

# Clean Break Film Festival

## Self-Care Guide

### What is Clean Break's Film Festival?

Clean Break's first online film festival celebrates the intersection of film and theatre. The festival will run from 23 September to 6 October, and will be hosted on our Knowledge Hub, which has been developed with the support of Bloomberg Philanthropies Digital Accelerator Programme.

Clean Break is excited to showcase short films which raise difficult questions, inspire debate, and help to effect profound and positive change in the lives of people who are criminalised, or who are at risk.

Discover a diverse and gripping programme, from a talented selection of filmmakers. We are proud to share authentic stories of struggle, survival and healing from a range of unique perspectives.

### 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?

Some of the themes in the films might be challenging to engage with, especially if you are personally affected by the content. This guide will help you look after yourself whilst you're watching.

This guide includes:

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

## Content Notices

You will find content notices for each film on the film's page on our Knowledge Hub. Examples of the potentially challenging themes in some of the films are:

- Criminalisation and prison
- Difficult family relationships including motherhood
- Gender based violence / sexual violence
- Racism
- Homelessness
- Bereavement

If you think you might find any of these themes activating, we recommend reading the content notices of each film before watching. While the films do contain some hard-hitting themes, they are also beautiful examples of storytelling, hope and community.

## Self-Care Suggestions

### Watch with someone

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

### Talk to someone

If you find the content 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

**Rape & Sexual Abuse Support Line** – a free, specialist helpline for anyone who has experience sexual violence, no matter when.

[Rapecrisis.org.uk](http://Rapecrisis.org.uk) | 0808 500 2222

**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

**Shelter** – supporting people experiencing homelessness or housing issues.

[shelter.org.uk](http://shelter.org.uk) | 0808 800 4444

**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.



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