

WHAT'S THE POINT?

There is a ton of research literature showing that creativity is good for our brains, bodies, hearts and souls. In various studies, creative activities have been shown to boost dopamine levels, immune system function and even white blood cell count and joint mobility. Creative activities have been correlated with higher recovery rates from illness, injury and addiction, and been shown to reduce pain and improve sleep, memory and mood.

Taking parts in arts activities has been shown to help with depression, anxiety and stress, and to elevate our confidence, self-esteem and sense of purpose. It can strengthen our self-awareness and our connections to others and community. It allows us to

WHO EVEN IS SHE?!

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Learn new skills, practice problem-solving and be in the present moment.

Most of all: it can bring us joy, pleasure and meaning, all of which play crucial roles in how we build, maintain, strengthen and protect our resilience. Which means: creativity is some sort of creative practice is one of the most practically self-protective and self-compassionate things you can do.

Want more on this?

Check out: *Art Heals* by Shaun McNiff

Sources: 'Creativity: It's Good for You' report - Arts Well / 'Being Creative Makes You Happier: The Positive Effect of Creativity on Subjective Well-Being' - Tan et. al (2021)

WHY ZINES?

My dirty wild anti-capitalist punk heart loves zines for many reasons, but the biggest of those are..

YOU CAN DO IT YOUR WAY

No gatekeepers, no algorithms. No-one to tell you it's too risky or not commercial enough. Unleash that obsession, baby, and be as weird as you want. Your favourite punk band, your tinfoil hat theories about the Buffy reboot, your sinister stories or kooky drawings: whatever your special interest, zines have a rich history as a form of uninhibited self-expression and creative freedom.

ACCESS

In a world of surveillance and censorship, sharing experiences and information through zines can feel more intimate and safe. You have the option of using pen names, and zines can be shared in-person, left for readers to find or distributed online. Whether you're going old-skool

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<https://penfightdistro.com/>



<https://theanarchistlibrary.org/>

<https://queerarchivefever.substack.com/>

<https://zinestack.substack.com/>



cut-and-paste or digitally designed, most people have access to tools and materials, and production costs are low.

COMMUNITY

There is a rich and radical history of zines being used as tools of resistance and protest, and as ways of connecting people within and across communities. They can be a way to share advice, resources, art and experiences, and to build connections between individuals and groups. Collaborative zines can bring together different voices to showcase a multi-faceted but collective experience.

MAKING + PROTECTING STORIES, SUBCULTURE + MEMORIES

Online material can disappear overnight, but zines have the potential to last for generations. Elements of subculture and community that might otherwise vanish can be documented with zines, giving us tangible memories and artefacts for the future that others can share in, learn from and build on.

ZINE-MAKING FOR JOY, RESILIENCE + RESISTANCE

- from 'Queer Memory in Precarious Times',
Queer Archive Fever