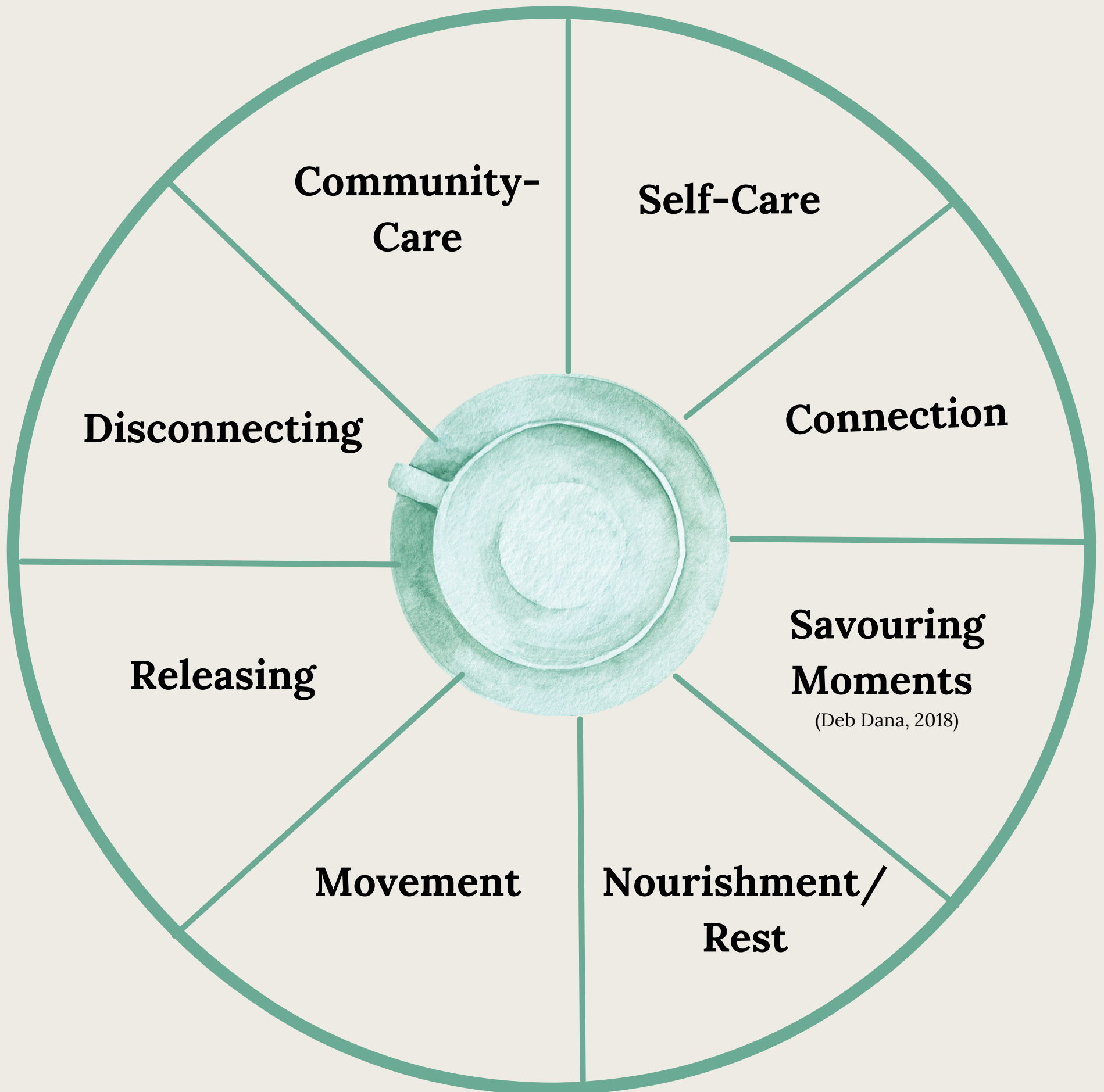


WHAT FILLS YOUR CUP BACK UP?



WHAT CAN THIS LOOK LIKE?

These interpretations are just one of many, from a survivor-centric- intersectional and holistic feminist perspective

Self-Care Anything that makes you feel protected, cared for, excited, soothed, don't judge what you like and need, accept it with curiosity & love

Community Care Asking for and receiving resources, tools, space, time and acknowledgement, seeking justice and to be seen/heard

Connection What makes you feel in tune with yourself or others? How does that happen? Are there boundaries that need to be set?

Disconnection What helps things stop or melt into the background, just for a bit?

Releasing What do I do with my grief? or my pain? How do I give it space? and how do I honour these feelings and make meaning of them?

Savouring What is a moment I am proud of? When did someone show up for me? When did I feel powerful or authentic? When did I feel valued?

Movement What feels good for my body? not for anyone else. Can I go outside? or can I sit at a window and be with nature?

Nourishment/Rest What helps my roots stay strong? When can I rest? What does my rest look like?

THIS WEEK MY CUP & I NEED ...



Andrea's Cup:

Take my breaks at my full-time job- encourage my
fam/friends to call me and encourage my breaks
Listen to my body, when it tells me to stop and rest.
Ask my Mom to make me some Jamaican food to nourish
me

I am going to sleep and put my phone away, out of the
room

Connect with my friends who I haven't spoken to in a while

Viktória's Cup:

Hydrating in ways that meet me where I am at
Rest in the evenings with tv and art
Savour moments with MOTHS on Sunday Night
Group & Journal or capture those feelings
Tell my fam/friends how much I love them, daily
Read books/poems instead of scrolling on instagram
Sing in my language during my work breaks



THIS WEEK MY CUP & I NEED TO...



Your Cup:



Adapted from our MOTHS program 2022

Written and Offered by: Viktória Belle (she/her) Thanks for sharing your cup with us Andrea and Thank you to all the MOTHS participants & You, survivor.