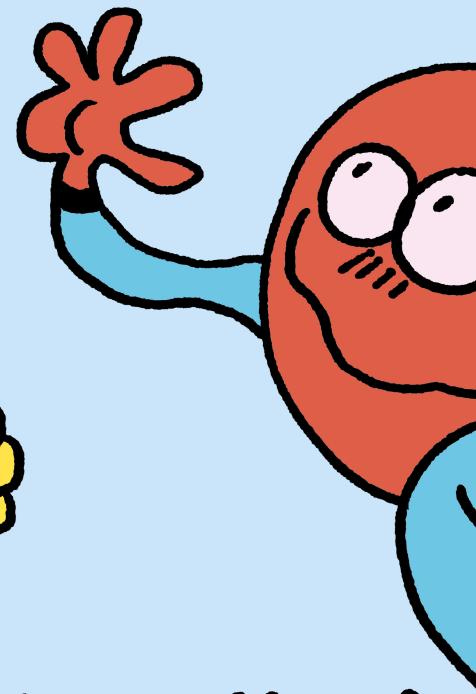
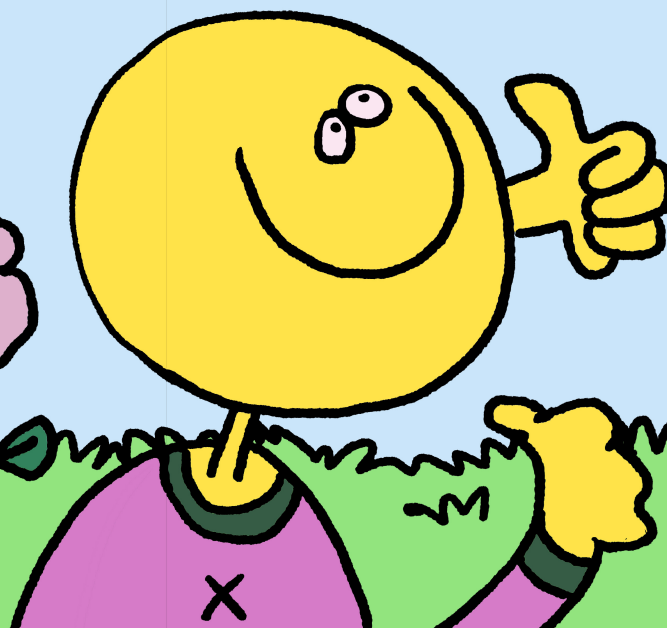
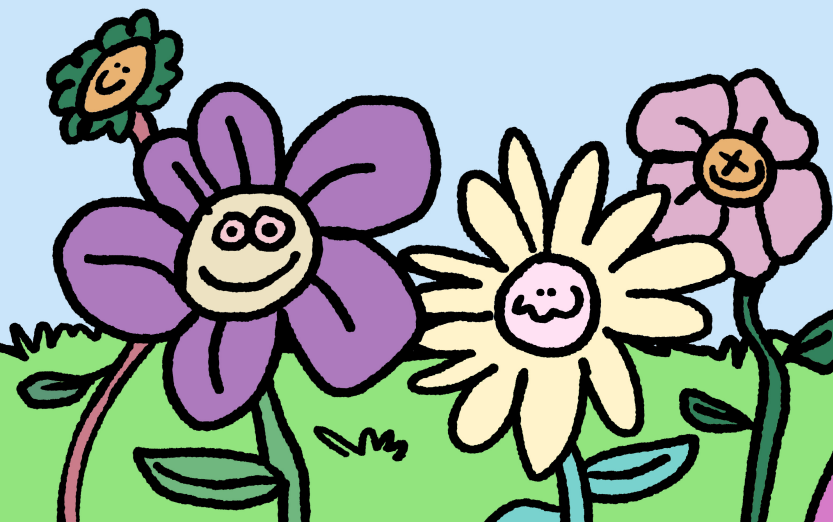


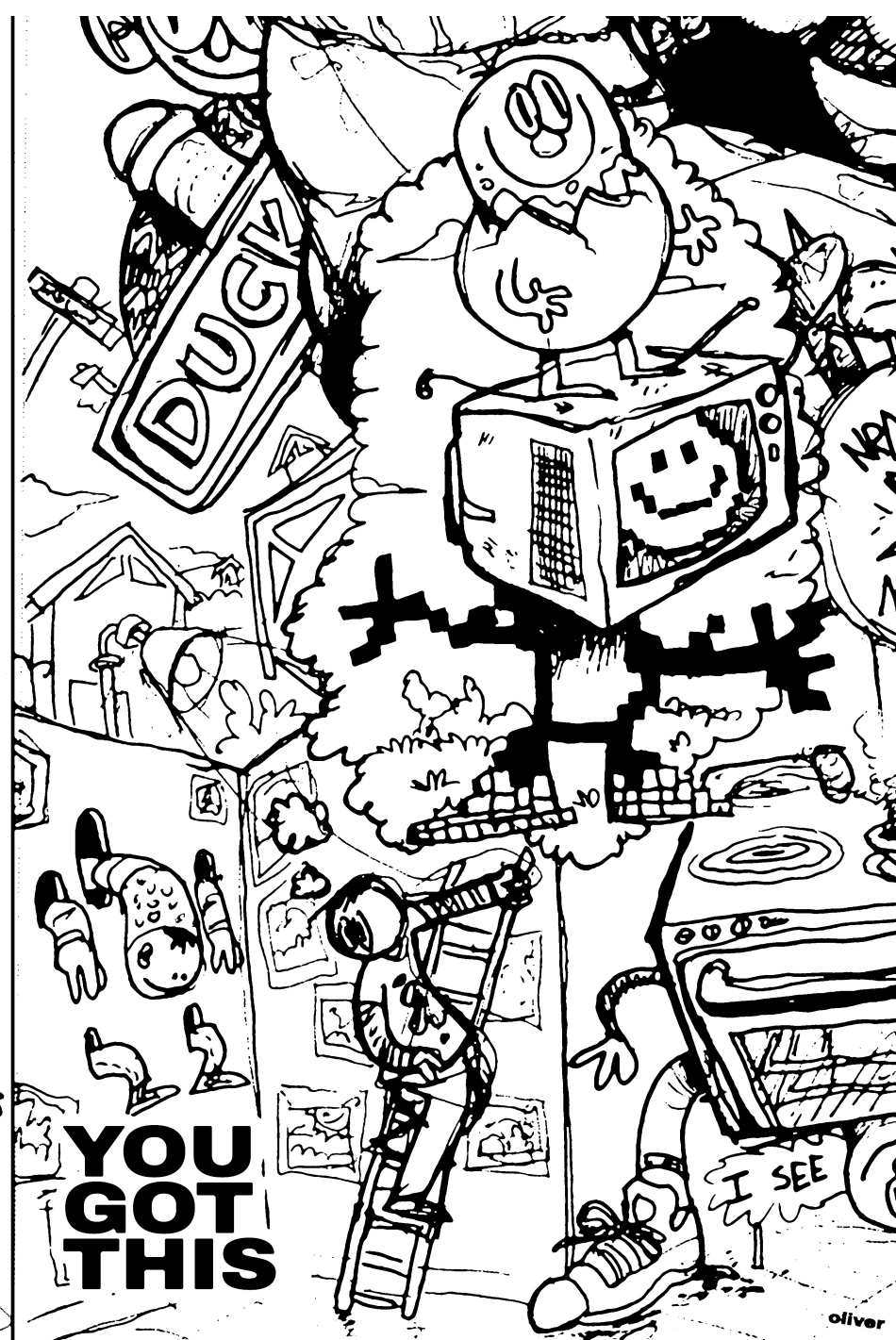
RADICAL REDESIGN
SPRING 2022

COLORING
CARE



TIPS FOR CARE PRACTICES

- FITS YOUR CIRCUMSTANCE
- DON'T BEAT YOURSELF UP FOR MISSING IT
- DON'T TAKE ON WHAT YOU CAN'T HANDLE
- NO COMPARING PRACTICES, WE ALL HAVE DIFFERENT SITUATIONS
- DON'T PUT TOO MUCH PRESSURE ON YOURSELF
- TAKE YOUR TIME
- MAKE ~~YOUR~~ YOUR WELLBEING A PRIORITY
- RESPECT YOUR SURROUNDINGS
- BE OPEN TO CHANGE/ADJUSTMENTS
- HAVING A SUPPORT ~~SYSTEM~~ SYSTEM, ENCOURAGES YOU
- COMMIT TO IT!
- ENJOY IT
- REFLECT ON WHAT WORKS, WHAT DOESN'T
- CREATE A SOLID SCHEDULE, A TIME THAT WORKS IN YOUR DAY
- PLAN FOR IT
- FIND WHAT WORKS



Take a slow, deep breath

*Inspired by self care practice
by Jasmine Sun*



*Take a pause,
slow down,
and get inner peace.*



Reflect
on
Yourself

GOOD
DAYS

WRITING

CHALLENGE

Inspired

By

Jason
Muñoz

MEDITATION

BECOME AWARE!



BE
OUTSIDE

MAKE DATIME!

BE
PATIENT

THINK!

BE PRESENT

GO

4

WALK

GET SPACE

Socialize in a
clear head space.
Engage in low stress
activities.

What helps you
relax?

Draw yourself!



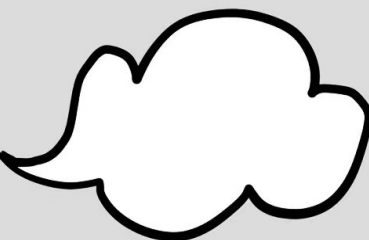
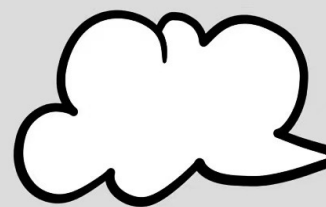
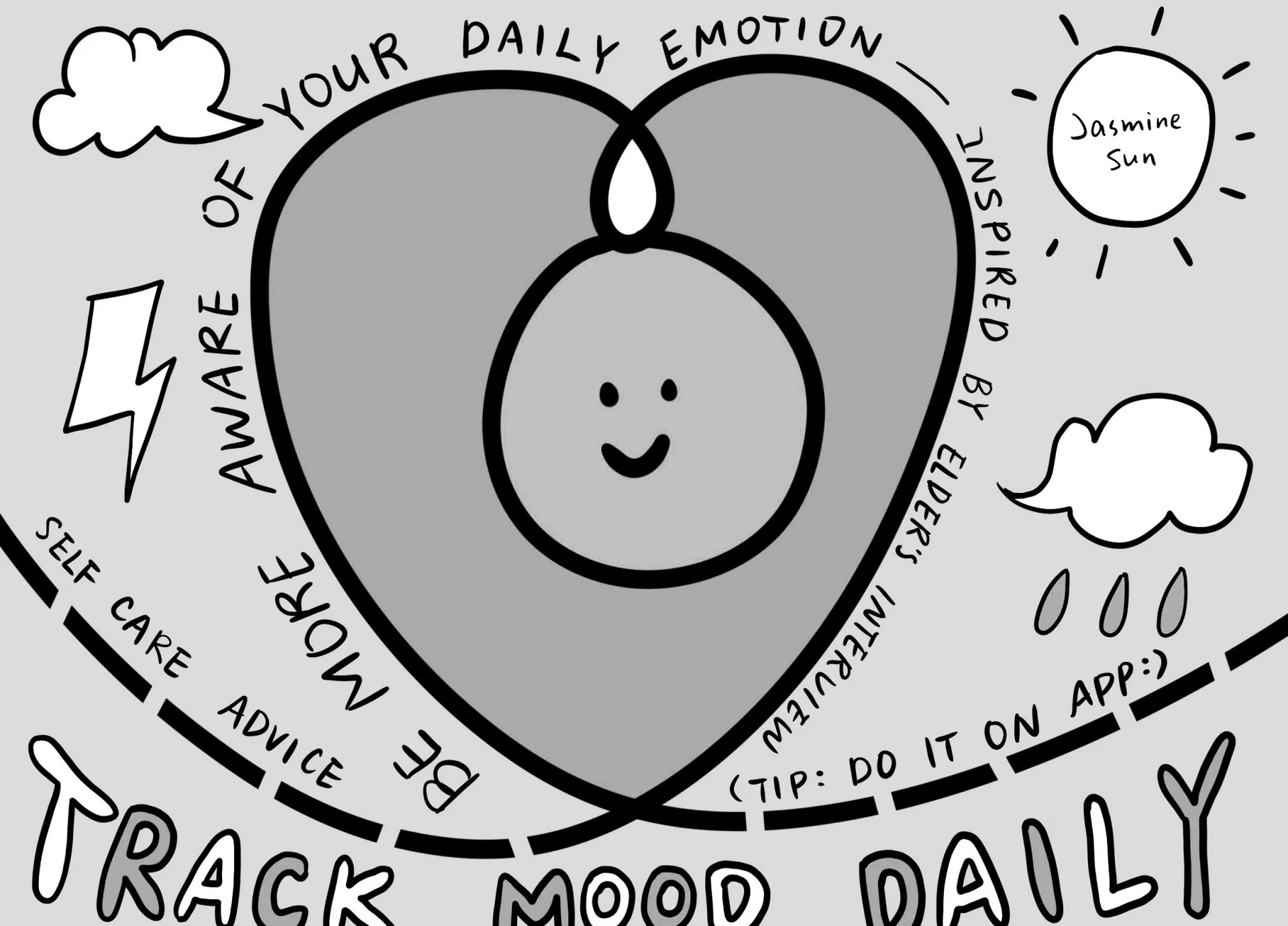
FIND YOUR OWN

SUPPORT SYSTEM!



BY: JILLIAN Ikehara; INSPIRED BY SELF-CARE + SUPPORT

THEY WILL HELP YOU TO STAY ON TRACK!



TRACK MOOD DAILY

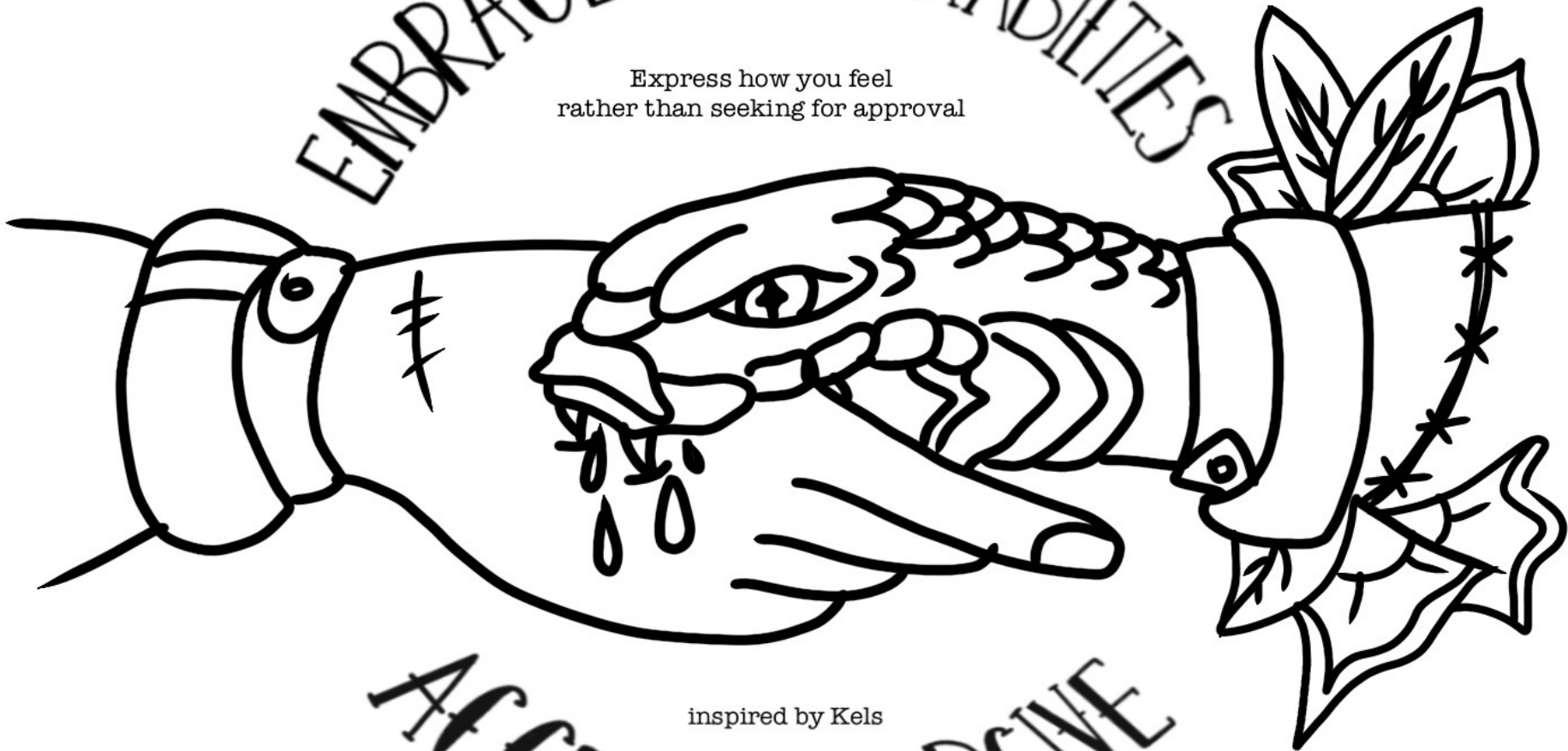
AWARE OF YOUR DAILY EMOTION

INSPIRED BY ELDER'S INTERVIEW
(TIP: DO IT ON APP :)

BE MORE SELF CARE ADVICE

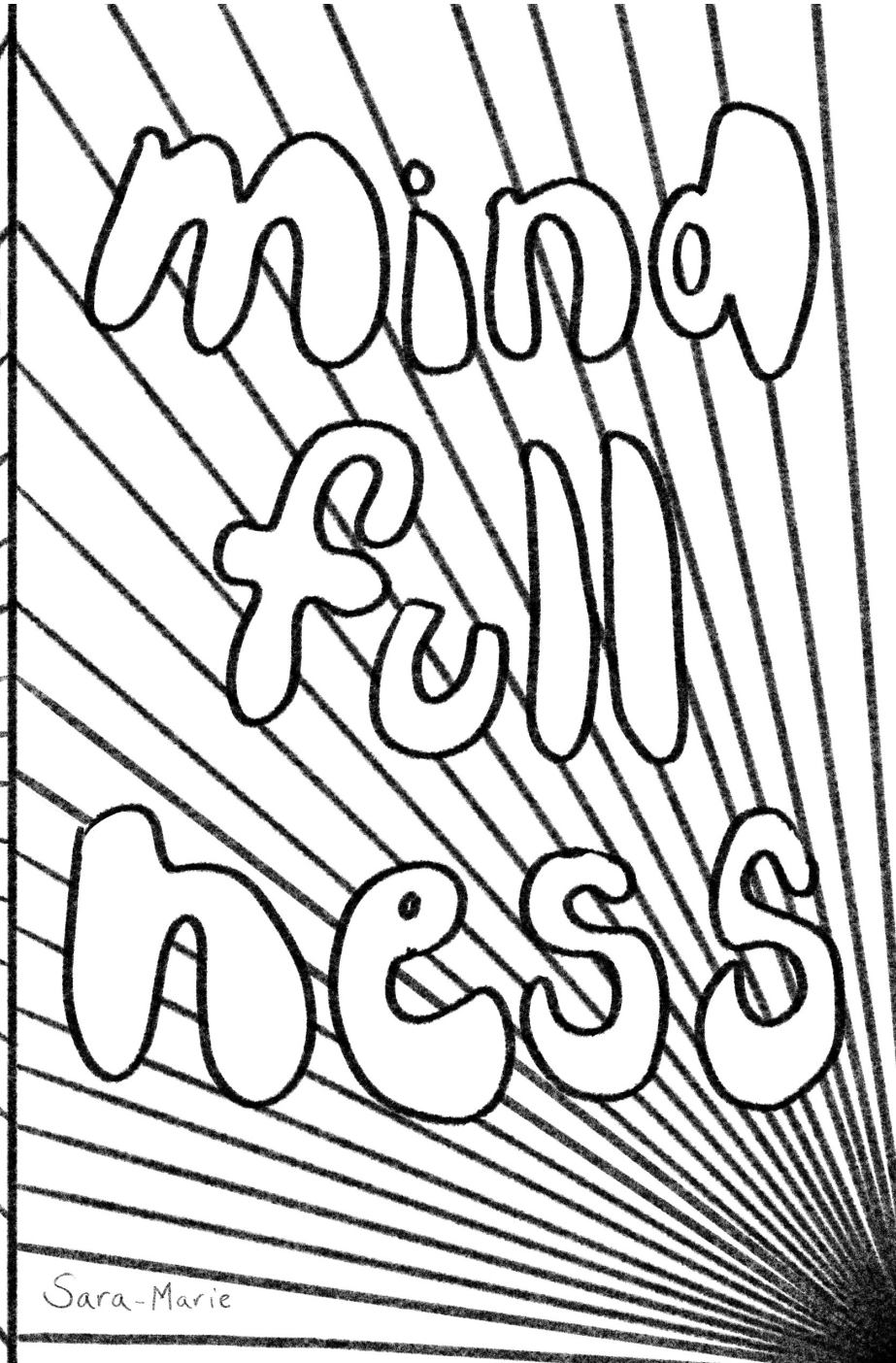
EMBRACE VULNERABILITIES

Express how you feel
rather than seeking for approval



ACCEPT & FORGIVE
BY YITONG W

inspired by Kels



Sara-Marie



WHY?

Mindful breathing
helps regulate
emotions!

INSPIRATION:

Being overwhelmed

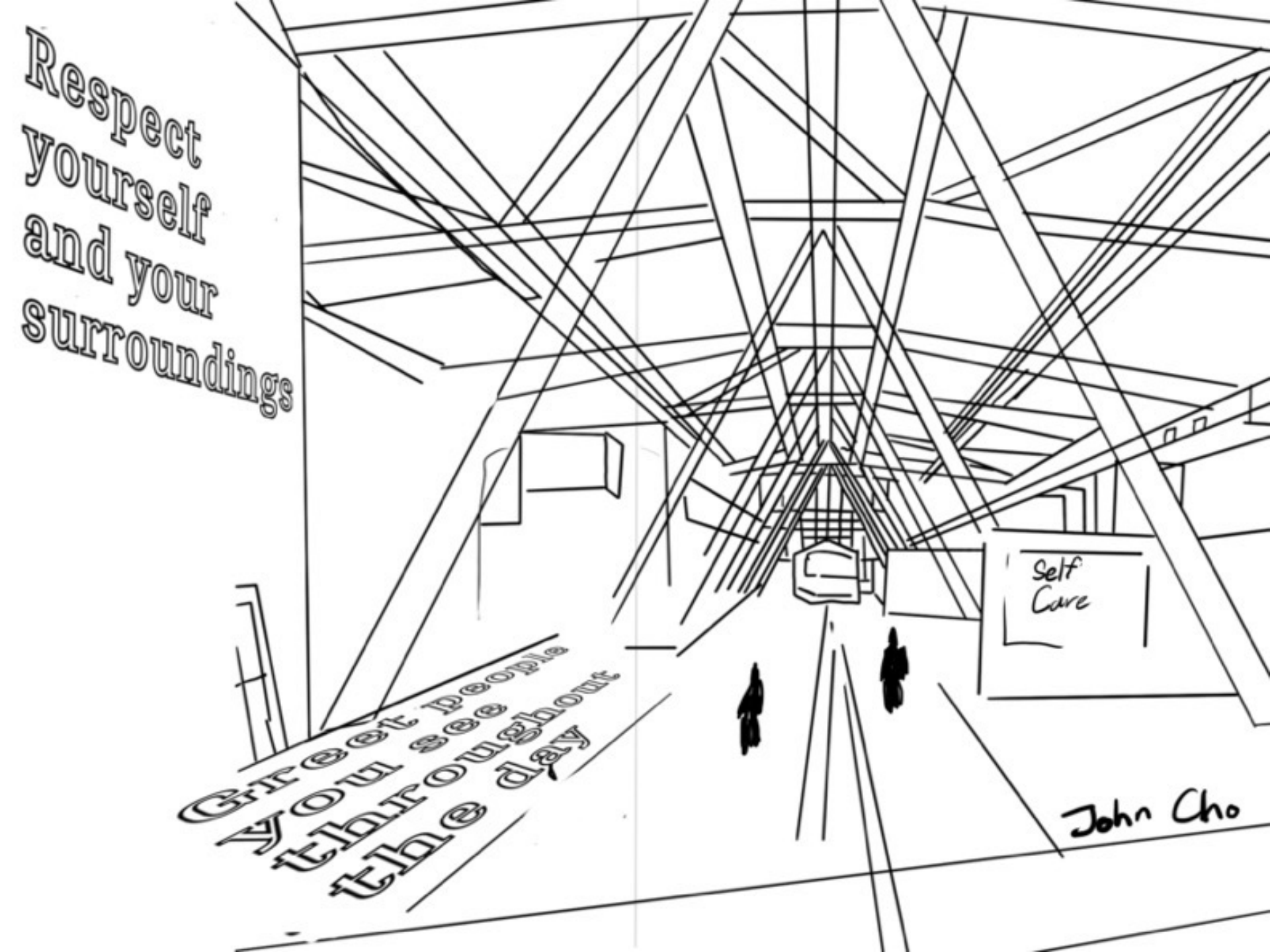
-Asya

Don't Overthink

Inspired by
land care

Do whatever you're
comfortable with and
try to be consistent

1607



Respect
yourself
and your
surroundings

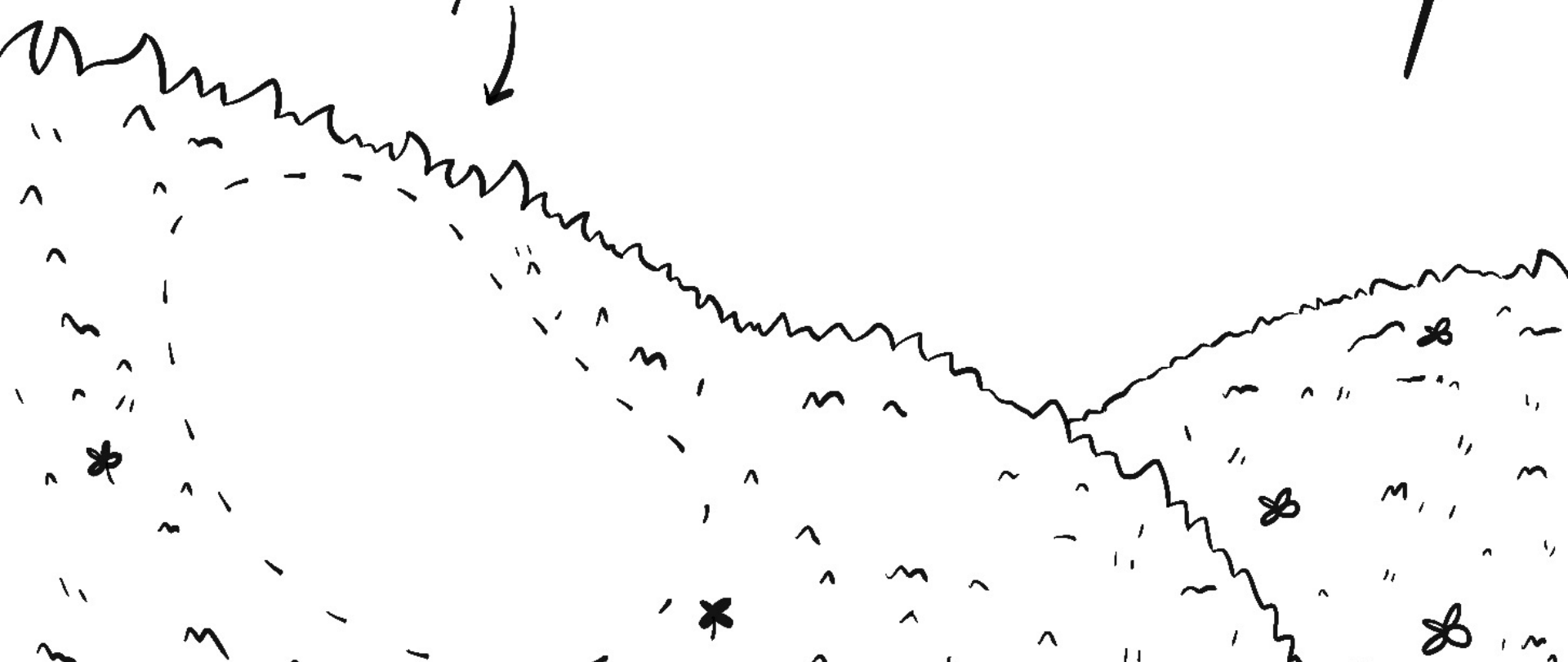
Greet people
you see
throughout
the day

Self
Care

John Cho

Increase your serotonin
with an activity.
How about sunbathing?

Draw yourself!



MAKE FRIEND WITH A TREE
PAY ATTENTION TO THE LAND

小绿

Xiao Lv



Land practice

CONNECT

Haiyun

Express your emotions

Ask the land
about its feeling
and tell yours



John Cho



LOVE YOURSELF

Eat
Healthier

by Personal Practice of
PaalSui care



Inspiration, Communication & Compassion

SHARE SOMETHING WITH FRIENDS

Advice : Try to be more Open-minded!

ANN LIU



DON'T

COMPARE PRACTICES!



hug
someone
i love ♥

run
3 miles
daily!

go outside!

sleep earlier.

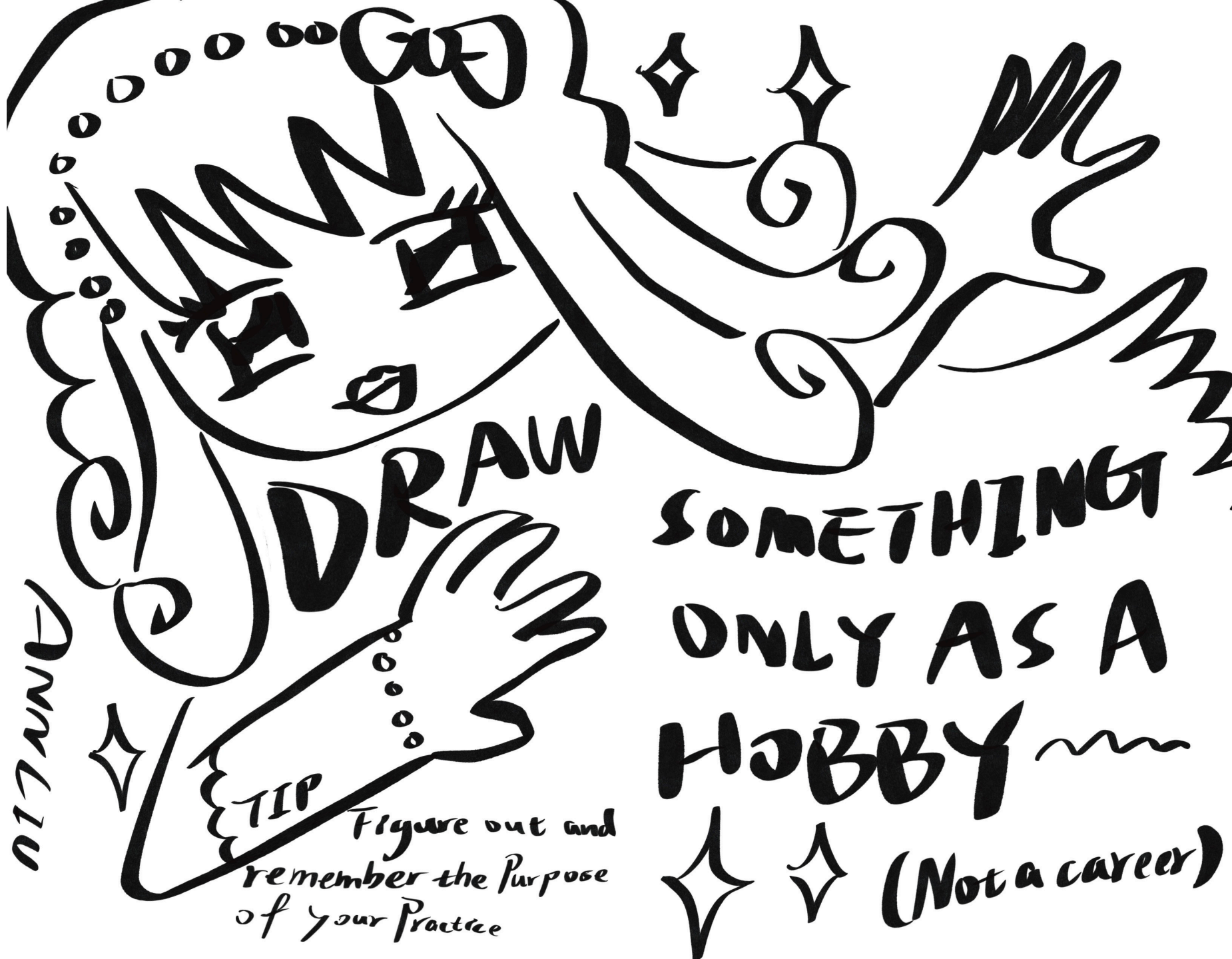
no
coffee!

eat
healthier.



EVERY PERSON'S PRACTICE WORKS FOR THEM...
NO MATTER THE SIZE OR THE SCALE!

BY: JILLIAN Ikehara; INSPIRED BY BALANCE + SELF CARE

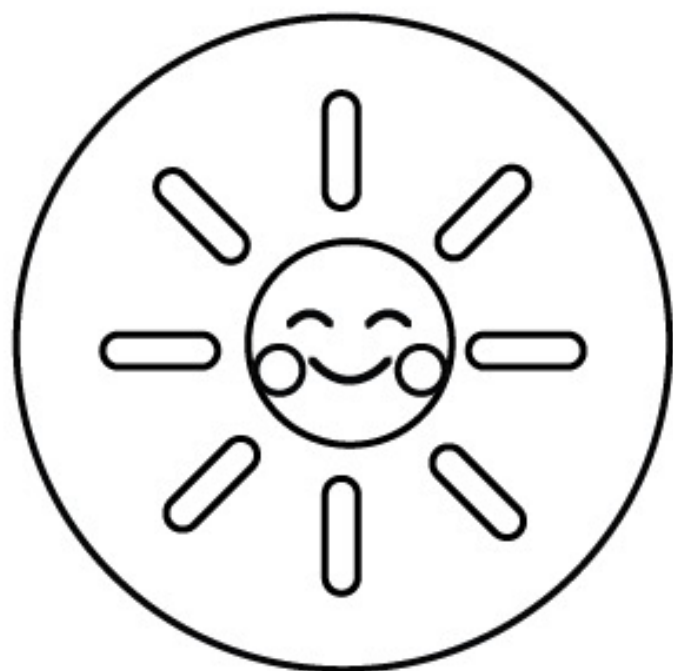
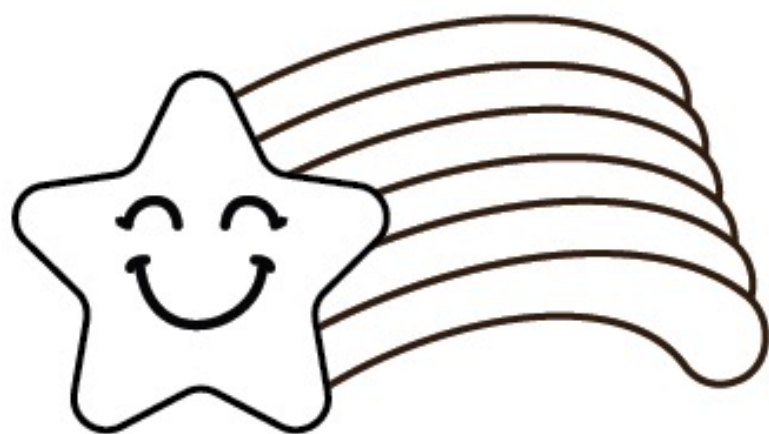


Amelia

TIP Figure out and
remember the Purpose
of your Practice

SOMETHING
ONLY AS A
HOBBY ~~~~~
~~~~~ (Not a career)





Everything will be okay.

Take breaks and take  
care of yourself!

Inspired by self care

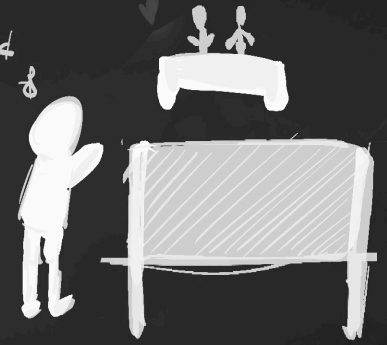
Discover new things  
in the place that you  
are familiar with.

Slow Down

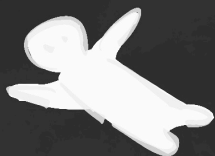
John



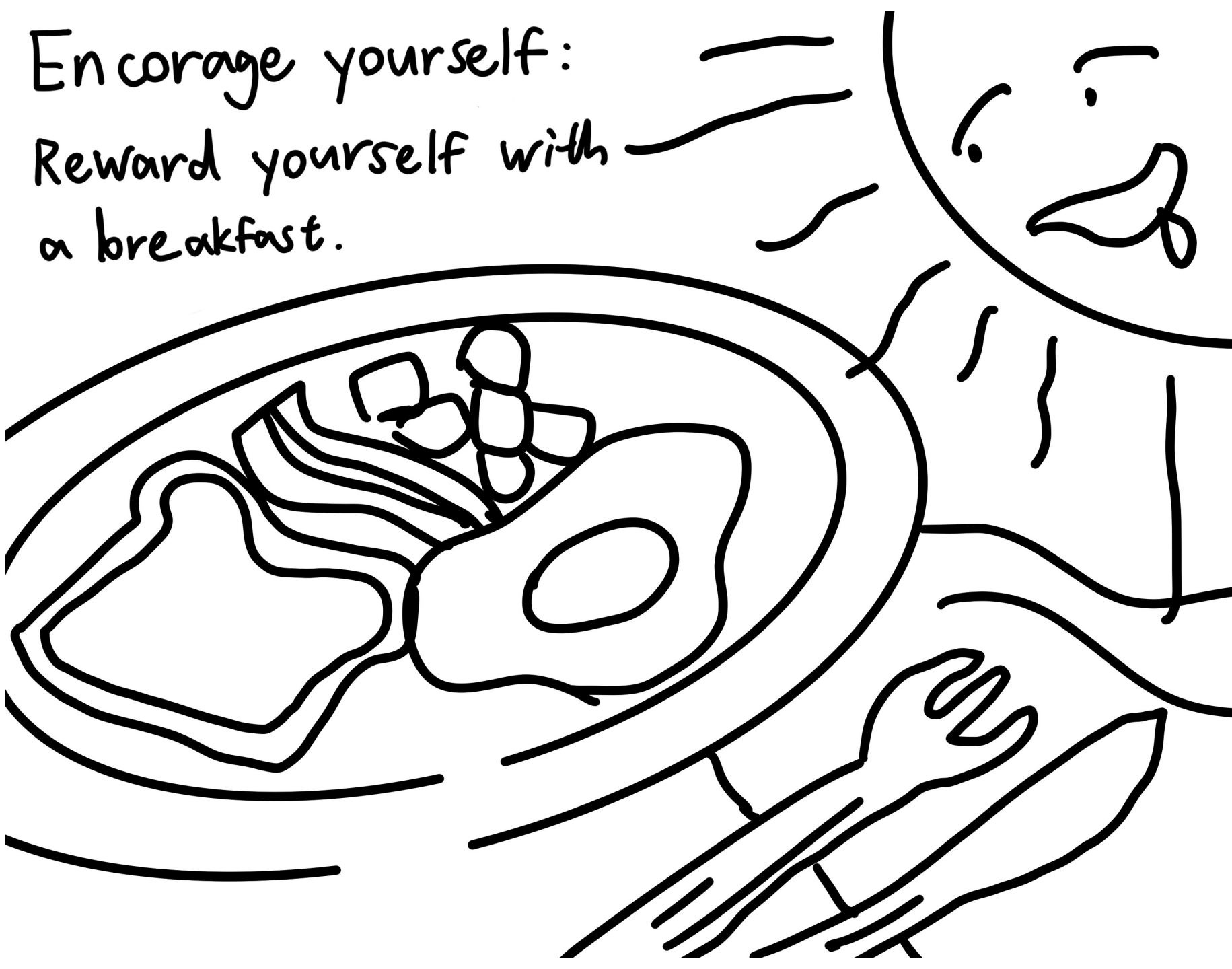
Teaching is a  
Way to show Love.



Enjoy every moment  
of your life.



Encourage yourself:  
Reward yourself with  
a breakfast.



PAY ATTENTION TO YOURSELF, ENJOY LIFE

SELF PRACTICE

VLOG MY EVERYDAY LIFE

Haigun

VLOG

pay  
attention

LOVE

YOURSELF

Ski



What's something good that  
happened today?

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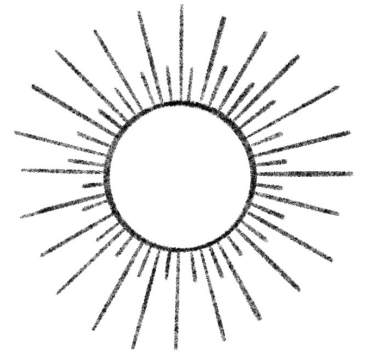
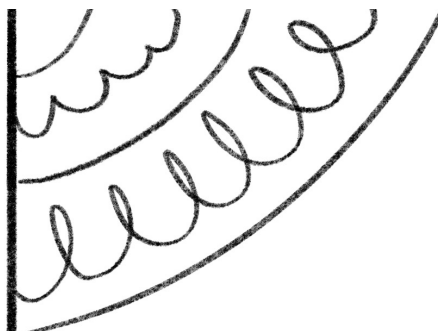
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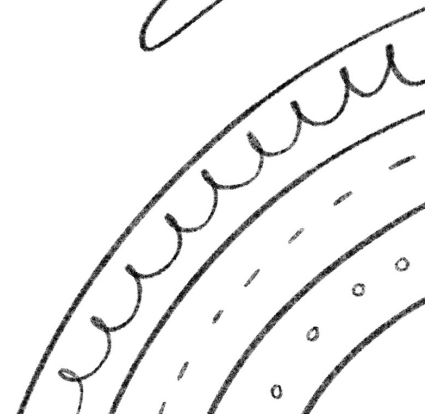
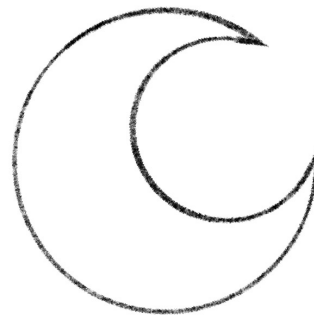
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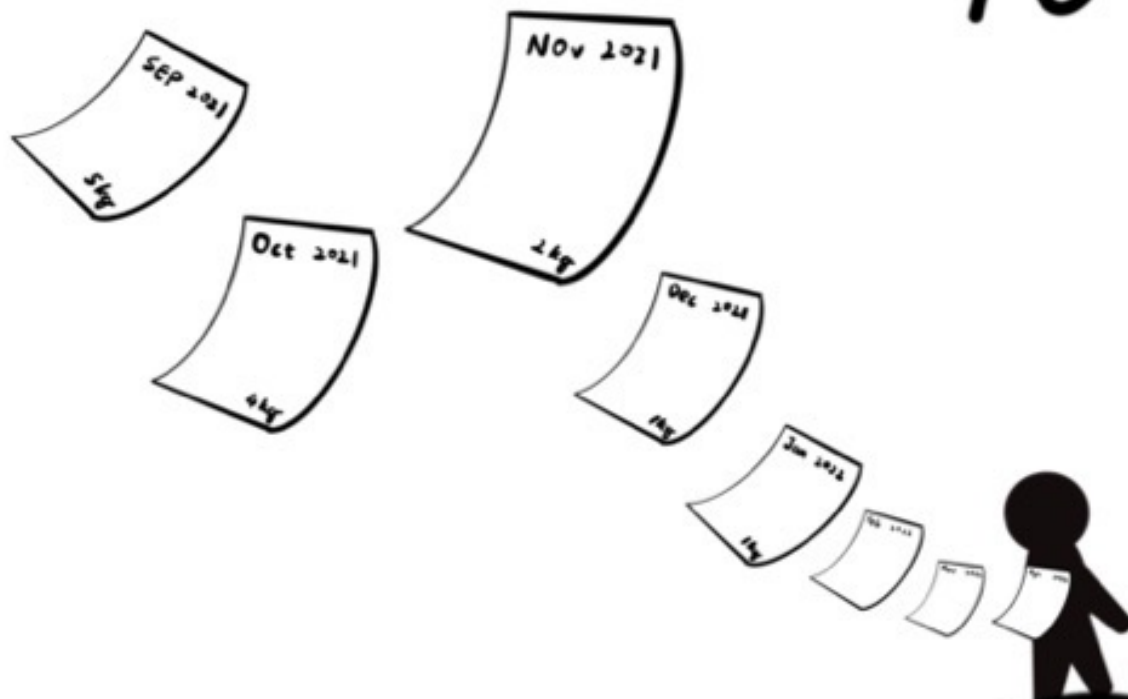
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Dear  
Diary,



# 10k steps every day



Vincent  
by. Chen

inspire by the kelly jiang video

"How I  
lost  
25 pounds"

Reflect  
your  
day

Be  
healthy





Work out  
more ! and  
keep yourself to be healthy





# WHY?

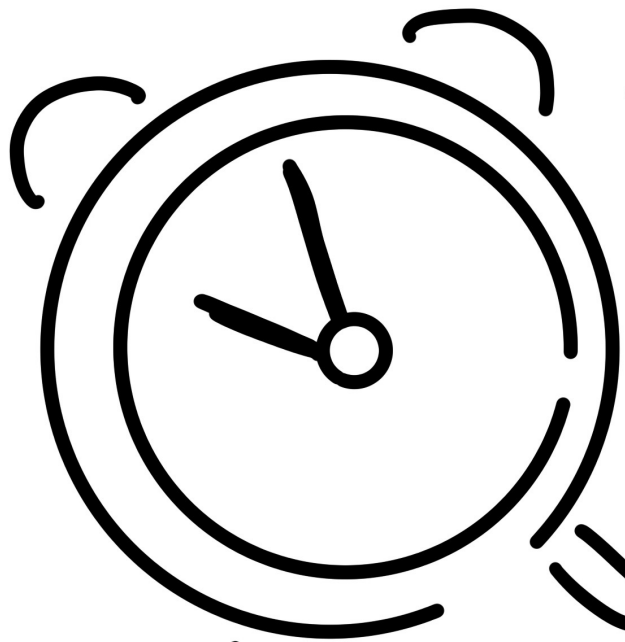
- Water submersion has Calming affects.
- Being clean is self care.  
(And boosts confidence)

## INSPIRATION:

The basics of  
care



-Asya



2:00<sup>+</sup>

1:00<sup>+</sup>

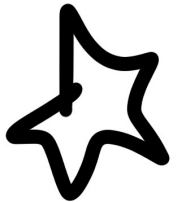
12:00<sup>+</sup>

11:00



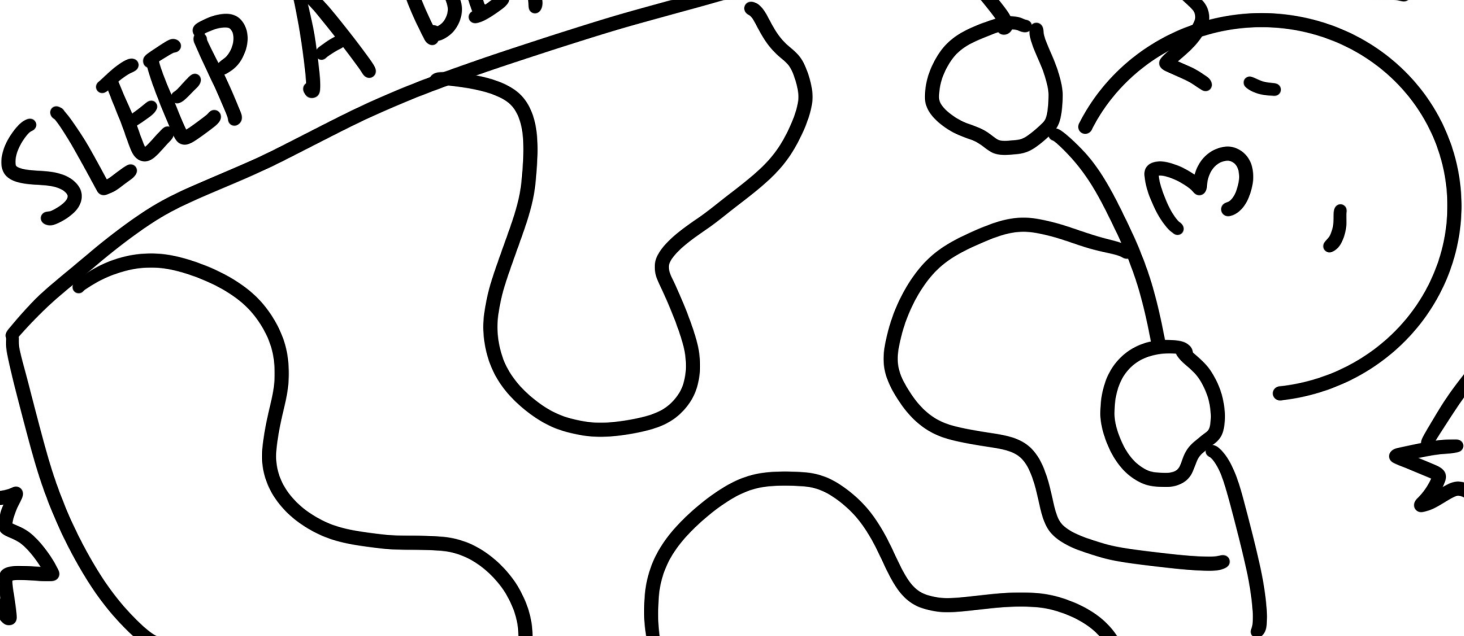
BE HEALTHIER:

SLEEP A BIT EARLIER DAY BY DAY



Z

3





# Kpop Dance per Week

Vincent  
her

Bring back Vincent that  
have been lost for  
4 years...



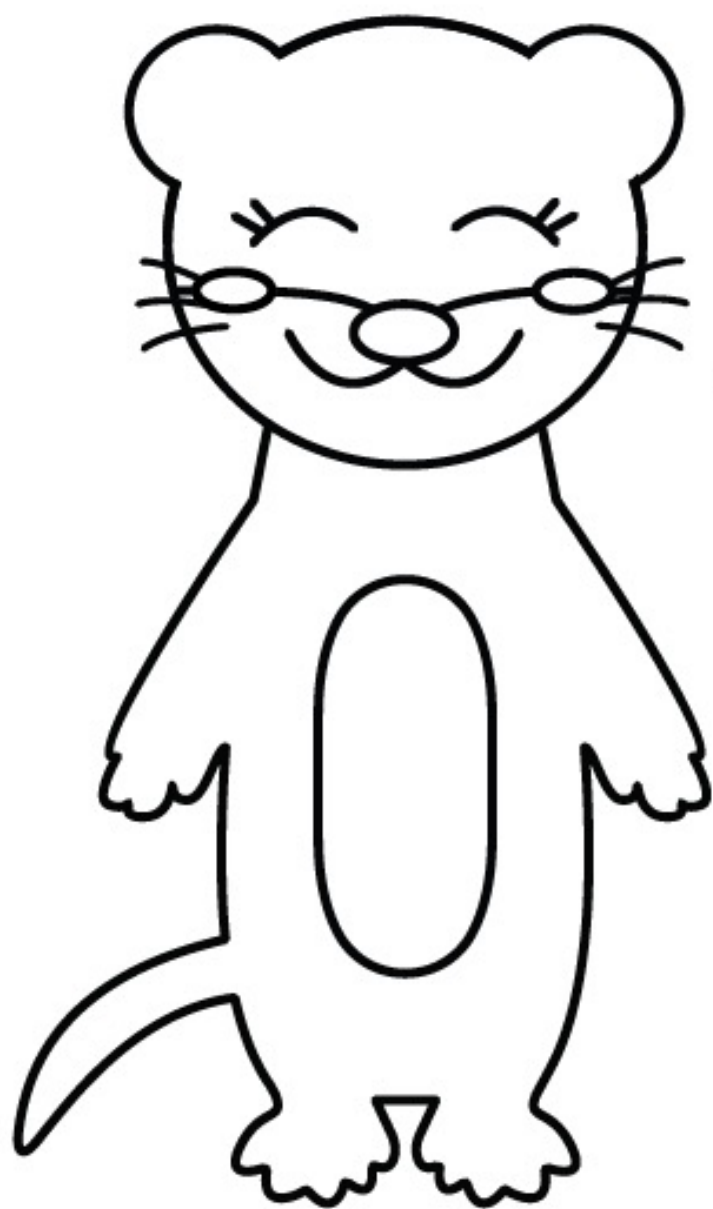
inspire by  
Vincent in highschool

Take a bath  
To feel the  
form of  
water.  
The warmth  
within.



Connect to Nature

by Yitong Wang  
Inspired by tarot card



Hello there! I am  
Olly the otter.

Do things that  
make you happy

## Index of Care Practices

What **advice** do you have for a practice of care and healing? What **specific practice(s)** of care and/or healing can you share?  
 What is the **inspiration** for this practice? You can take from your personal practice of care, land care practices, workshops, history, elder interviews.

| Name      | Advice                                                          | Practice                                                                       | Inspiration               |
|-----------|-----------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------|
| Mateo Sof | Do a serotonin-increasing activity                              | Sunbathing                                                                     | Self care                 |
| Mateo Sof | Socialize in clear headspace                                    | Go to low energy gatherings, such as a book club or having coffee with friends | Elder                     |
| Sara      | Mindfulness                                                     | Tell yourself you are present                                                  | Self Care                 |
| Sara      | Write about your thoughts                                       | Keep a diary and write in it whenever you are feeling overwhelmed.             | Self Care                 |
| Ann Liu   | Figure out and remember the purpose                             | Draw something only for hobby everyday                                         | Motivation                |
| Ann Liu   | Be open-minded and considerate                                  | Share something with friends                                                   | Compassion                |
| Oliver    | It may be difficult to be patient at first                      | Meditation                                                                     | Awareness                 |
| Oliver    | Try to be near nature!                                          | Go on a walk                                                                   | Awareness                 |
| Jillian   | Find/Utilize your support system                                | Trying to fill out a small sketchbook page everyday                            | Self Care,                |
| Jillian   | Don't/Try not to compare practices                              | No coffee, eating more fruit; BF might want to eat healthier, eat less         | Balance                   |
| Andrew    | Get healthier behavior day by day                               | Sleep a little bit earlier each day                                            | Self Care                 |
| Andrew    | Reward yourself for taking care yourself                        | Have a good breakfast everyday I sleep early                                   | Self Care                 |
| John      | Respect yourself and your surroundings                          | Greet people you see throughout the day                                        | Self Care                 |
| John      | Express your emotions                                           | Ask the land about its feeling and tell yours                                  | Land Care                 |
| Serena    | Using 365 calendar book                                         | make daily, weekly, monthly plans and write them down                          | Self Care                 |
| Serena    | Working out everyday                                            | using the work-out app with my roommate, the activity lasts 30 mins            | Elder                     |
| Haiyun    | Pay more attention on yourself and enjoy life                   | Vlog my every day life                                                         | Self care                 |
| Haiyun    | Pay attention to the land, don't ignore them                    | Make friend with a tree                                                        | Land care                 |
| Jasmine   | Be more aware of your daily emotion                             | Track your mood & thoughts on app daily                                        | Elder                     |
| Jasmine   | Take a pause, slow down, and get inner peace                    | Take slow, deep breath                                                         | Self Care                 |
| Seya      | You can choose whether or not to resolve/talk about             | It is okay to feel not okay, we are all humans                                 | Elder                     |
| Seya      | Do things that make you happy                                   | Cut off all negative actions/activities/people                                 | Self Care                 |
| Seya      | It not weird to talk to yourself, to self reflect your thoughts | Talk to yourself, get to know you better                                       | Land care                 |
| Yitong    | Embrace your vulnerabilities, accept and forgive.               | express how you feel, rather than seeking for approval.                        | Kels                      |
| Yitong    | Connect to nature                                               | take a bath and feel the form of water and its warmth.                         | Tarot card                |
| Toby      | Don't over think                                                | Do whatever you are comfortable with                                           | land care                 |
| Toby      | Slow down                                                       | Discover new things in the place that you are familiar with                    | self care                 |
| Asya      | Little personal treats make me feel like I matter               | Take a bath and use a bathbomb                                                 | Being clean is self care  |
| Asya      | Mindful breathing helps regulate emotions                       | Breathing slowly or taking deep breathes, being mindful of it.                 | Being overwhelmed         |
| Vincent   | Be healthy, reflect your day                                    | 10K steps everyday                                                             | Self care                 |
| Vincent   | Find the missing part of yourself                               | Learn a K-pop dance every week                                                 | self care                 |
| Zona      | Reflect on Yourself                                             | 30 day writing challenge                                                       | Jason Munoz               |
| Zona      | Love Yourself                                                   | Eat healthier                                                                  | Personal Practice of care |



## Radical Redesign: Coloring Care

Students from Spring 2022 Critical and Ethnic Studies class Radical Redesign have created a guide of restorative justice care practices that introduce alternative, restorative methods of care and healing that center land-based learning, indigenous knowledge, and communal healing.

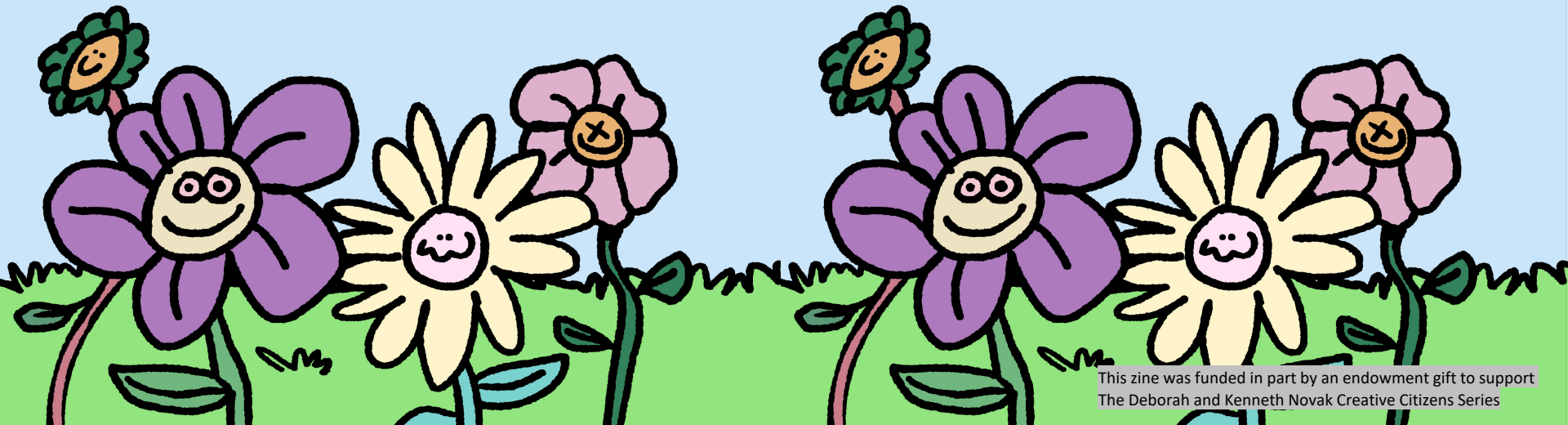
This Coloring Care Zine is an index of "Practice of Practices" where students share their learning from land-based observations and personal care practices that develop personal, decolonized practices. From this new place of learning, students offer restorative justice prompts that aim to shift the status quo of how we learn and reflect with ourselves and others.

## Radical Redesign, Spring 2022 California College of the Arts

Andrew Chang  
Ann Liu  
Asya Garcia  
Haiyun Gao  
Jasmine Sun  
Jillian Ikehara  
John Cho

Mateo Sof Allier Lechuga  
Oliver Fredericksen  
Sara Sagion  
Serena Ma  
Seya Tam  
Toby Hsu  
Vincent Chen  
Yitong Wang  
Zona Lin

Faculty: Shalini Agrawal



This zine was funded in part by an endowment gift to support  
The Deborah and Kenneth Novak Creative Citizens Series