

Collide!

MENTAL HEALTH IN AN UNEQUAL WORLD

The past 18 months has been hard on each one of us! We thought why not spend sometime reflecting on our evolution through this time.

INKTOBER!

How is it October already?
We are borrowing Jake Parker's idea of daily prompts to draw. Twisting it to be reflective, explorative, curious prompts to dwell on through words, art, pictures, portraits

With
love and joy

HEMANGI VYAWAHARE
&
FARHEEN AYESHA

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- Have you encountered yourself just pushing yourself to out one foot over the other and not having a sense of day and time? Forgetting meals... Forgetting water... forgetting relationships.... and forgetting yourself?
- What's your relationship with rest like?
- In this capitalist world, which applauds production over slow intentional thought, how does it impact your human non work side? what emotions come up as you read this?
- Do we sometimes dwell on work as an escape from our inner worlds?
- When was the last time you breathed a sigh of relief and just lived in the moment with no care for the days gone by or the days to come?

PROMPTS



Daily Life

REFLECTIONS



For a long time I believed I existed for a purpose, to care and to provide. I knew nothing else. It became the reason for my existence, I planned and planned for everything.... for everyone and somewhere along the line I forgot that I am also human and that I deserve to be taken care of. I needed to nurture myself and be my own caregiver. Something I never knew I needed. I have held spaces for others only to painstakingly realize that my go-to response was to abandon myself in the process. I am anxious, fatigued and at times I even have nightmares but as the sun rises, I have pushed myself and even asked for more work to make sure I make ends meet. I also have thoughts that "if not me, then who will do it?", but I have also realized that it's both burdensome and arrogant. Oops! People around me have enough self preservation to figure things out for themselves. Therefore I'm learning to be kinder to myself, to hold spaces for myself, to sleep till 12pm and take a week off. I have a long way ahead, it's true, because I know when I get up tomorrow and my mom or grandma ask something of me, it will be a struggle to not say Yes!

Self care

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Staying indoors, going through the pandemic and sitting hunched over a laptop for 10-15 hours a day, we have barely been able to figure out feed let alone physical activity in the sun. Most Indians have a deficiency of Vitamin D, which makes an individual feel fatigued, disinterested and have persistent low mood which leads to an individual isolating oneself and just existing and not living. Its symptoms are extremely similar to depression. It is primarily absorbed by the body from the sun. Your muscles and immune system have its receptors which invariably convert it into an active agent and assist in the absorption of calcium and phosphorus. It is a vital component responsible for your healthy life. Therefore, take the day off and maybe go get checked and get the supplements you may need!

CONCEPTS



Sunshine Vitamin



Start by saving one person, everything else is romanticised grandiose. And make sure this one person is YOU!

Thank you