

ECOLOGY OF CARE

Short declaration of self-care

How to care for myself when exposing myself to media news?

An artistic exploration

WHAT

A **short declaration of self-care** contains 17 practical recommendations of self-care responding to the question of “How to care for myself when exposing myself to media news?”. It claims that current public media news is archaic and pretend to deliver information in a non-innovative form. We bring into question the general (mis) connection that bad news entertainment is the only way to be well informed about what is going on in the world around us. We all dare to know about the others. We wish information to bring us closer together, not to re-traumatize us emotionally and physically. We wish to bridge ignorance into compassion as well as be exposed to co-intelligent solutions to problems.

HOW

Two groups of together 15 participants met each three times. First, we watched three news media clips from April 2020. We observed the impact of news watching on our bodies. We further observed what languages and body languages are being used. We observed with our senses how information is being presented to us. In our second meeting we did a dialogue circle by David Bohm to speak about when we notice caring for ourselves when reaching out (e.g via media watching) to others. Susanne then took the findings and translated them visually. In our third round of meetings we collectively decided what aesthetic shape our findings should take to share with a wider audience. We decided that an animation film would be the right format.

WHO

All findings emerged from a series of conversations between Vance Wing-sze Lau, Ally Law, Lim Paik Yin, Cheryl Hoffmann, Pierre Golbach, Pia Lanzinger, Kathrin Wildner, Angela Dressler, Niamh DeLoughry, Kevin Flanagan, Michelle Browne, Aine Ryan, Vivien Leung, Susanne Bosch and Mónica Núñez Laiseca in May 2020.

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