

Your Self-Care and Wellbeing Support Guide

Produced by True and Woke
for the Fruitmarket
and Kettle's Yard

‘...the abstract works are more like an intense relief, a kind of visual healing, so that you get some distance from what you’ve seen. Then you can have a more peaceful or critical way to acknowledge what you’ve seen. And it helps you maybe overcome some of those deadly emotions that come from being shocked. So I want people to see... It’s like using beauty as a healing element, and for me making them has a healing side to it.’

Howardena Pindell, 2020



Howardena Pindell
A New Language

KETTLE'S YARD



Introduction

At Kettle's Yard we are committed to creating equal and inclusive spaces. Community project True and Woke has created this self-care and wellbeing support guide to ensure your wellbeing is supported throughout your visit to *Howardena Pindell: A New Language*.

Howardena Pindell's work explores traumatic historical content including themes of colonialism, slavery, racial abuse, and violence.

When we are exposed to any form of trauma content it is normal for us to feel impacted and have a response. This can make us feel psychologically and emotionally overwhelmed and upset. Our response varies depending on our lived experience and life history.

We invite you to use this self-care and wellbeing support guide alongside your visit. The level to which you engage with the exhibition content is your choice and you are responsible for your self-care and wellbeing throughout your visit and afterwards.

Your Wellbeing Support

Here are a few helpful things to support you during the exhibition: To support your wellbeing we suggest the following:

Take time: Choose your pace to connect with the content of the exhibition and take a break whenever you need to.

Normalise: It is normal to have a response to trauma content. Be gentle, kind, and supportive to yourself if you are feeling impacted and overwhelmed.

Lived Experience: If you have a relatable experience to any of the content in the exhibition remember it is important you respond to any memories and experience by taking care of yourself and supporting your wellbeing. We have information and selfcare supportive strategies available to use in this booklet.

Interacting with the Exhibition

While interacting with the exhibition you may feel you need:

Reflection: If you notice your thoughts and feelings are causing you to feel upset, recognise your response and validate it as a normal reaction to what you are experiencing.

Connection: If your body feels unsettled take some time to breathe into where you feel any discomfort. If you need to, follow the body practice or grounding strategies in this booklet.

Comfort: You can take a break at any time. Consider spending time in the Reflect and Respond space on Kettle's Yard's second floor, or in Kettle's Yard's small garden area. Please ask a Visitor Assistant if you need directions.

Purpose: If helpful, acknowledge that the purpose of the exhibition is a call to action for us to come together to create change. Reassure yourself with this shared purpose.

Coping with Trauma Based Triggers

Trauma-based triggers are caused when we have an experience of trauma and we re-live trauma symptoms through connection with people, places and things that resonate with our trauma experience.

There is a higher risk we will experience a trauma-based trigger when exposed to trauma material.

This can cause us to experience a level of distress that can be difficult to process.

Trauma-based triggers are involuntary, meaning they happen to us outside our control. They also don't always create distress symptoms straight away; it can be a while before they show up for us.

If you experience any trauma-based triggers from the art in the exhibition it is a normal response and it is important you take time to self-care and look after your wellbeing.

To support you to process any trauma-based triggers that may come up for you from visiting the exhibition, the trauma informed self-care support strategies in this booklet will help you to process your experience.

Remember the level to which you engage with the exhibition is your choice and you are responsible for your self-care and wellbeing throughout your visit and afterwards.

Self-Care Support Strategies for Self-Regulation and Wellbeing

We have included the following self-care support strategies to support any distress response you may experience from connection with the content of Howardena Pindell's work. These are trauma informed self-regulation and wellbeing strategies that will support you to recover your wellbeing.

- **Self-care practice for self-regulation**

A selection of trauma informed self-care support strategies for your wellbeing.

- **Self-care wellness support plan**

For you to use if you need it after visiting the exhibition to help you to process and feel supported.

- **Post exhibition self-care reflection**

We don't always know why we are feeling unsettled. This reflection will help you to identify any self-care needs you have.

If you require any further support beyond what we are able to provide, please contact your GP for further guidance and information.

Self-Care Practice for Self-Regulation: Body Practice and Self-Soothe

Body Practice

Tap the chest area with your fingers to regulate and calm your mind.

Take short breaths through the mouth to feel safe.

If you can, take deep belly breaths in and out through the nose.

Ground your feet on the floor, lifting the heels and toes and placing the foot back down.

Take movement and exercise to regulate and calm the body.

Self Soothe

Something to touch: blanket, stress toys, pillows, cushions, create something with your hands.

Something to hear: music, podcast, radio, meditation guide.

Something to see: Pindell's abstract paintings, scenery, calming room or outdoors, relaxing TV show.

Something to taste: chewy food, tea, mints, your favourite flavour.

Something to smell: candles, essential oils, lotion, incense perfume.

Self-Care Practice for Self-Regulation: Grounding and Distraction

Grounding

Check the date and time and remind yourself this is the present.

Name 5 objects in your space to help you feel safe.

Stamp your feet on the ground and feel where you are in contact with the ground and your surroundings.

Rub or tap your hands up and down your arms and feel contact with your skin.

Carry a small stone or familiar safe object in your pocket and touch it to remind yourself this is the present.

Distraction

Be creative, do a task that will make you feel better afterwards.

Be active, get some fresh air.

Connect to a topic of interest. Spend time with people who make you feel safe and secure.

Do something that creates comfort for you like a shower, a bath and/or eating something nice.

Do a practical task that takes your attention.

Read, listen to, or watch something.

Post Exhibition Self-Care

If you think you may be experiencing a distress response to the exhibition, it is important you take time to acknowledge how you are being impacted and support your self-care and wellbeing.

Take some time to reflect on the following questions noting down what stands out for you and create a self-care support process to release any distress you may be experiencing:

Have you noticed any changes in your thoughts, feelings and how you feel physically since you have seen the exhibition?

Are you experiencing any difficult thoughts and feelings relating to the content of the exhibition?

What do you need to do to care for your wellbeing and release any distress you may be holding?

How can you be compassionate with yourself?

Self-Care Wellness Support Plan

If you have been impacted by the content in the exhibition and need some aftercare for yourself:

Note down the things that are going to support your wellbeing and self-care at this time.

My Wellbeing	I need	The difference this will make for me is...
The things I know that support my wellbeing are?		
The things I will do to help me with my self-care and wellbeing at this time are?		

Resources

Resource list of free specialised mental health support services available for Black and minority ethnic people living in the UK.*

* This is not an extensive list of available support. Please also check that the support is right for you as each service offers a different type of support. Services may also only be available for certain people as some are exclusively for Black people or Women of Colour.

Local:

Jucina Counselling Service

Jucina Counselling Service provides counselling for trauma victims who have suffered racial and ethnic abuse/discrimination.

Email- Blackfordjucina@gmail.com

Mobile number- 07950516373

National:

The Empowerment Group

Is a charity that understands the cultural importance of Black therapists supporting their communities. They offer heavily subsidised online one to one counselling sessions for Black

individuals in the UK aged 18+. Also, they offer training services for groups and individuals of all backgrounds.

Online contact form:

www.theempowermentgroup.co.uk/contactus

Website: www.theempowermentgroup.co.uk

Warrior Reminder

Warrior Reminder is a community space for Black and Brown people to embrace their vulnerabilities, decompress and reclaim authorship over their lives. They offer a range of empowerment workshops and other workshops on a regular basis. Their website also includes a range of information resources.

Email: warriorreminder@gmail.com

Website: www.warriorreminder.com

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

Twitter: [@warriorreminder](https://twitter.com/warriorreminder)

Black Minds Matter UK

The aim of Black Minds Matter is to ensure that Black people in the UK can access mental health support. The organisation does this by helping Black people and families across the nation to find professional mental health services, in addition to raising money to help cover the cost of such services.

Website: www.blackmindsmatteruk.com

The Black, African, and Asian Therapists Network (BAATN)

Online directory of qualified therapists experienced in working with the distinctive African, Caribbean and Asian experience. This includes lots of free and subsidised services. They also provide a library of free mental health resources such as podcasts and book lists on their site.

Contact: administrator@baatn.org.uk

BAATN Free library of Mental Health resources:

www.baatn.org.uk/library/

Further Information: www.baatn.org.uk/

BAATN Free and Subsidised Service List:

www.baatn.org.uk/free-services/#online

USEMI Virtual Clinic - PSYCHOSIS THERAPY PROJECT

The USEMI Virtual Clinic offers specialist psychotherapy provision for people of colour. It features individual therapy by video call or phone and online groups via Zoom. Referrals can be made online via the link below.

Further information:

psychosistherapyproject.com/where-we-are/

Referrals: psychosistherapyproject.com/6-2/

Contact: psychosistherapyproject@gmail.com

Mind UK - Info-line and Legal-line

The UK charity Mind lists services for racism related mental health support on their website. Their info-line provides information of available services for people seeking support. Their legal-line provides legal information and general advice on mental health related law. This is open 9am to 6pm, Monday to Friday (except for bank holidays).

Further information:

www.mind.org.uk/information-support/helplines/

Infoline Contact: info@mind.org.uk / Phone: 0300 123 3393

Legal line Contact: legal@mind.org.uk / Phone: 0300 466 6463

Muslim Women's Network

The overall goal of The Muslim Women's Network helpline is to provide a national specialist faith and culturally sensitive service that is confidential and non-judgmental. The helpline offers information, support, guidance, and referrals to Asian and Muslim women and girls from diverse ethnic / faith backgrounds suffering from or at risk of abuse or facing problems on a range of issues.

Further Information: www.mwnhelpline.co.uk

Contact: info@mwnhelpline.co.uk

Phone: 0800 999 5786 / Text: 07415 206 936