

## Hope Self-Care Guide

### What is *Hope*?

*Hope* is a film directed by Kirsty Housley and co-created with Clean Break Member Artists. It follows Natasha, Nicole, Carina and Michelle as they explore what hope means to them, and how to hold on to it during times of adversity.

The film is a lyrical documentary, interweaving personal stories, reflections, poetry and movement, with sections self-filmed and scripted by the cast. The result is an intimate portrait of four women, as well as the power of their bonds to each other and their communities.

### What does 'Self-Care' mean?

The concept of self-care comes from the Black Feminist movement. Self-care is important because it's about recognising that we experience discrimination and oppression because of how others react to who we are, or what we've experienced. Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.

*"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."* - Audre Lorde, a Black Feminist and pioneer of self-care.

### Why Self-Care?

*Hope* might be challenging to engage with, especially if you are affected by the content. This guide will help you look after yourself whilst you're watching the film.

This guide includes:

1. Content Warnings
2. Self-Care Suggestions
3. Helplines and Support
5. Further reading and resources about self-care

### Content Warnings

The film has an age rating of 12 and includes some swear words.

This play contains mentions of:

- Substance abuse and alcohol misuse
- Domestic violence
- Suicide
- Self-harm
- Depression and mental ill health

## Self-Care Suggestions

Watch with someone

Ask a friend or someone you trust to watch the play with you.

Talk to someone

If you find the content in *Hope* distressing try talking to someone you trust or contacting one of the organisations we listed above.

Check the content warnings

This will help you prepare for any difficult bits or decide if the film is right for you.

Breathe

Breathing is a great way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, exhaling for four seconds and holding again. Repeat this for as long as you need.

Try a Grounding Exercise

Grounding exercises are things you can do to bring yourself into contact with the present moment to relieve distress. There are many ways you can do this:

1. Notice five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
2. Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
3. Wash your hands, have a shower or drink some water.

Find some nature

Look out of the window or go for a walk if you can, experiencing nature can be beneficial to our wellbeing and help us feel grounded.

Know if you need to step away

There is nothing wrong with deciding this isn't for you or it's too much. Walk away or turn it off, do what feels right for you.

## Helplines and Support

Contact – offers support and resources to families of disabled children.

[contact.org.uk](http://contact.org.uk)

0808 808 3555

Gingerbread – offers advice, support and community to single parents and campaigns to influence governmental policy on their behalf.

[Gingerbread.org.uk](http://Gingerbread.org.uk)

0808 802 0925

Refuge – offers support, guidance, and routes to refuge for women experiencing domestic violence.

[refuge.org.uk](http://refuge.org.uk)

0808 2000 247

Samaritans - provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

[samaritans.org](http://samaritans.org)

08457 90 90 90

Unlock - provides a voice and support for people who are facing stigma and obstacles because of their criminal record.

[unlock.org.uk](http://unlock.org.uk)

We are with you – free, confidential support with alcohol, drugs or mental health.

[wearewithyou.org.uk](http://wearewithyou.org.uk)

Women in Prison - supports women affected by the criminal justice system and campaigns to end the harm caused to women, their families and our communities by imprisonment.

[womeninprison.org.uk](http://womeninprison.org.uk)

020 7359 6674

## Further reading and resources about self-care

This guide takes inspiration from [20 Stories High](#) and [The Survivor's Trust](#).

[London Survivors Gateway self care guide](#) - this guide has been written for people who have experienced sexual violence, but it includes lots of helpful self-care tips which could be useful for anyone.

[Anna Freud Self Help Hub](#) - this resource hub has been created for young people, but it contains lots of self-help tips and suggestions which anyone could find useful.