

Issue 15: Self-Care

Yes, Ma'am



February 2021

Dear reader,

Let's be real. We are surviving through a global pandemic and continued violence against BIPOC and LGBTQAI+ individuals and communities, the planet and all of her beings. Throughout it all, we hope you are still finding time for yourself.

To pause. To reflect. To stay grounded. To rest.

To find joy. To laugh. To be loved.

This past year has required a certain level of community care from many of us -- from caring for loved ones, our elders to our youth, to the empathy put out that can be draining for many. Care work so often falls on women, particularly women of color.

And we see you. Essential workers, caregivers. Students and educators. You who are struggling with your mental health. With trying to find hope when things can seem so bleak. Please take the time for your *own* needs. Healing does not happen overnight.

And you are never alone. We are in this together. With each other and with the earth. So here's a hug via zine. You have survived even the toughest of days.

The contributors in this zine have put their energies into art, into words. And we encourage you to do the same. Art therapy is real! We hope you enjoy

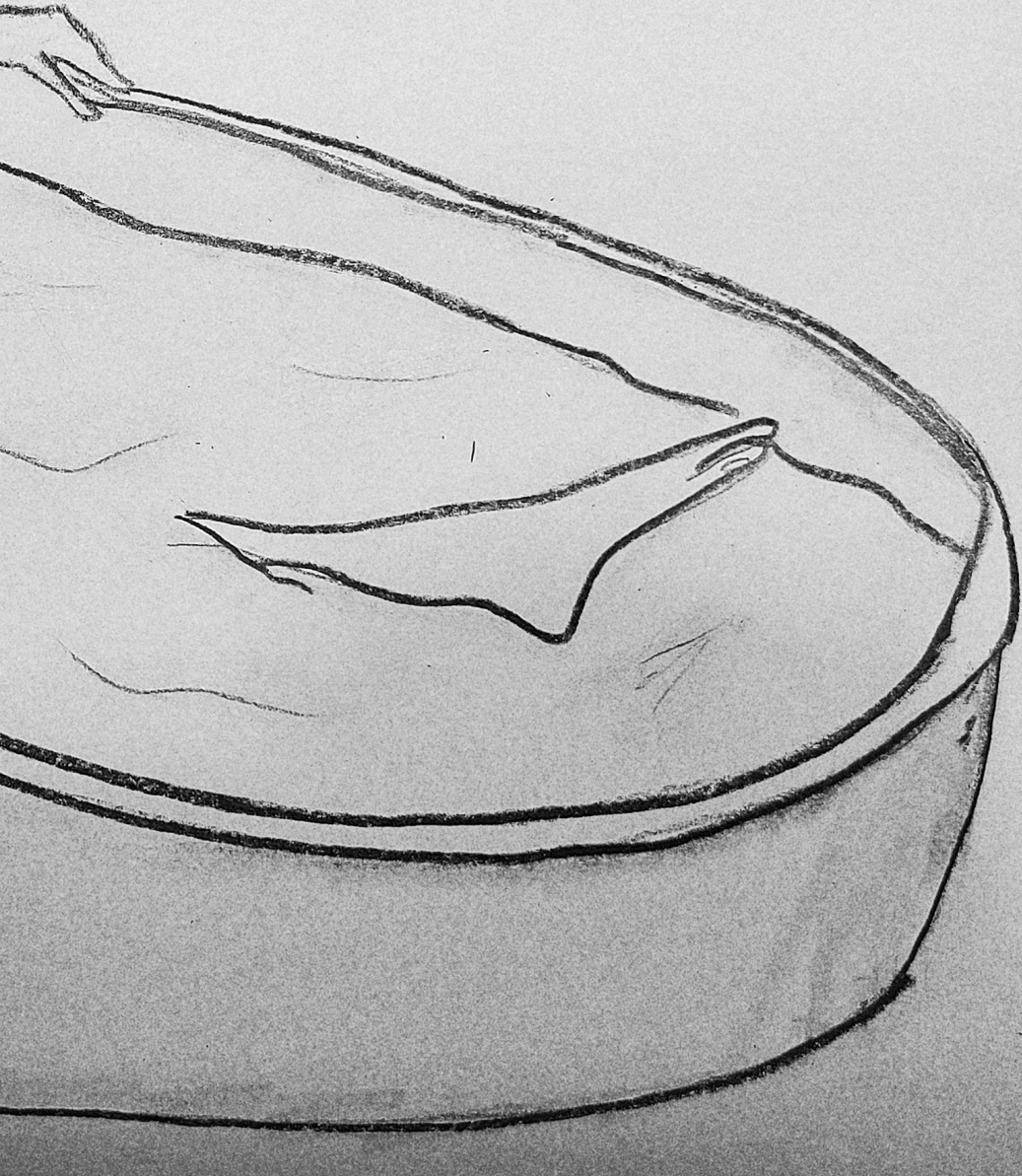
Yes, Ma'am Issue 15: Self-Care.

With Love, Yes, Ma'am Press

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I've found that especially during quarantine it's been crucial to spend time practicing self care daily to keep my sanity. Pictured is my weekly self care bath. It's 40 minutes of relaxation when I can detox my body in essential oils, listen to some calming music & feed my mind with new knowledge.

-Mel



Shower Ritual 2020 By Miriam Vergara

Step 1: Connect bluetooth speaker to phone.

Step 2: Look up "Rain sounds with frogs" on youtube and press play.

Step 3: Gather shower items such as washcloth, towel and speaker. Leave your phone in room and walk to the bathroom.

Step 4: Shower with hot water until you feel like you can't breathe anymore.

Step 5: Slowly switch to cold water when you're reaching your last cleansing routine. Cold water will help bring you back to the present moment.

Step 6: Return to your room with the rain sounds still playing and roll out a mat.

Step 7: Turn on lamp with a yellow glow.

Step 8: Prepare your aromatherapy. Add water to your diffuser, 3 drops of lemongrass, 3 drops of eucalyptus, 3 drops of tea tree oil and a few fresh rosemary stems.

Step 8: Don't rush your after care routine. Allow yourself to be naked. Massage your body with lotion or oils. Stretch and lay on your mat for however long you want.

Step 9: Slowly start to put clothes on.

Step 10: When you are ready to be in the world again, do one last stretch. Say "Thank you" outloud and turn on regular lights again.

You are worthy
of taking the
time to sit
and breathe.

8 LOVING RECOMMENDATIONS FROM SANARTE HEALING & CULTURA CLINIC

Go outside and listen to the birds. Close your eyes. What are they singing about? Who's voice do you hear in their song? What is there to acknowledge and celebrate?



Make Grandma's/Ma's tortillas (de maiz o harina!) or beans/frijoles. Talk to the grandmas, ask for guidance and hold in your heart the sacred work it is to feed yourself and the peoples!



Restore a sense of balance by making your bed and tidying a small area. Sit with a candle, light incense, offer gratitude for how far you've come and how far your ancestors bring you.



Lovingly tap and rub yourself with some fresh plants, rosemary, mint, flowers or anything growing nearby to soothe and bless your body. Gracias plantitas!



Write yourself a love note
i.e. You are doing great!
You are deserving of
happiness and health. Put
it somewhere you
will see everyday.



Turn up your favorite music
and let it move you.
Remind your powerful body
and mind that you are
resilient!
Encourage all your cells to
be bright & strong,
where we focus,
our energy flows.



Be like a tree. Stretch your
body to stand tall, feel your
bare feet firmly planted
and supported by Earth
Mama. Feel your roots dig
deep, the solid trunk in
your navel area, and take a
deep breath of sweet air
and move with the wind.



Pray with a glass of water,
giving thanks for your
breath, your ability to feel
and let go. Imagine where
the water has traveled, how
water helps grow seeds &
records life. Drink your
ancestors' memory!



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You have to
remember
to drink
as you
pour. ♡



JF 2020

The ivy league illusion passed down through hopes and dreams stopped with me. I decided I was worth more than forced assimilation. Surrounded by the silent shadows of the Black slaves that built the walls and served the masters achieving intellectual white supremacy while sitting over the bones of the Cayuga erased from the land, led me to find myself again. Being terminated for speaking up against racism, neuroableism, and gender discrimination led me to fullfill my decolonization. I found my freedom when I dared to exist outside white, cis, and neurotypical standards loudly and unapologetically. Cornell, pa'l carajo te boté y me decolonizé.

-J Feliz

VHS Tapes

Stephen Rendon

Whenever I want to add beauty
to memories of growing up
because tv
was maybe more of a distraction

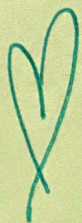
I'll add fields of maize and different plants that come back to life
from the 90's
when we first moved in

Sometimes they do just turn into
frozen pizza
or tacos or scratched vhs tapes
and you push those things back into
new colors and petals
before you eventually ask why
you need them to be a certain shape
where the stubbornness of what beauty is came from
when did poverty start being clay
lifted smoothed over parts erased
and me looking for new chunks to add
at times it seemed beautiful

You know the family stories now
that you were too young to know before
and try to change them
things you had nothing to do with
and can't change

They end up looking like tv
and the same dinner you've had
every night for a week
at times it seemed beautiful

Be unapologetic
with what
you need!





SELF-
IS
SELF-

LOVE MYSELF LIKE
I AM A PHOENIX
I AM MORE PO

This is a photo of my best amigos, my running shoes. Her name is Hoka and she is teaching me a lot about dedication, strength, and the ability to love myself through self-talk. “Remember that you are a Phoenix rising from the fire.” “Your demons will not define the person you are.” “You can endure any obstacle that comes your way and you will solve the problem.” “Progress is what matters.”



CARE
S
-TALK

**LIKE MY ANCESTORS LOVE ME.
RISING FROM THE FIRE .
POWERFUL THAN EVER.**

Seven years later, I realize positive self-talk, setting boundaries, forgiving myself, and exercising is what I need for my mental health. I hope this image inspires you to put on a pair of running shoes and witness how powerful your connection becomes. You will go on journeys only the 3 of you know about and it will become a spiritual awakening. Invest in yourself because I love you and you matter in this community.

-Dolores Moreno-Valles

Mommy Greenest

A poem by Diana Álvarez

Tonight is the harvest moon.
I only know that because I'm outside
and the moon looks epic
So I looked it up.
I'm outside at 2:00am.
Why?
Because this is where I come to smoke.
Being outdoors
in the middle of the night
And all alone,
feels daring.
A beautiful dark solitude I'm not entitled to.
I'm a woman,
a mom at that,
I don't belong here
I shouldn't be outside alone,
at night.

But the night and I have to be together.
We are like lovers, you see.
I have to feel her steely cool kiss on my body.

Smoking outside.
It's romantic in a way.
Here I unravel
and only the moon sees.
The tendrils of the smoke inside me,
soothing me
They rush to the corners of my body
and fill me up with warmth
like a delicious inner bubble bath
A deep comfort

Smoking means engaging with the night.
She has become my console
My lover
I need her and her sounds.
She makes so much noise when we are together
The night is a loud lover
I can hear her crickets,
loud as hell
I don't understand why they relate silence with crickets,
they must've never been alone outside at night
These magical insects dominate all the sounds of the night
They are constant and beautiful and engulfing
The squirrels and the bats.
Little nocturnal mammals playing percussion to the night.
The cats.
Cat fights.
The shrieks piercing the night.
The air conditioners.
The cars.
Occasional short honk of a car being locked.
Someone is home.
I wonder if people are happy they're home.
Or dreading their arrival.
What are their lives like?
My neighbors
The airplanes flying by.
Where are they headed?
Is someone on there heartbroken?
So many times I have been heartbroken on a red-eye flight.
Flying home to my mother's bosom.

The night is an invitation to wonder
To delve in the mysterious.
Anything can happen in the dark.
And The soundtrack is fantastic.




And some nights are rough.
Too many questions from the kids.
Your partner working from home.
So he's here but not here.
You resent that.
Because it's like, but he is home?!
Leave me the fuck alone.

That's why this solitude
at the end of each night
is punctuation,
closing the sentence of the day.
Smoking weed made this happen.
I have to smoke outside.
It has offered me this space.

And I accept this offering
Graciously and
Humbly

Marijuana welcomes me
and helps me.
When the house is too full
of drama
and screaming
and kids
and computer screens
and loud televisions
and working from home
and virtual school

marijuana is always waiting for me.
To hug me in the night
and make it feel better.
Whisper in my ear that I am enough
A smoky goodnight kiss

We're Growing 
through what
 we're going through 





@culkeen

A Guided Self-Esteem Meditation

Read aloud to someone you love <3

Find a comfortable position sitting or lying down. Notice how you are feeling right now...physically and mentally.

Take a deep breath in through your nose, and release the breath through your mouth.

Take another breath, and allow your breathing to relax you as you exhale fully.

Breathe in gently... and as you breathe out, let the air carry the tension out of your body.

Continue to breathe slowly and gently as you begin to focus on relaxing your body.

Notice where your body is tense. Focus your attention on one of these areas. As you breathe, picture that part of your body becoming slightly more relaxed than it was before. Scan your body for any areas of tension, and for each area, let the relaxation soften the muscles as they give up their hold.

Breathe in relaxation... and breathe out tension...breathe in calm...and let all the tension go as you exhale...

Continue to breathe slowly, and gently, deepening your state of relaxation more and more with each breath. Deeper and deeper. More and more relaxed. Calm. At peace.

Now begin to create a picture in your mind. Imagine a place where you feel completely at ease. This might be a favorite place you have been, or somewhere you have seen, or it might be completely imaginary. It's up to you. Picture this place where you feel happy and calm. Create the details about this place in your mind. What do you see? What do you hear? What do you smell? Imagine how you feel physically. You are comfortable, enjoying the pleasant temperature... enjoying being still and relaxing or doing whatever enjoyable activities you'd like.

Enjoy the way you feel in this safe place. You feel calm and safe here. At peace with yourself. Remain in your peaceful place while you meditate calmly and build your self-esteem. Imagine that all of the following affirmations are true for you, right now in this moment, and enjoy the self-esteem relaxation you experience. Repeat each affirmation in your mind, or out loud, with confidence.

Repeat after me, out loud or in your head:

I am at peace with myself.
I appreciate who I am.
I value myself as a person.
All people have value, and I am a valuable human being.
I deserve to relax.
I deserve to breathe.
I deserve to be happy.
I embrace my happy feelings, and enjoy being content.
My future is bright. My future is positive.
I look forward to the future, and I enjoy the present.
I look fondly upon many memories from my past.
I feel good about who I am today.
I accept the person that I am.
I accept my flaws. I accept my strengths.
I approach challenges with strength.
I enjoy being who I am. I love myself as I am.
I feel secure in who I am, and do not need to compare myself to others.
I care for myself.
I accept myself.
I allow myself to experience and express emotions, both negative and positive.
I accept myself.
I am a valuable human being.
I accept myself.
I feel confident.
I accept myself.
I feel secure.
I accept myself.

Think again about your peaceful place. Picture yourself enjoying this environment. Acknowledge the feelings you are experiencing after repeating the self-esteem affirmations. Accept any positive or negative feelings you are having. Allow yourself to feel calm and at peace. Now it is time to leave your special place. Know that you can return here any time you need to relax, to feel calm, and to feel comfortable and safe. Take with you the feelings of acceptance of yourself, and belief in the affirmations. Continue to feel positive and accepting of yourself. Hold onto this secure feeling of self-esteem as you return to your day. In a moment I will count to 3 and afterwards you can open your eyes. One... take a deep, cleansing breath in... and exhale slowly. Two... take another deep breath... and exhale... Three... you are feeling calm, confident, and refreshed. You can open your eyes.

Reclaim
YOUR
Time



DELETE
YOUR ACCOUNTS



INFORMED REFUSAL



RECLAIM SELF-DETERMINATION



ABOLISH THE #TECHTOPRISONPIPELINE



DON'T GIVE AWAY YOUR DATA



PRACTICE DIGITAL HYGIENE

BECOME A DIGITAL VEGAN



DELETE



UNSUBSCRIBE



UNINSTALL

A handful of private tech companies operating out of Santa Clara Valley, a.k.a. Silicon Valley, have partnered with the U.S. military, U.S. Intelligence Agencies, as well as local and state law enforcement to establish an Internet-based tracking system in an effort to "secure the homeland". The Internet has become an inescapable, invisible, carceral technology built onto the shoulders of Jim Crow policies that increase the capacity of state sanctioned anti-black surveillance and increased effectiveness as a racial hygiene instrument.

DIGITAL DEFENSE PLAYBOOK



Fire Cider

Steps to Making Accessible DIY Immune-Boosting Plant Medicine

Intention:

Why are you making this medicine? Who is it for?

Give thanks to the plants that will go into it. Be thoughtful in your process. Respect all of those who have come before you to make plant medicine, and whose ancestral practices have been disregarded, colonized, exploited, and replaced by the pharmaceutical industry. Always create with intention. Always be kind with plants. You are not using them; they are giving their gifts. Love plants. Show gratitude. Share knowledge.

Gather:

Chop up any combination of the following ingredients. These can be fresh, dry, or powdered. Whatever you've got on hand! Try new ratios each time you make it to come up with a recipe of your liking.

- Onions
- Ginger
- Citrus with peels
- Garlic
- Turmeric
- Horseradish
- Hot peppers
- Black pepper/peppercorns
- Herbs like oregano, sage, rosemary, thyme

Combine:

Place all ingredients in a jar and cover with apple cider vinegar to fill all the way. The vinegar adds medicine and also will preserve the fire cider. Shake or rotate jar to combine.

Store:

Make sure your jar is sealed tight. You can put a sheet of parchment or wax paper under the lid before closing (you don't want the vinegar to touch the metal lid). Store in a dark cabinet for one month. Or, to ground your medicine with earth energy, dig a hole in the ground, wrap the jar in fabric, and bury. Give thanks to the earth for allowing you to scar her for your well-being. Pull out of the cabinet or dig up your jar after the four weeks. If you buried, refill the hole with soil or plant something new in its place as an offering.

Strain & Sweeten:

Use unbleached cheesecloth or muslin to strain out the plant material. You can save some as pickles or just compost them. You are left with your liquid fire cider concoction. It's optional to add sweetener to balance out the heat. Honey has medicinal elements, but to make it entirely plant-based, I use agave syrup. Or try granulated sugar or maple syrup!

Dosage:

- As preventative during cold & flu season: 1 tbsp. 1-3 times a day for two weeks at a time
- If people close to you are sick: 2 tbsp 1-3 times a day
- If you're starting to feel sick: 4 tbsp 1-3 times a day

If the flavor isn't your fav, dilute in a beverage, use as salad dressing, or squirt on top of stir fries or other meals.

Do not take if you're pregnant. Do not take on an empty stomach. Make sure ingredients are safe for you if you have health conditions. Learn what works for you and your body! Shelf life is one year tops.

Yes, Ma'am

Thanks for reading Yes, Ma'am zine!

We hope you will stay in touch and stay healthy in mind, body, spirit.

Optum Emotional Support Help Line:
866-342-6892

National Suicide Prevention Lifeline:
1-800-273-8255

Take care y'all.
<3

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