



FINDING HOPE AND CREATING JOY

[IN THE CURRENT MOMENT]

Belle Origlio and Madi Markham
Fall 2020

authors' notes

hi everyone!

thank you for taking the time to read this! I

hope you'll be able to use what we've collected
to feel a little better. enjoy :)

- Madi

hi all!

whatever you are looking for, I hope we can
offer some resources, support, or maybe just
permission to take care of yourself.

- Belle

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The background is an abstract watercolor painting. It features large, soft washes of blue, red, and yellow. There are also many smaller, more defined strokes and splatters in these colors, creating a textured, layered effect. The colors are somewhat muted and blended together, giving it a dreamy, ethereal quality. The word "hope" is centered in the middle of the image, written in a bold, dark blue, sans-serif font. The overall composition is balanced and visually appealing, with the text standing out clearly against the colorful background.

hope

what's bringing New College hope?

on these next two pages are anonymous submissions from New College students about what is bringing them hope and joy right now. some submissions have been shortened in order to fit as many as possible.

"meditation, visualization, and affirmations. I've also been reading self-development books to help me make my locus of control internal rather than external. like, focusing on how I can change my environment, rather than focusing on how my environment can affect me. that's a tough mental shift to make, but it's overall contributing to my wellness."

"hiking both alone and with friends"

"sitting in stillness and reading leisurely. basking in the warmth of the sun. resting in my partner's embrace. and making sure to genuinely laugh (open smile and all) at least once a day."

"it's so hard to connect with people right now, which I would say is my primary source of happiness. but the times I can remember making someone laugh or just having a heartfelt conversation with someone, though fewer, are enough to elevate my mood."

"cooking for my roommates and reading poetry :)"

"what has been giving me some semblance of joy probably has been being back on campus. even though being back on campus has been very up and down, I'm genuinely happy being back here. the long walks at night, the independence I feel, the bay, I feel more connected to myself here than back at home."

"the moon remains, solid and unaffected by this world. she didn't have to be so breathtaking, but she is anyways. She is beautiful because she is, and no other reason. human pleasure is not on her to do list."

"being able to sit alone or with others, and share the sight of a sunset over Sarasota bay, as the color of the sky change from blue, to red, to pink, and then see the sun slowly disappear and create a gradient from light to dark, brings me joy and serenity. watching the clouds in the sky or listening to the thunder in the distant brings me joy and serenity."

"I'm able to find joy in painting and spending time with my roommates (and their dogs). I have a weekly therapy appointment at the CWC which has been quite helpful in keeping me grounded. listening to new music and some of my favorite songs has also been helpful."

"whats bringing me hope is knowing that this is going to end. this is not permanent and every day that passes brings us closer to the end of this."



"Hope is a discipline."

by Mariame Kaba, in conversation
with Brian Sonenstein and Kim Wilson (excerpt)

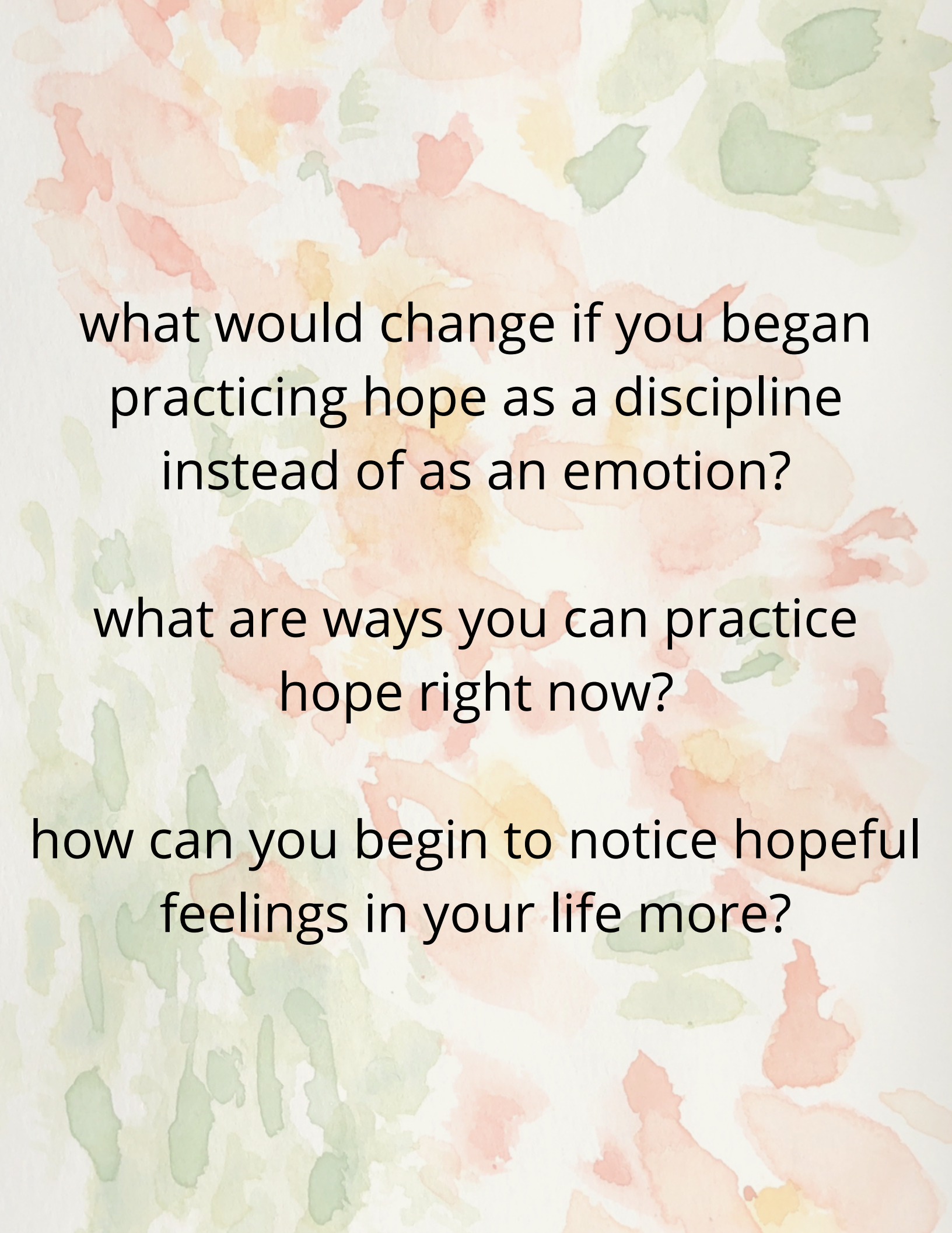
"I always tell people, for me, hope doesn't preclude feeling sadness or frustration or anger or any other emotion that makes total sense. Hope isn't an emotion, you know? Hope is not optimism. I think that for me, understanding that is really helpful in my practice around organizing, which is that, I believe that there's always a potential for transformation and for change. And that is in any direction, good or bad.

The idea of hope being a discipline is something I heard from a nun many years ago who was talking about it in conjunction with making sure we were of the world and in the world. Living in the afterlife already in the present was kind of a form of escape, but that actually it was really, really important for us to live in the world and be of the world. The hope that she was talking about was this grounded hope that was practiced every day, that people actually practiced it all the time."

"And so, I bowed down to that. I heard that many years ago and then I felt the sense of, Oh my god. That speaks to me as a philosophy of living, that hope is a discipline and that we have to practice it every single day. Because in the world which we live in, it's easy to feel a sense of hopelessness, that everything is all bad all the time, that there is nothing going to change ever, that people are evil and bad at the bottom. It feels sometimes that it's being proven in various, different ways, so I get that, so I really get that. I understand why people feel that way. I just choose differently. I choose to think a different way and I choose to act in a different way. I choose to trust people until they prove themselves untrustworthy."

"Hope is a discipline," is a sentiment from abolitionist Mariame Kaba. This excerpt comes from her podcast interview with Beyond Prisons, where she introduces listeners to this concept through discussing her experiences organizing as an abolitionist. You can listen to the full conversation [here](#). (CW in the podcast for discussion of sexual assault, abuse, prisons, and violence)






what would change if you began
practicing hope as a discipline
instead of as an emotion?

what are ways you can practice
hope right now?

how can you begin to notice hopeful
feelings in your life more?

The background is an abstract watercolor painting. It features a palette of warm colors: bright yellow, golden orange, and various shades of red and pink. The paint is applied in soft, blended strokes and some more defined, darker patches, creating a textured, ethereal feel. The colors are distributed across the page, with a larger yellow area in the upper right and more red/orange tones towards the left and bottom.

grief + action

the pandemic has brought a lot of grief into all of our lives. many people are mourning the passing of a loved one due to the virus. even if we haven't directly loss someone directly due to the virus, we are all grieving the global affects of this virus.

be gentle with yourself and really make time and space to process that grief - your feelings are valid. we're going to get through to see better times, but in the meantime, make sure to listen to what you need in order to take care of yourself and grieve.

(cw for this section - mention of death)

excerpt from "How 'Anticipatory Grief' May Show Up During the COVID-19 Outbreak" by Sam Dylan Finch for *Healthline*

"While many of us might think of 'grief' as being a response to losing someone we love, grief is actually a much more complex phenomenon.

Grappling with any kind of loss can involve a grief process, even if that loss isn't exactly tangible.

There's a lot to be grieving right now with the recent COVID-19 outbreak.

There's a collective loss of normalcy, and for many of us, we've lost a sense of connection, routine, and certainty about the future. Some of us have already lost jobs and even loved ones.

And most, if not all of us, have a lingering sense that more loss is still to come. That sense of fearful anticipation is called "anticipatory grief," and it can be a doozy.

A mourning process can occur even when we sense that a loss is going to happen, but we don't know exactly what it is yet. We know the world around us will never be the same — but what exactly we've lost and will lose is still largely unknown to us."

how we can grieve:

from Healgrief.org's "Ideas for Coping with Grief"

find support from: faith-based groups, grief support groups, therapists or counselors, and/or community.

take care of yourself by: allowing yourself to grieve, expressing your feelings in a tangible way (such as a memorial), taking care of your physical health, and not judging yourself or allowing others to judge your grieving.

listen to Facing Grief with Openness Self-care and Care for Others podcast from the Radical Self-Care series for more on processing grief.

covid-specific grief resources:

COVID Grief Network provides free 1:1 grief support for young adults (20s-30s) who have lost someone due to COVID-19 or have a loved one ill with COVID-19.

The Mutual Aid Mourning and Healing Project assists people who have lost a loved one during quarantine with free online services (memorials and grief support) from clergy, death midwives, social workers, and /or healers.

“Our grief can open up cracks in the wall of the system. It can pry open spaces of contestation and reconstruction, intervulnerability and strength, empathy and solidarity.”

—Cindy Milstein, in *Rebellious Mourning* anthology



sometimes, turning our grief and emotions into action (without overextending ourselves) can help us process them. in a time of immense turbulence, there is no shortage of ways in which we can use our emotions, ideas, and passions to build a better world for everyone.

some ideas for how to get involved include: donating to a mutual aid fund (such as Sarasota PEACenter COVID Mutual Aid fund), organizing with local activist groups, volunteering with local community organizations, or creating art about the world you envision for the future. this is just a short list; there's so many opportunities around us.

excerpt from "dancedancedance" by Heather Lynn for the *Qurantine Times*

"I go back and forth between feeling totally useless and feeling singularly prepared for these times. Both ways of thinking can be dangerous if I dwell too long. On one hand, I don't have time to indulge that ego-monster part of me that tells me I'm useless. The idea of worth measured in utility is just capitalist nonsense anyway. I remind myself that more important than being useful is being present. I am needed. I am loved. My existence matters to the people in my life. My unique perspective and skill set can contribute. I may wish I could be doing more, but I will do what I can. But on the other hand, it is just as dangerous to believe I can ever be totally prepared. I must be ready to adapt. We are all walking together into the unknown. We are collectively deciding what healing looks like, what is worth protecting, and what we are willing to sacrifice. We are co-creators of a new world, and I need to approach this work with humility and listen to people who are more vulnerable and more experienced than I am. I am an erratic pendulum, swinging wildly between these two extremes of self-doubt and overconfidence. Always in motion, trying to find joy in the dance as much as I can."

***Emergent Strategy: Shaping Change, Changing Worlds* by adrienne maree brown**

"When we are engaged in acts of love, we humans are at our best and most resilient."

- adrienne maree brown

In her book, *Emergent Strategy*, adrienne maree brown teaches readers about emergent Strategy: how small actions and interactions that have a ripple effect on the world. There are many components to Emergent Strategy; one notable one is how we can use nature as our muse in showing us how to work together: every small component of nature becomes larger than itself when everything comes together. Emergence values having several small, strong connections with others ("critical connections") over having many weak ones.

In working towards a better future, we can use these ideas to grow, heal, and change ourselves, and in turn, help others. In *Emergent Strategy*, adrienne talks about how mushrooms take toxins and turn them into food, and how dandelions spread themselves in order to thrive. Right now, we can model ourselves after mushrooms and dandelions, by turning our healed frustrations and grief into action, and spreading our love to our community however we are able to.







**self care,
routines, and
forgiveness**

what is self care?

“Far from self indulgence, self-care is a better way to be engaged.” (3)

“Self care means recognizing when you are doing more than you are used to handling, and trying to figure out what can be done to slow down.” (1)

self care is about nurturing yourself to be the best you can be, it supports your becoming of the person you want to see. we have to start inward, and then move out.

it's doing something for your future self, to benefit and set yourself up for the future. (2)

one way to practice self care is to create routines

when making routines it's important to recognize that there is no ultimate one, it's all about finding what works for you.

it might help to start with a morning or evening routine:

the morning can be a time of quiet, instead of rushing into your day, this is a great place to take a moment and set your intentions for the day. (3)

an evening routine might want to focus on reflection and gratitude, this might be a good place to try journaling or meditating. (3)

you can also build in places for self care throughout the day

some ideas to incorporate include:

journal what's on your mind

whether its reflecting or writing stories, journaling can give you time to think and be quiet with yourself. decorate your own physical journal, or try out the *Daylio* or *Day One* apps.



begin a meditation practice

start with 10 minutes a day of seated, mindful breathing or try out *Calm* or *Headspace's* free features.

try some yoga

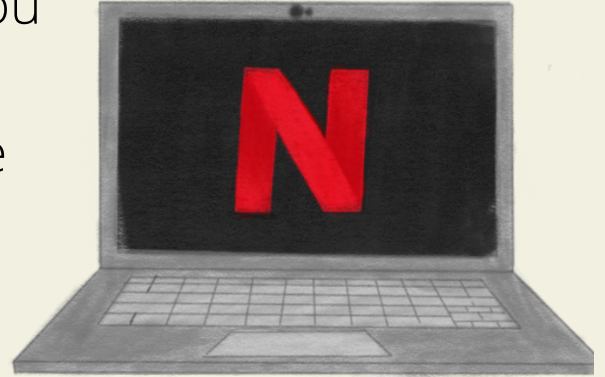
yoga is a great way to connect with your body, release tension, and relax, wherever you're at. check out Yoga with Adriene's *Stress Melt*, Yoga Journal's *30-Minute Yoga Sequence for Total Beginners* with Jessamyn Stanley, and Yoga by Candace's *12 Minute Yoga in Bed to Unwind*, all available on Youtube.

reading

checkout your local library (many have drive-up services if they aren't fully open) or connect your library card to the Libby or Overdrive apps to read ebooks or audiobooks

.watching tv shows or movies

you can utilize Novoflix on campus, or connect to Kanopy through the library. you can also use Netflix Party, or the Airtime app to watch with friends. if you really like film, Letterboxd.com is a great way to keep track of what you've watched.



get creative

embroidery/cross-stitch, sewing, drawing and painting (by number or freehand) are all easy and relaxing ways to be creative. see on the right what New College students have been making the past few months! baking and cooking are also really fun creative skills to develop.

grow something

gardening outside is a great way to use your hands to grow something and spend time outdoors. house plants are relaxing and great for your space.

It's important to carve out time for yourself, to rest, to be creative

“For me, happiness is dependent on circumstances, and joy comes from within” (3)



[clockwise from left: Aina Parfait by Lizzy, @hatsunelizzu on Twitter; Untitled sewing project by Janie Day; Untitled by Kenzie Timms, @ken.zie.s.art on Instagram]

build yourself a toolbox of strategies and routines that you enjoy

ask yourself what is serving you and what isn't; what you need more and less of during this time. focus on simple things you can control, and find small joys throughout the day.

“While we may not be able to do everything, we can do something, and we can adapt and we can always find alternative ways to keep going” (4)

monitor your consumption: be intentional about what you are encountering during the day and how it affects you

take breaks: it is healthy to disconnect, especially from activities that make you anxious or worried.

at the same time be aware of "buffering." buffering is when you do things to distract yourself from how you are feeling (2)

this can come in many forms, a common one you might recognize is scrolling through social media; the sole purpose of these activities is to distract.

learn to sit with your feelings sometimes, even if they are uncomfortable.

self acceptance and forgiving yourself

it might be helpful to consider the "seasons of life" frame of mind. this is the idea that everyone will go through many seasons throughout their life, they are not all meant to be good, some will be difficult and challenging, this is how it is supposed to go, we will have difficult experiences and we will continue through them, this is the way it is for everyone (2)

**we are living through a mass adjustment
period for everyone, it is vital to give
yourself grace.**

it does no good to fixate on what you "should" be doing or how you "should" be feeling

reducing judgement of our thoughts can help manage anxiety that is exacerbated by all the uncertainty during this time, self compassion allows us to move forward


forgive yourself and accept where you are now

**the information in this section were
gathered from these podcasts**

recommended listening for a more in-depth look
at the topics discussed:

- 1) Mini ep: looking after your mental health in isolation + quarantine during COVID-19 from The Psychology Sisters
- 2) Self Care During Quarantine | A Pep Talk for Your Mental Health from Radical Transformation Podcast
- 3) COVID-19: Working Through Those Feelings..., Routine as a Survival Tool, and The Power of Simplicity all from Radical Self-Care series
- 4) Self care 101 tips with R-Train & Big J during #covid19 from R-train Does Life With Big J
- 5) Self-care During Covid-19 Self-care with Esther
- 6) 3 Creative Ways to Practice Self-Care During the COVID-19 Crisis from Private Practice Startup
- 7) How to Manage Anxiety During Social Isolation (covid19) from Depression to Expression Podcast





on and off campus living

advice for on-campus living

both of these situations present challenges of their own;

**no matter where you are, it's important to
cultivate a space that feels like you own
keep this place sacred, protect it**

this can be as simple as a corner of your dorm, different
from where your desk you do work at

take some time outside

find a quiet place to sit and breathe

on campus (and if it is available to you, off campus) I'd
recommend eating outside: sit and enjoy the sun or the
breeze even if it's just for a few minutes


combining gentle physical activity with the outdoors is a
great idea:

walk down to the waterfront to watch the sunset
listen to a podcast or do your class reading in a hammock
under the banyan tree next to HAM

find a place you can return to to sit and be quiet with
yourself



[photos from Mia Sweetland; @sweetlaandph on instagram]



abiding

by Kendall Southworth

seeds fall from the tree beyond the sky
clouds pass and form to catch the wandering eye
lightning cracks and something shifts beneath the sand
as I count the drops falling and trace their patterns as they land
on my skin I draw the lines I've glimpsed in the turning of the tides
and yet still,
I abide

cosmic drifter
tender nymphic shapeshifter,
when will you learn
that the fuse in your bones is meant to burn
I crane my neck to see the passing time
as the rain falls on my restless mind

a lily birthed in the drunkenness of day
blooms in the shadow of the heart

a lover in the arms of the undiscovered
four palms paint the unseen colors
curves of muscle crested like waves
a feast on the flames of the soul ablaze

advice for off-campus living

being away from campus can be really difficult! it's hard to not miss campus at all. I think it's really important to make peace with our feelings of absence, though.

whether you've added some of your dorm decor to where you're staying, or have pictures from New College up on your wall, it can be really nice to have things that remind you of campus.

as with living on campus, it's also really important to make a peaceful space for yourself. even if you can't make that space for yourself physically in where you're staying, because you don't have your own room, for example, that space can be in a local park, or even a really calming memory in your mind.

try to visit this place often + fill it with joy, hope, and peaceful feelings. **sometimes when the world is really chaotic, we have to create our own peace.**

it's can be really hard, but it's important that we make a grounding space for ourselves.

The background is a soft, abstract watercolor wash in warm tones of pink, peach, and light purple. The colors are blended together, creating a textured, painterly effect. The text is centered over this background.

**be gentle with yourself and reach out to
others who may need it**

we all have to take care of each other

The background is a watercolor illustration with warm, abstract shapes in shades of yellow, orange, and pink. The colors are blended and layered, creating a soft, textured effect. The text is centered over this background.

maintaining your mental health

taking care of yourself is important!

but sometimes we can't do it alone. if you're struggling with your emotions, stress, relationships, or just life in general, please reach out to a professional. there's strength in knowing when you need the help of others.

therapy resources:

The Center for Counseling and Wellness at

New College: the CWC offers 1:1, group, and couples therapy, and other resources.

<https://www.ncf.edu/cwc>

Psychology Today's Find a Therapist tool:

<https://www.psychologytoday.com/us/therapists>

National Queer and Trans Therapists of Color Network

<https://www.nqttcn.com>

Black Therapist Network

<https://blacktherapistnetwork.com>

Therapy for Black Girls

<https://therapyforblackgirls.com>

Latinx Therapy

<https://latinxtherapy.com>

Pride Counseling

<https://www.pridecounseling.com>

24/7 hotlines:

National Suicide Prevention Lifeline

Call 1-800-273-8255 or visit www.suicidepreventionlifeline.org

Crisis Text Line

Text HELLO to 741-741 to chat with a Crisis Counselor

Centerstone Florida COVID Careline

Call 941-782-4300 for mental health resources and support.

Suncoast Behavioral Health Mental Health Crisis Line

Call 941-251-5000 for mental health crisis resources.

The Trevor Project

Crisis intervention and mental health resources for for LGBT+ youth: text START to 678-678, call 1-866-488-7386 or visit www.thetrevorproject.org.

Trans Lifeline

Call 877-565-8660 or visit www.translifeline.org

Rape, Abuse, and Incest National Network (RAINN)

Call 800-656-HOPE (4673) or visit www.rainn.org

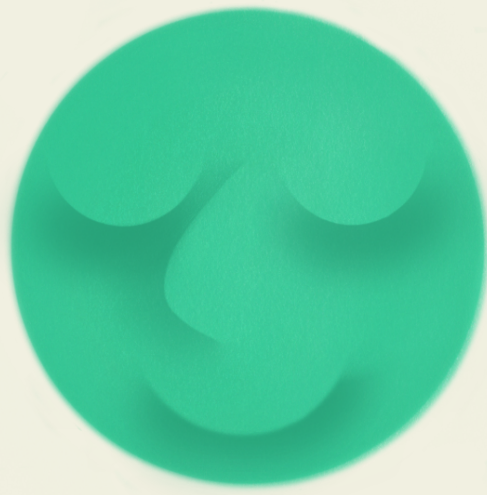
local resources:

NAMI Sarasota : www.namisarasotacounty.org

Mental Health Community Center: www.mhcci.com

Safe Place and Rape Crisis Center: www.sparcc.net

New College CWC (call 941-487-4254 - not a hotline) or Victim's Advocate (text or call 24/7 at 941-504-8599) can help connect you to more resources.



online resources

NAMI Sarasota COVID-19 Resources

<https://namisarasotacounty.org/resources>

National Center for Transgender Equality Resource Pack

<https://transequality.org/covid19/resources>

PsychCentral: DBT Skills in the time of the Coronavirus

(how to radically accept the pandemic and manage distress)

<https://psychcentral.com/lib/using-dbt-skills-in-the-time-of-the-coronavirus>

social media accounts (via instagram)

[@thenapministry](#) - exploring the liberating nature of rest

[@thebodyisnotanapology](#) - movement to cultivate global Radical Self Love and Body Empowerment

[@montereybayaquarium](#) - cute marine animal pictures

[@adriennemareebrown](#) - Black feminist, doula, and author of Emergent Strategy

[@namicommmunicate](#) - illustrated mental health information

[@morganharpernichols](#) - illustrated wisdom from artist, poet, and musician Morgan Harper Nichols

recommended reading


Why You Can't Stand To Be Alone -- and How To Learn To Love It: "At the end of the day, [...] all humans experience feelings of loneliness. And many do so during the times they are physically alone. But it doesn't have to be that way." By Alena Hall for *HuffPost*

The Art of Being Alone: Solitude is nothing to fear. By Jenna Goldsmith through *Medium*

How Quarantine Can Help You Learn to Accept Your Body and Gender Identity: The isolation of quarantine sucks, but mental health experts have tips on how to use alone time to try new ways of seeing yourself. By Naveen Kumar for *Them*

Queer in Quarantine: Connecting to Online Queer Communities: "There are so many ways to stay connected during quarantine, and I encourage people to have some good, old fashioned, gay fun." By Mars for *Public Health Insider*

How to Unplug, Set Boundaries, and Practice Self-Care During Tumultuous Times: Here's how to unplug, unwind, set boundaries, and stay healthy as we fight systemic racism and police brutality. By Taneasha White for *Them* (cw mentions racism, police brutality)



**"When we are engaged in love,
we humans are at our best and
most resilient."**

-adrienne maree brown, Emergent Strategy

watercolors created by Belle Origlio
drawings (unless otherwise credited) created by Madi Markham