with a wild creature outside your window. You might even seeking out a video online of your favourite animal doing what it does best.

Reflection:

*Is there a specific quality about this creature that you adore most? Why?
What can you do to honour your own nature as a human animal?*

Laughter

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Laughter is truly such an important medicine - whether its shared or we enjoy it ourselves.

Can you find time today to take-in something that makes you genuinely laugh? Maybe you sit down with an episode of a favourite comedy tv show or podcast? Maybe there's a local in-person or online comedy show you can attend? Maybe you just really enjoy this cartoon from artist Josh Mecouch ([@pantspants](https://www.instagram.com/pantspants) on Instagram).



[@pantspants](https://www.instagram.com/pantspants) via Instagram

Joyful Movement

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Our bodies are often called our “first homes”; let’s welcome ourselves back home to our bodies today.

Can you find a way to move your body in a way that feels truly joyful - not painful; not too challenging; definitely not because you feel you “should”. Maybe you go for a walk, do a guided workout video, hug a loved one, have a one-person dance party, sing, shout, cry, laugh, hold yourself, fidget with something, or find some form of pleasurable stimulation.

Remember:

However it is that you move yourself today, let it be joyful, playful, and attuned to your body, when it feels safe to do so. It is valid and natural, depending on your experiences, for touch to not feel safe or comfortable - when this is the case for you, try your favourite grounding practice instead.

Positive Affirmation

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What's that one, specific thing you love most about who you are? Are you able to nourish your truest or higher self today with a loving affirmation?

Think of a single, specific sentence to tell yourself - something that will centre you and help you show up with authenticity and pure intentions today. You can jot down an affirmation of your own or choose [one of these by Hana Shafi \(@frizzkidart on Instagram\)](#) that speaks to you.

Practice:

Try saying your affirmation to yourself every time you see your reflection throughout the day today.

Say “No”

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You are BUSY, my friend. You show up in so many important ways for yourself, your family, your customers or clients, your workers, your colleagues, your community, your interconnections with the wider world. And you do it every. single. day.

Can you take even a small opportunity to set a needed boundary and say “no” to at least one request or expectation that’s made of you today?

Remember:

If you need support, try reviewing [this blog post](#) or [kami orange's boundary phrases content](#). It might also feel helpful to reframe your negative response, for example, by saying “no” to the person asking, you may create an opportunity for that person to show-up for themselves in a new way.

Art Appreciation

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There is so much potential, beauty, and ingenuity in the world of art and creative expression. Can you take a moment to be inspired and appreciate someone else's art today?

Maybe there's a live performance or local exhibition that you can attend? Maybe you find a new fiction book or series to lose yourself in? Maybe you tour a virtual gallery space like [this one](#)? Maybe a loved one has created art for you that you can treasure a little extra today? Maybe you just go for a walk in your neighbourhood and appreciate the local artistry on the street?

Reflection:

*What's the context in which this art was created vs. where its displayed now?
Just as we did with music, consider what senses other than sight you use to appreciate art.*

Self-Holding

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Is it safer for you to deeply connect with your body through touch today? Can you create an opportunity for self-holding or self-massage?

For ideas and important reminders on mindfulness and self-touch, you can start here: <https://www.healthline.com/health/supportive-self-touch> or here: <https://www.youtube.com/watch?v=e4NkhhrfThw>

Remember:

It is valid and natural, depending on your experiences, for touch to not feel safe or comfortable. When this is the case for you, try your favourite grounding practice instead.

Connected Care

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Your nearest and dearest would love to hear from you today, and you may be wondering about them, as well. Can you take a moment today to check-in with a loved one? Send a text or DM; share a post or give a shout-out on social media; send a letter, email, or voice memo; make a phone or video call. How you connect is less important than making the connection itself.

Remember:

Our most cherished relationships are the ones that respect boundaries and flourish under mutually-beneficial, mutually-intentional efforts to sustain connection.

Community Care

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Can you think of one, tangible, accessible choice that you can make right now to help your community become a better place? This doesn't have to be a massive, altruistic gesture, either...

Maybe you offer an act of service or make a simple accommodation for someone else's benefit, with their consent? Maybe you consider approaching one of your daily activities or responsibilities in a new, collaborative or collective way? Maybe you volunteer of your time, effort, energy, space, or material resources to "pay-forward" an aspect of your privilege or beneficial lived experiences?

Remember:

Collective care - that which we extend to our community - is the natural result of our interdependence and intentional radical care.

Permission to Wonder

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We all have passions for learning and expanding our spectrum of experiences.

Today, can you give yourself permission to get lost in a topic of special interest? Maybe you quickly research that thing that's been itching at your mind since someone mentioned it the other day? Maybe you finally watch that documentary or listen to that podcast that's been sitting in your streaming queue? Maybe you finally sign-up for that course or workshop?

Remember:

The ways that we were taught in the past don't always serve our current learning needs and purposes. As you self-guide your learning today, try to challenge and support your brain to grow in playful, intuitive ways that enrich your worldview.

Anticipating our Needs

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What's the most lovely surprise or gesture that you can think of? Consider what's at the heart of that scenario: what's the specific gift that your heart would truly receive from that surprise? Love? Acceptance? Companionship? Opportunity? Novelty? Excitement? Adventure? Rest? Refreshment? Reconnection? Empathy? Validation? Awe? Something else entirely?

How can you pleasantly surprise yourself, even in a small way, to radically meet your own self-care need that you've identified above?

Fireweed Collective has several offerings for crisis management that are best worked with when you are not in crisis. Maybe now is a good fit to check-in with your crisis management plan?

Remember:

It's okay that surprises aren't for everyone. Your needs and dreams are still important and deserve to come true.

Ritualism

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We practice all kinds of ritualized actions everyday: some are religious or spiritual, some are completely secular, and some are profound only to you in their own, particular way.

Today, can you find a ritual space for yourself and be present in that moment? May you pray, reflect, resonate, petition, dream, envision, and be, whether you're meditating, manifesting, or just brushing your teeth.

Reflection:

Consider who taught you this ritual and who benefits from you practicing it? Rituals serve us best when we can practice them freely, without a sense of dread or obligation, and without feeling heavy or draining emotions afterwards.

Gratitude

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Did that ritual space from come through for you in any way? Hopefully, if you think about it, there was at least one small, tangible way that you experienced some positivity from taking a moment for yourself. If so, can you take some time and effort today to show your gratitude.

Maybe you say “thank you” out loud to someone, or no one in particular? Maybe you acknowledge your gratitude in a journal entry, song, appreciative gesture, voice memo, random act of kindness, through creative expression, or create a solitary reflection space?

Remember:

Expressing gratitude for what is good in your life does not necessarily diminish or invalidate the challenges you are experiencing.

Validation

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That thing that you've been struggling with - maybe your loved ones already know what it is, maybe you haven't shared it yet, or maybe you will never discuss it outside of your most private moments since it's such a deep part of your story...

In any case, know that you are not alone in your challenges. There are people out there who see you trying and who genuinely believe your experiences.

Your resilience is so right. Keep going.

If you are in Ontario, Canada, and need immediate mental health support, please contact ConnexOntario by calling 1-866-531-2600 or visiting <https://www.connexontario.ca/en-ca/>

In Canada, TrasnLifeline's Hotline is: (877) 330-6366

Prepare for Success

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It's true that we don't know what the future holds, but maybe we can also influence our fate in positive ways with a little effort and intentionality.

What's one task that you can do right now, in 20 minutes or less, that you know will help-out tomorrow's version of you?

Reflection:

How can you be that little bit gentler to yourself in the future by doing something immediately, rather than procrastinating or leaving it to chance?

How can you prepare yourself for as much success as possible?



What if we took the guilt out of having a “guilty pleasure”? Afterall, who arbitrarily decided that we can only experience our pleasure with self-judgement?

What's your absolute favourite self-care activity? “Stereotypical” or not, it's all yours and you can choose to practice it today.

Remember:

If we're serving our own interests and meeting our own needs in self-care practice, we should never feel ashamed or guilty about our care practices.

Scent-story Delight

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What are four of your absolute favourite scents in this world? The ones that remind you of blissful, safer moments and bring you right back to that time and space with just one inhale.

Is there a way for you to recreate one or some of those treasured scents in your immediate spaces today? Let's breathe in self-care today.

Reflection:

It is valid and natural, depending on your experiences and healthcare needs, for strong, specific smells to not feel safe or comfortable - when this is the case for you, try your favourite grounding practice instead.

Be mindful of the needs of others in your space before you introduce new scents.

Hydration Station

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We all know that staying hydrated is important.

How can you hydrate yourself today with what resources are available to you? Drinking some of your favourite tea, or a fresh portion of water? Taking a bubble bath or shower? Using a lotion or doing some mindful form of skin care?

Leanne Betasamosake Simpson shares about how Anishinaabe peoples learn from water as a teacher and relative: <https://www.youtube.com/watch?v=1cwHdbLsqSw>

Reflection:

Believe that you are part of the water cycle of this Earth and think about how the waters inside of you have been, are, and will be a part of the nourishment in this reciprocal relationship with the environment.

Water is a flow resource that should always remain free and accessible to all that need it.

Rest

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We've been focused on doing and being a lot so far, so today, let's put our effort and intention into doing absolutely nothing, even for a moment.

How can you encourage yourself to rest today? Maybe you sleep in, have a nap, or go to bed a little early? Maybe you just focus on making your usual places of rest that much more comfortable with the resources that are available to you (ie. by laundering your bedding or throws, fluffing your pillows, using a heated or weighted blanket, try out noise cancelling and darkness enhancing gadgets).

Remember:

Just be good to your circadian rhythm.

From Nourishing to Flourishing

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Hopefully this radical care journey has been nourishing for you and you can carry-over all this personal nourishing into your community to encourage communal flourishing, moving forwards. Let's aim for more thriving rather than just surviving in your future as an individual, a family member, a friend, a community member, and a global citizen.

What are 3 tangible rituals, activities, opportunities, boundaries, or spaces you can practice for yourself this week that will help you ethically and effectively show up for yourself and your community?

Remember:

You are Radical Care.

References and Further Reading about Radical Care



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