

QUIRK  BOOKS

Presents

Easy Self-Care Tips

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The background of the entire page is a solid purple color. Overlaid on this background are numerous white, hand-drawn style wavy lines. These lines are arranged in vertical columns, with each column containing several parallel wavy lines of varying lengths and amplitudes, creating a textured, rhythmic pattern.

LET'S FACE IT: whether you're going to work at a hospital or grocery store or cooped up at home, your mental and physical health has probably taken a major hit. It's easy to neglect ourselves in favor of our work and social obligations, whether you're making masks, checking in on your friends and neighbors, or trying to juggle work and childcare. And it's all too easy to lose hours endlessly scrolling on our phones and focusing on the terrible news. Everything that's going on matters, but you do too. Caring for the whole you—your body, mind, and heart—matters. That's where this sampler comes in. The tips and tricks within—from witch calisthenics to cocktail recipes to journaling prompts—are easy, cheap or free, and fun. Best of all? They can be done within the comfort of your home.

Make a Self-Care Plan

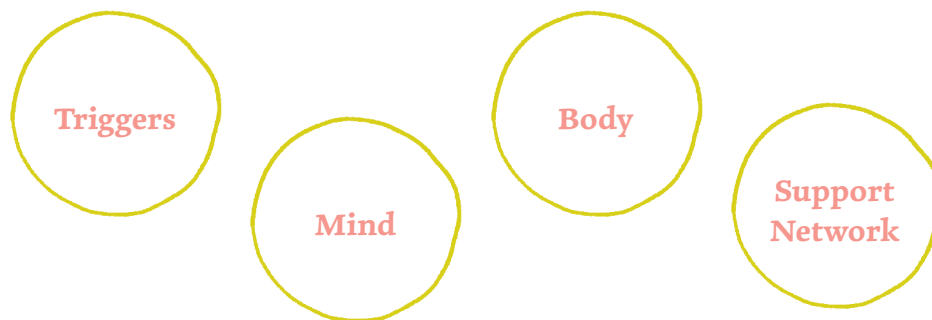
ADAPTED FROM *GIRLS RESIST!* BY KAELYN RICH

It's easy to admit that you're in need of a little self-care. It's harder to know what to actually *do* about it. That's where making a plan comes in.

Making a plan for self-care forces you to think about specific strategies and how to achieve them, not just wave the concept off with a "Yeah, I'll sleep eventually." (Hint: "eventually" will never come.) Self-care will feel less nebulous and more achievable if you start with the strategy, not the tactic. The goal is to get you feeling fresh and ready to tackle whatever life throws at you. The target is you. Your strategies depend on what helps you relax and what resources you have. Your resources may be time, family, friends, media, money, or your cozy bed. Then figure out what to do by making a plan.

START WITH A MIND MAP

Start by drawing four circles and label them **TRIGGERS**, **MIND**, **BODY**, and **SUPPORT NETWORK**.



TRIGGERS First we'll start with what makes you feel bad. What gets under your skin, makes you seethe with rage, feel scared or afraid? Write them around the triggers circle. Now let's identify what makes you feel good! What are the activities that help you relax, chill out, or unwind? Separate these into the **MIND** and **BODY** circles.

MIND ACTIVITIES nourish your mental and emotional health: reading a book, watching a movie, playing a game on your phone, or listening to music.

BODY ACTIVITIES nourish your body: yoga, walking a dog, painting your nails, making a cup of fancy tea, or even straight-up sleeping.

SUPPORT NETWORK is made up of people to whom you can go for advice: teachers, friends, family members, coaches, clergy leaders, bosses, your cat. (Cats are people, too.) Remember that different people provide different support. Write these people around the **SUPPORT NETWORK** circle.



Now, look at your plan: Do you see a lack of support or activities that take care of your mental or physical health? What can you do in those areas? What people or communities can you connect with? Write down what you can do to improve those areas. Then put your self-care plan somewhere you can look at it regularly. If you don't accomplish these goals all the time, it's fine. Self-care shouldn't be an additional stressor—if it is, then don't do that particular strategy. Reach out to your support network. Schedule a video chat with a friend. Call a hotline. Everyone struggles. You are not alone. And you certainly don't have to figure it out all by yourself.

How to Care for Your Future Self

ADAPTED FROM BASIC WITCHES BY JAYA SAXENA AND JESS ZIMMERMAN

Self-care can be as easy as turning on the TV, as long as you do it with intention. This ritual for a relaxing Netflix binge will help you unwind; the trick is to let yourself enjoy it without guilt!

Witches are allowed to relax, and watching endless episodes of TV is a fine way to do it. Use this ritual to help cast off your guilt and give yourself permission to go deep.

What You'll Need:

**THE BIGGEST BLANKET
YOU CAN FIND**

YOUR FAVORITE SNACK

**YOUR FAVORITE STREAMING
SERVICE, READY TO WATCH**

Good television and movies are a conduit to other worlds, experiences, and lives: a fictional little boy with superpowers, or a lonely teenage girl, or a rich family a thousand miles away. Immersing yourself in their universe via Netflix binge can transport you not only mentally, but also emotionally. There is also catharsis in watching bad television, which can provide the healing magic of putting yourself not just elsewhere, but nowhere. Because although spells and witchcraft may be all about stimulating the brain, sometimes you just want your brain to turn off.

The trick, however, is to watch without judgment. Society puts so much pressure on us to be constantly productive—even our time to ourselves is supposed to be mentally or physically stimulating. A ritual is the perfect way to create the accepting space needed for this ultimate disappearing act.

Sit cross-legged and throw the blanket over your head, so your whole body is completely covered. Close your

eyes, and envision the blanket slowly turning into a warm, golden ball of light. Then begin to hum, imagining all your stress, guilt, or other concerns emanating from your body and into the golden ball, where they break apart and disappear.

As the stress leaves your body, envision the golden light entering, filling you up and making every cell radiate. Take stock of your emotions: Would a sad movie make you feel sadder, or do you want to revel in those feelings? Do you want the comfort of watching a show you've seen a dozen times, or are you ready to try something new?

When you feel like you have a good sense of what you want to watch, emerge from the blanket, and take a bite of your snack. You are now ready to start watching.



Cheap and Easy Self-Care Ideas

ADAPTED FROM [GIRLS RESIST!](#) BY KAELYN RICH

How do you engage in self-care when you have limited time, money, and supplies? It's easy! These simple self-care hacks are cheap or free, and most can be done with limited materials or none at all.

GO PLAY: Channel your inner child. Color an adult coloring book (or a kid one), build a Lego kit, make glitter slime, do a puzzle, go swing! Got a small kid (or a pet) in your life? Play with them!

GET STREAMING: Basic subscriptions to many popular streaming services like Hulu and Netflix cost under \$10, and many offer free trials. You can also find a lot of free (and legal) movies on YouTube.

READ A GOOD BOOK: Reading a good book is both relaxing and engaging. Although many libraries are closed, some are still lending out e-books, plus many have cool digital archives you can explore at will. Certain independent bookstores are fulfilling online orders as well. If none of those options are available, you can always curl up with an old favorite.

CREATE A STRESS-FREE ZONE: Have a DIY relaxation experience. Light a candle or incense, or use essential oils or your favorite cologne. Turn on relaxing music. Then do whatever feels good. Dancing, yoga, stretching, or just being perfectly still.

ENGAGE WITH NATURE: If you can do so safely, taking a walk in nature will get your body moving and help your brain clear away negativity. If that's not an option, hanging out by an open window, cultivating your houseplants, or even just playing nature sounds can help you unwind.

SCRUB-A-DUB-DUB: A shower or bath can be the perfect thing when you need to literally strip down and just be with yourself. This is also a great time to wiggle around to some music or do a mini-meditation.

UNPLUG TOTALLY: Most of us don't even realize how attached we are to our devices. If it doesn't cause you too much anxiety, try turning off your phone and all electronics for an hour, a day, or more. It'll be weird at first, but you'll probably feel more connected to yourself and what you actually want and need in your life.

TAKE A NAP: #sleeptight

Treat Yourself to Brunch This Weekend

CAN'T GO OUT FOR BRUNCH? No problem!

These delicious recipes will help you achieve the perfect brunch at home. The best part? When you eat at home in sweatpants, you never have to surreptitiously loosen your belt buckle.

Shakshuka

EXCERPTED FROM *BREAKFAST FOR DINNER*
BY LINDSAY LANDIS & TAYLOR HACKBARTH

MAKES 3 TO 4 SERVINGS | TOTAL TIME: 45 MINUTES

Pronounced *shak-SHOOK-a* and meaning “all mixed up” in Hebrew, shakshuka is a traditional Middle Eastern breakfast of eggs poached in a thick, richly spiced tomato sauce. It’s a one-dish wonder of a dinner: quick to prepare and completely satisfying.

2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

1 MEDIUM YELLOW ONION, CHOPPED

2 MILD PEPPERS (SUCH AS ANAHEIM), SEEDED AND CHOPPED

1 JALAPEÑO, SEEDED AND FINELY CHOPPED

1 (28-OUNCE) CAN DICED TOMATOES, WITH THEIR JUICES

½ CUP VEGETABLE BROTH

1 TEASPOON GROUND CUMIN

1 TEASPOON SMOKED PAPRIKA

½ TEASPOON DRIED OREGANO

½ TEASPOON SALT

¼ TEASPOON FRESHLY GROUND BLACK PEPPER

6 TO 8 MEDIUM OR LARGE EGGS

2 TABLESPOONS CHOPPED FLAT-LEAF PARSLEY

¼ CUP CRUMBLED FETA CHEESE

WARM PITA BREAD OR BAGUETTE,* FOR SERVING

*PITA IS TRADITIONAL, BUT ANY STURDY, CRUSTY BREAD WILL DO.

1. In a large, deep skillet, heat oil over medium-high heat. Add onions, peppers, and jalapeños and cook until softened and beginning to brown, about 7 minutes. Add tomatoes with their juices, vegetable broth, cumin, smoked paprika, oregano, salt, and pepper; lower heat and simmer for 20 to 22 minutes, or until thickened.
2. Crack eggs on top of sauce; cover and cook for 6 to 8 minutes, or until whites are set and yolks are thick but runny (if you like firmer yolks, cook for 1 to 2 minutes more). Sprinkle parsley and feta cheese over top and serve with warm bread.

Serve shakshuka family-style with lots of toasty pita bread for soaking up the sauce.



Classic Bloody Mary

EXCERPTED FROM SUMMER COCKTAILS BY MARIA DEL MAR SACASA

SERVES 1

Hangovers happen, and cures for them have been peddled and promoted for as long as the perpetrator has existed. Magic cures, potions, rituals—whatever the antidote is purported to be, the Bloody Mary has withstood the test of time as the companion to that morning misery. This version is a stepping stone. Add and subtract condiments to suit your palate and, if you're smart, make a pitcher a day ahead to avoid fumbling for the ingredients in the morning.

SALT RIM

½ LIME

2 TABLESPOONS COARSE
SALT, SUCH AS MALDON
SEA SALT, CRUSHED

2 TEASPOONS FRESHLY
GROUND BLACK PEPPER

1 TEASPOON CELERY
SALT, OPTIONAL

COCKTAIL

¾ CUP V8, CHILLED

2 TABLESPOONS CLAM
JUICE, CHILLED

2 TABLESPOONS FRESHLY
GRATED HORSERADISH

1 TABLESPOON LEMON JUICE

1 TABLESPOON LIME JUICE

2 TEASPOONS
WORCESTERSHIRE SAUCE

2 TEASPOONS HOT SAUCE

2 OUNCES GIN OR VODKA

ICE CUBES

ACCOMPANIMENTS

CELERY STALKS

STUFFED OLIVES

1 PIECE SCALLOP CEVICHE,
SKEWERED

BEER CHASER (OPTIONAL)

Zest the ½ lime and then cut it in half. In a small saucer, combine salt, pepper, celery salt, and lime zest, rubbing zest into mixture with fingertips. Run a lime wedge along the rim of a chilled highball glass. Dip rim into salt mixture and set glass aside.

In a shaker, stir together all cocktail ingredients to combine. Taste and adjust seasoning as necessary. Fill the prepared highball glass with ice, add drink, and garnish as desired with celery, olives, or scallop skewer. If desired, serve with a beer chaser.

Variation: The Quite Contrary

For the salt rim, omit the celery salt and, optionally, substitute chile pequín for the black pepper. Pulse 1 small diced tomatillo with 2 tablespoons fresh chilled orange juice and 2 tablespoons lime juice in a blender until tomatillo is completely blended. Strain into a shaker and stir in 6 tablespoons V8, 2 teaspoons Maggi seasoning sauce or Worcestershire sauce, 2 teaspoons sriracha, and 2 ounces sake. Fill the prepared highball glass with ice, add drink, and garnish with carrot and cucumber sticks. If desired, serve with a beer chaser.



Iced Coffee

EXCERPTED FROM SUMMER COCKTAILS BY MARIA DEL MAR SACASA

SERVES 1

A hangover's most distinguishing symptom is thirst. For this, the best antidotes are water, soda, electrolytes, more water, juice, hair of the dog cocktails—naturally—and, for the caffeine lovers, iced coffee. No hot coffee for me during the summer, thank you. Use lots of ice and, if you like, a splash of booze to help you get on with your day.

1 CUP FRESHLY BREWED
STRONG COFFEE, COOLED
BROWN SUGAR OR SIMPLE
SYRUP, TO TASTE
MILK, HALF-AND-HALF, HEAVY
CREAM, OR SWEETENED
CONDENSED MILK, TO TASTE
2 OUNCES BAILEYS OR
KAHLÚA, IF DESIRED
ICE

Stir together coffee, sugar or syrup, milk, and liquor (if using) in a tall glass. Add ice and stir to chill. Serve immediately.



Witchy Workout Moves

ADAPTED FROM BASIC WITCHES
BY JAYA SAXENA AND JESS ZIMMERMAN

Bored of yoga and the treadmill? These witchy calisthenics will add a magical twist to your daily exercise routine. You'll feel powerful surging through these moves.

1. **STIRRING THE CAULDRON** While standing, hold your arms straight out to your sides and rotate your hands in small circles, first forward and then backward.
2. **RAISING THE DEAD** Lie on your back with knees bent and use your core muscles to lift your shoulders off the floor. Keep your feet flat on the ground and your eyes on the ceiling. Repeat.
3. **LIGHT AS A FEATHER, STIFF AS A BOARD** Lie on your stomach. Keeping your body in a straight line, support yourself on your hands and toes. Your hands should be directly under your shoulders.
4. **THE BROOMSTICK** Stand with feet parallel and shoulder width apart. Bend your knees as close to 90 degrees as possible, pushing your hands out in front of you and your butt in the opposite direction. Straighten your legs and repeat.
5. **THE FLYING MONKEY** Stand with feet 4 to 5 feet apart, and rotate one foot out. Turn your torso to face that side, and bend the front knee to a 90-degree angle. Don't let your knee go past your foot. Repeat on both sides.
6. **POSSESSION** Lie facedown on the ground, then lift your shoulders, arms, and legs as far as you can. Lower and repeat.



The Power of Journaling

ADAPTED FROM *GIRLS RESIST!* BY KAELYN RICH

All you need for this exercise is a pen and paper. But be sure to leave your internal filter behind! When journaling, you should let it all hang out—the good, the bad, and the ugly. Then, leave it on the page and walk away. You'll feel light as a feather.

Journaling is the process of recording your daily thoughts, feels, doodles, or whatever. It can help you process and reflect, and it creates a record of your progress over time. If you're holding on to a lot of anxiety and bad mood stuff, write it out. Don't edit yourself. Just note down all the positive things in your life, however small. Remember that we can hold the good and the bad in our hearts at the same time. Sometimes we just forget about the good.

Journaling doesn't have to be a physical diary or even handwritten. It can be typed in a Word doc or on Tumblr or a blog. It can be text or drawings or poems or collages or anything that helps you get thoughts out of your head. Here are some ideas to get you started.

GOLD STAR CHECKLIST: You know how little kids get star stickers to track good behavior? Make a grown-up version. List all the stuff you did in a day, big and small, and do that every day (or every week). It'll help you focus on everything you are doing well instead of the things you still need to do. What did you do today that warrants a gold star?

*Did you eat
breakfast?
Gold star!*

*Did you
organize
a rally?
Gold star!*

*Did you
finish your
homework?
Gold star!*

*Did you take
down the
patriarchy?
Gold star!*

PROMPTS: Ask yourself a self-care question and write about it:

- What is my favorite thing about myself?
- What does my ideal world look like and feel like?
- I am grateful for . . .
- My happiest moment this week was . . .
- I was inspired today by . . .

CREATE A TRACKER: Make a section in your journal to track how often you accomplish your self-care goals. You'll be more likely to hold yourself accountable if you have to check something off, and this helps keep track of what's going on with your self-care habits.

THANK YOU, ME: Write a thank-you note to . . . yourself! Thank you for all the things you do for you, every day: for your own safety, health, well-being, and benefit. Nobody takes care of you like you do!

A Spell to Keep Going

ADAPTED FROM *BASIC WITCHES* BY JAYA SAXENA AND JESS ZIMMERMAN

When every day feels the same, just getting out of bed and going through your daily routine—*again*—can be the hardest thing of all. This spell to keep going will help you find peace in the moment, even when the future is uncertain.

Traditional witches and sorcerers might tell the future, or scry, by peering into a body of water, a bowl of ink, or—you guessed it—a crystal ball, but you can use anything you have on hand.

WHAT YOU'LL NEED:

A SMALL, HANDHELD REFLECTIVE SURFACE, SUCH AS A MIRROR OR A CELL PHONE

We all have times when the future seems overwhelmingly difficult, meaningless, or fraught with peril. These are times to call on your coven, to care for yourself and the people you love. But they're also times when magic can remind you that all is never lost. (Some, maybe! Lots, even! But not all.)

Even when you can't choose your future, you can choose how you react to it: Dread or anticipation? Galvanization or despair? When fear and anxiety keep you from clearly seeing what needs to be done and what's on the horizon, this spell will help you focus.

While standing, stare at your reflection in the reflective surface and let your eyes relax until your vision blurs. Say aloud:

*The future is dark
The future holds fright
Show me my solid ground
Show me my light*

Continue looking at your reflection and relaxing your eyes, imagining that you are looking at a dense cloud or fog bank. This is your anxiety and despair, clouding your vision.

Think of one single, simple concrete action you can take to help things go right (or at least less wrong). It should be simple: instead of "apply for jobs," think "send one cover letter"; instead of "pack up the apartment," think "put my dishes in a box." Look down, moving your scrying surface with your gaze so that it stays in front of your eyes. Picture a cairn of rocks jutting up through the fog. This is your simple concrete action, your solid ground.

Next, think of one thing, however small, that you're looking forward to. It can be soon or far off, big or small: a movie with a friend, this Sunday's crossword puzzle, your afternoon snack. Look up, moving the scrying surface with your gaze so that it stays in front of your eyes. Picture a star burning through the fog. This is your light, your reminder that the future holds at least one promise.

Close your eyes and stand for a moment with your feet solidly planted, feeling warmed by the light. The spell is done, but you can repeat it anytime you feel overwhelmed.



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