

Opening Statement	0:00:00 – 0:00:21
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Rabia (she/them) :

Poet and activist Audre Lorde said, "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare".

The radical self care movement began with Audre Lorde, however, the movement that we know today has been diluted to mean something completely different.

INTRO MUSIC (0:0:21 – 0:0:46)

Greetings and Intro	0:00:46 – 0:06:25
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Sydney (they/her) :

Hi everyone, and welcome to this very first episode of three chaotic queers - a bi weekly four episode podcast series where we will get to discuss and what it means to be queer in today's society, and why really really want to burn this capitalist shitshow to the ground.

Sydney (they/her) :

And, before we start to get into anything serious, we just quickly want to say to our listeners that this podcast is brought to you by members of LGBT YouthLine's Provincial Youth Ambassador Program.

This year PYAP members were challenged to make multimedia projects that showcase how we can build better systems for our Ontario 2STLGBQIA+ youth... And we decided to go with a podcast!

A little bit about LGBT YouthLine: it is a provincial service offering free and confidential peer support to youth (like us) via chat, text, and telephone! It's a seven-day-a-week service...

And they facilitate so many great educational and community gathering programs as well.

Nicole (she/them) :

Hell Yeah! The three of us are all super excited to start this journey of unlearning together with you and to build a wonderful and chaotic community where the voices of Ontario's marginalized youth can be heard and appreciated.

Enough about YouthLine, we want to know who these three ominous queer-goddesses narrating this intro are and why you should be listening to them.

So first of all, I'm one of them.. My name is Nicole. Um, my pronouns are she/her and they/them; you can use them interchangeably. I am a chaotic (- that's new! -) Middle-Eastern queer creative and scientist, with a keen interest in queer and BIPOC healthcare and community care.

Before this podcast, I helped facilitate discussion and run events on various healthcare and STEM topics relating to the 2SLGBTQ+ community at the University of Ottawa.

Outside of this podcast, I enjoy a multitude of things! Some of those things being: reading (fictional books and nonfictional books because sometimes, sometimes...), Um knitting, hiking or being outside, and spending time with my friends. You can find me on Instagram ([@Nicole.KayM](#)), if you want to reach out and connect!

I am located on the unceded and Un surrendered Algonquin and Anishinaabe territory. This area is represented within Crawford's purchase which is not officially considered a treaty agreement of the land, and I've lived here for my whole life.

Rabia (she/they) :

I feel like I know everything about you, Nicole. (Laughs) Hi, my name is Rabia and my pronouns are she/her and they/them - Feel free to use whichever. I am a disabled, queer, Pakistani Muslim immigrant with a passion for social justice, equity, and activism. I am devoted to decolonization and QT-BIPOC equity within community spaces and education.

I "wear many hats" outside of this podcast, some of which include the president of my University's Pride Club, and I also work as a gender/sexual-violence support peer, and a student justice advocate at my University.

And lastly, I am a multidisciplinary artist! Painting and creating art is a fundamental part of my life - it is where I can let my chaos run free! You can find me on Instagram ([@MisguidedSoul](#) or [@RabiaCho](#)) or check out my website ([RabiaChoudhary.ca](#)) for more contact information.

I am currently situated on the territory of the Haudenosaunee and Anishinaabe people. This territory is covered by the Upper Canada Treaty and is within the land protected by the Dish With One Spoon Wampum agreement - which is between the Anishnaabe Three Fires Confederacy (including Ojibwe, Odawa, and Pota - Potawatomi Nations) and the Haudenosaunee Confederacies. This agreement extends to everyone that has arrived and will arrive to this land.

Sydney (they/her) :

Thank You, Nicole and Rabia! And, dare I say, you both forgot to mention that you are full-time badassess. [Sydney giggles for a second]

Anyways, I am the last of the Three Chaotic Queers! My name is Sydney and I am a self-identified chaotic neuroqueer from quasi-rural Ontario. I'm 23 years old, bi-ace, Mad and hashtag Actually Autistic (#ActuallyAutistic) - for those of you out there that are like me!

As a gender-flux person, I use the pronouns they/them and she/her in a fluid dynamic way... So, I'd like for people to use both!

And, before this episode... Uh. Before this podcast, I was organizing health equity focused events, programming, and services as a former Director of the Student Health Education Center at McMaster.

In my spare time, I really love to info-dump about all of my special interest to my friends including: 2STLGBQ+ health inequities, Harm Reduction, Disability Justice, and topics of sexual and reproductive care.

I am a white settler living on the original lands of the displaced Huron-Wendat peoples, adjacent to the territories of the Chippewa of Lake Simcoe and Lake Huron, as well as the Mississauga of Scugog Island. This area is represented within the unfulfilled Treaty 18 of 1818, and the secondary Williams Treaty of November 1923.

As for Youthline, their head office is located in Tkaronto, which is commonly known today as "Toronto". It is in the territories of the Wendat and Petun First Nations, the Seneca, and most recently, the Mississauga of Credit Valley.

Conversation Starter

0:06:25 – 0:07:31

Sydney (they/her) :

Okay, so, today we'll be talking about a lot of stuff. Besides, who we are and why you should be listening to us...

First off, we'll be talking about our soft launches into adult life as a bunch of chaotic overeducated, and oftentimes lonely queer youths.

A transition which has been made particularly difficult for all three of us by the ongoing COVID-19 pandemic and the rise of toxic individualism...

Which brings us back to the Audre Lorde quote that we referenced a few minutes ago, at the beginning of the episode, which Rabia quoted oh-so-

well... ""Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare"".

So, Rabia, you wanted this quote in here and I love it- I love it so much, but what were your initial thoughts when you heard this quote?

Conversation

0:07:32 - 1:20:04

Rabia (she/they):

Honestly, I keep thinking back to how every act (and everything that a marginalized person does) is often politicized in the media by our politicians/ literally by anyone. And it's made out to be like, "Why are you doing this? What's the point of that? You're wasting resources"!

But, at the end of the day, like... The people who are actually wasting resources and being selfish are the big-corporations that are polluting the waters; are polluting our environment and harming our environment - Our environment as a whole. It's not the small people..

And especially for me, like when I think about my art practice and my life in general (because of how much art has consumed my life)... The artwork that I create is political; it challenges these notions of self-indulgence and self-preservation. And, it's not just me caring for myself, but also my community, and being able to reflect our struggles in art - through each brushstroke that I make.

I'd really like to know what you think, Nicole.

Nicole (she/them):

That is so beautiful, Rabia. Truly. Um, the way you speak about your art (like) makes me want to do art. Even though I'm (like) not at all skilled in the 'pen to paper' - or any medium for that matter.

Even like, I tried to learn how to do eyeliner and I could never even like - I could never get it right, I can't.

It's always uneven - no matter what I do. And not even... Uneven, like noticeably uneven to the point where I just gave up. At this point, I'm like "I'm too old to even think about keeping on going".

What I think about radical self care is truly just like nothing to do with what people think of self care. When they think self care of these days, and it looks different for every single person what radical self care means..

Radical self - self care for me means that, despite every like tug and every expectation that is put upon me and from external sources. What I decide to do with my time and the fact that I want to carve out time to care for myself and to care for my community is important...

And I want to put it at the top of my list, um so - Specifically (like) despite capitalism, in particular, and the need to (I guess) over-give myself to a corporation (or to the many corporations that control us)...

Despite the drive, the push, and the innate drive... Because that's the system to do that is to (like) "take back my time" and like I guess "reclaim my time". And do what (like) matters to me, and pursue my hobbies, and also get back to my community.. Which you - we'll discuss this episode; How you can do that.

What about you, Sydney?

Sydney (they/her):

Honestly, self care is still kind of a new thing to me. It is something that I didn't vibe with for many (many) years because I was just in a very (like) sadistic place. But then - And, you know what, even just like I was raised by sadistic people - by people who do not like to see positive[s]... They are realists.

And so I like, I guess, I spent so much time trying to like: help other people, or like stand-up to a certain 'thing', or try n' get out of my small town - I'm sure a lot of people from small towns feel this.

Like, I spent so much time trying to get out of here.. Um, that I just forgot about self care along the way and it wasn't until I was able to leave that I was like, "Oh, self care is not just listening to music. It actually has to be much more proactive than just that", because that was really my only coping strategy for a really long time - which is scary to think of..

Rabia (she/they):

I really liked the point that you brought up about how you weren't able to take care of yourself or how self care wasn't something that was like a normal thing in your everyday life - especially because queer youth are so often not able to take care of themselves because they're too busy trying to survive.

The system that we have in place does not allow us to survive and thrive in a way that we should be able to, but instead we're always struggling and we're not able to take those time - the time that we need to self-indulge and be able to take care of ourselves and our community.

Because everything we do, like I said before, is politicized. But, at the end of the day, I think the little steps that we've been taking to take care of ourselves is really important because it gives us back

that time that we need with who we are, who we want to be, and the life that we want to live.

No matter how har - how hard it is under capitalism, I do think that with the routes that we're putting down now we will be thriving for the rest of our lives.

Sydney (they/her)

I love it. I love the communal thriving, because honestly I don't think we can thrive just alone. What do you think, Nicole?

Nicole (she/them):

I definitely think it's important to practice self care in whatever ways that you find a fit for yourself in your life. But I think radical self care in the way that Audre Lorde intended it includes community care.

Sydney (they/her):

I think like branching off of what you said, she's definitely pointing out that the way that we are living today and when she made this quote is like not healthy, and that we have to be actively doing these things to build up "resilience".

Like there's... That's (ugh) the worst word that every queer youth or marginalized youth has heard [/jk]. I'm sure that both of you as BIPOC youth have heard this, but somebody telling you, "you're so resilient"... Like, I don't want to be resilient. Why can't we all just have some moments together, where it's just calm and safe?

Yeah, and that's where (like) self care and Community Care become preservation.

Nicole (she/them):

A million percent. um I feel like a lot of my life I've been called like 'strong' and 'resilient'...

And like [told] "you got through that and you made it look like nothing". And to me, like, it was definitely really not 'nothing'. It was... My whole life felt like it was on the line and there was so much stress and like dark stuff that people couldn't even begin to see for themselves.

I think it's super detrimental. And just to be like "Hey, we're here to help you in the future. If you're going through something alone, you don't have to (you know) "pick yourself up from your bootstraps and figure it out because you're innately a strong person". I think that's totally a myth. There's no glory in like: "picking yourself up from

your bootstraps", and doing something by yourself, and having that to prove to others - that you're (like) strong or whatnot.

If anything, to have a team behind you and - to have a community behind you - to be like coexisting and co-regulating (I'll use that word...) together is so much more fulfilling for both parties. And lifting each other up is a way that you can ensure that like, in the future, you're giving back to each other. And it's just so much more fulfilling that way... I don't know if I made any sense, but that's my point.

Rabia (she/they):

Honestly, there is nothing pretty about struggle, in my opinion. I think it's been romanticized, so much, especially in recent years because of the pandemic.

I think people think that, like, you know, "struggling to the point where you (honestly) can't survive sometimes" is something to like brag about... Like, that's not. For people who like do it every single day they never are able to... I don't know what I'm saying, I'm gonna stop it there... I agree with you

Nicole (she/them):

Thank you so much for agreeing, Rabia

Sydney (they/her)

I get what Rabia was saying, people use it like this badge of honor... That, Like, for sure, when I was a kid, I thought (like) that would make me special... "Oh, what makes me special is that I'm so tormented". And, "wouldn't it be so boring to not have mental health issues?"...

And like I still kind of think that, but more to the point of like, "Wouldn't it be boring to (like) just think that this system that we're in (right now) is healthy and not be working towards something better?".

That's more the mental-frame I'm in now, whereas before it's like... "I'm so sick and tormented, nobody's like me" and like, it's.. that kind of leads to like individualism, if that makes sense."

Rabia (she/they):

Also, this reminds me of the "Oppression Olympics"! People will try to compare their oppression, literally for no reason... Like, we're all oppressed! We should work together to stop this oppression, but you're instead focusing on the fact that you're "more oppressed than me" in some area(s).

Especially, when people that are in the queer community that are also white. They try to compare their oppression or their experiences to the experiences of queer racialized folks. And they belittle them; they completely invalidate their lived experiences - which is so harmful and that drives our community apart.

It's so hard to continue to be able to work with each other, and (like) learn how to love each other, when there's people in your community that are doing the complete-opposite..

Their agenda is completely different. They don't care about you, they - they just care about themselves. Which is why community care is so important; you can't be individualistic in your community because you're completely hurting them.

Sydney (they/her):

[As] the only white queer the room, I really enjoy what you said. I just want to say that, I think that that is totally true. And I always like a thought rings in my head all the time which is "white queers are white before they're queer; white poor people are white before they're poor" (etc.)...

Because a lot of us could dress or speak or behave in a certain way, that nobody would know that we are poor or queer or mentally ill (etc.) - or like, you could speak in a way that nobody would know that you are like from fucking Scotland Uhm, and that you're new to this type of culture!

I don't know, but, like... People of colour can **not** just like (and should not have to try 'n) look white to get more respect. But, unfortunately, that's what has to go on and that's why we say, "white queers are white before they're queer"... Like, you are still - we [whites] are still less oppressed.

Nicole (she/them):

What a wonderful segway, Sydney, into our next topic where we can discuss (basically) what the self care industry is and what it's done for marginalized folks, and how it keeps us in a trap.. And how capitalism keeps us in a trap too.

Sydney (they/her):

Let's do it, because that whole industry is icky af.

Rabia (she/they):

Have you guys noticed how, in recent years, there's a bunch of these (like) culturally appropriating yoga gurus who took a one-day or two-day trip to India and now they know everything about Hinduism, everything about yoga...

And they sell these like "self care", yoga - or yogi packages on Etsy and like their websites for like \$500? Like... Are you kidding me? You can literally go on YouTube and find someone that's from India that's actually t-t-teaching you proper yoga for free.

For free - We don't gate-keep here! We don't materialize culture, especially racialized culture, and try to benefit off of that. That's not self care and that just capitalizes off of an already oppressed group. So, I don't know what they're doing, but I'm not having it.

There's also very expensive spa days... I don't have \$5,000 to get a massage! I'm sorry, but I am not - No! I have my girlfriend and that's it, we'll have fun. It's fine! [Rabia chuckles]

Nicole (she/them):

[Giggles]Yes! Going off of your point of yoga, Rabia, I read this tweet recently that was something along the lines of - it - it was an American tweet. But, it was like along the lines of, like...

It's "Yoga By Adriene" [YogaWithAdriene], who was like a white yoga person on YouTube... It was like "Yoga By Adriene" [YogaWithAdriene] is the closest thing we have in this country to free health care - and how sad is that.

There is that and there's also that like every single like I guess like a popular YouTube[r] who's saving people and like getting people to "tap into their spirituality" are like white women...

It just goes to show like they're seen as 'the exemplary'. Like people who are apparently knowledgeable about yoga but in reality where are they- where are they taking these practices from and are they doing it in a way that honours that culture? I don't think so!

Sydney (they/her):

I love what you're saying because I have always been critical of white people that talk about yoga or meditation or Reiki... Like, I love Reiki, but I know that it's not my practice and that I haven't yet learned about it.

It's on my list of things to do, 100% - I understand we all have a long running list of things to unlearn and that is one of my commitments. Name it and then do it.

Don't be profiting off of it [white people]. It's just weird.

Nicole (she/them):

This is a great segue to how we've commodified wellness, and self care, and self help into such (uh) individualistic and like capitalist-centric way. There's a quote that I read and I would like to share [it] to like segue into this conversation.

It goes like this... "The impact(s) of systemic violence is overwhelming on our bodies and spirits and yet it gets framed as [if] it's an individual issue to solve... While healing may occur on an individual basis, we will remain unwell unless we work to abolish the systemic issues that continue to harm us". And, Jennifer Patterson, a radical queer healing arts practitioner said that. And I think she's totally right - What do you guys think about that quote?

Rabia (she/they)

I completely agree, for one! I think we all think about our individual issues as if they're like completely unique but, at the end of the day, the issues that we're experiencing are because of the systemic issues that we have in our country [or] in our society as a whole. Like, for example, if I can't afford some of my textbooks for my classes That's because their jacking up the prices to the point where... I don't know where this example is going...

Sorry, I was going to say how sometimes, basically, they increase the prices because of the fact that they want to increase their profits. But instead, they're not thinking about how it'll impact the community and how the individual students and the community of students are impacted. We still have to buy other materials for the school, other objects like food for example or um things that could help their self care, and then said their money that would go towards caring for themselves going to their education which in the first place should be free, because education is power and knowledge is power.

But if we're privatizing this power and this knowledge to the point where students have to go broke to access it like that's not fair.

That's a systemic issue, no one is doing any... Well, people are doing things about this but, as a community, we're not doing enough to stop this!

Sydney (they/her):

I think it's also very important to point out the fact like I totally agree with everything you're saying, but like speaking about universities really quickly is that, unfortunately, that is, like, the easiest and most accessible way for a lot of people to access mental health care, like there is literally no mental health care in some

people's town so they'll be like, Oh, why don't you go to a psychiatrist.

It's a two year waitlist there's two child psychiatrist, in my entire region. And when I came back at 23, I was back with that same child psychiatrist.

It was great. I love the man. Uhm, but it was a little odd knowing that he was specifically a child specialist and, like, obviously, it was just odd because when I had gone to school I had literally just seen a psychiatrist and then they, you know, because they operate as a corporation, they didn't want to transfer my medical records. For some reason my doctors don't want my old medical records as though that five years I was in university don't matter.

It's all around weird but the fact that like Ontario youth have to go into thousands of dollars of debt just to access what supposed to be free mental health care because it's not actually provided in the areas that they live, or it's not accessible to them, or the like therapist that they have is a frickin homophobe.

Nicole (she/them):

Yeah. There's also a lot to say about like a lot of criticism towards like University institutional mental health care in general and how inaccessible that is. So, I can't imagine how it is to like have those two hurdles of like, if you go to your hometown inaccessible, you go to school, inaccessible in different ways.

Also, yeah very weird that your child psychiatrist didn't want your medical records. I don't get that, aren't they supposed to know like everything about your life?

Anyways, Yeah, I know like from my university our mental health healthcare was like awful so awful that our Dean um claimed that we had like an emergency. Mental Health Emergency state, and he rung a bell.

This is very performative and he rung a bell to like claim like. It's an emergency and that's all he did.

And then he just issued out a little email of like trigger warning, you know we've had a lot of suicides this year, more than usual.

And that was it, he just - he just said the words and didn't have anything to back himself up and like improve upon the fact that he saw that (taps Mic) there was an emergency at school.

Sorry I tapped you (the Mic).

Sydney (they/her)

Poor Microphone!

Nicole (she/them):

It's ridiculous!

Yeah, Poor Microphone

Sydney (they/her)

Ridiculous universities are definitely creating mental health crises and then profiting off of them.

I think that's probably a wonderful way to summarize it, and.

Yeah, it really just like goes back to the systemic violence that you were talking about Nicole.

Nicole (she/them):

Totally. Speaking of profiting off of um people.. in general. Uhm talk about like the wellness industry or the self care industry is worth so much money.

I looked up a stat, said \$4.5 trillion dollars in total, to benefit off of things that are trendy, and so called beneficial for our health. Which some of these products and items, they may very well help people and, you know, make their -improve the quality of their lives but in no way should it replace quality healthcare.

And, should it no way replace the community.

I just think it's ridiculous that the - many of the promises that these items provide are like hey, this will solve everything for you.

When, really, it's, it won't get you so far if you don't put in the other stuff. Like purchasing things like collagen or like CBD - CBD worked great for me personally.

In addition to other things that I've done in my life. It is not like the make it or break it thing for my anxiety. No, that's not correct, but in conjunction, other things. Yeah, I've seen an improvement.

But it's in no way the only thing that is like the help and going to solve everything for me.

Uhm, and like in - in issuing these products that like, either solve a little bit of your problem or like none of it at all. It just keeps the person like in this constant loop, and in the search of like try to find a new product that you'll - will cure your health issues when there's absolutely no way to do that. Which sucks. It's such an individualistic way to like look at it, of like my money is my power and I will go in like, buy this item that will cure it and that is my doing. And, you know, you are the one with the power to solve your

systemic issues and your trauma and your chronic illness, through purchases that you make at the store. I don't know about that one.

Sounds like a hoax to me.

Rabia (she/they):

It also sounds like a hoax to me and straight up frickin lie like I've seen posters and shit where it's like, buy this face serum, or face cream, but also buy all these mini ones because they all work together, you can't get clear skin with just this one thing you have to buy the whoole set.

And it turns out the whole set is like \$300 like, no, that's not okay. It's not a transactional experience when it comes to self care you can't buy something and be like, Oh, I'm all good.

Like, I mean obviously people have done that, I do that sometimes I online shop like crazy but

Nicole (she/them):

Guilty!

Rabia (she/they):

But what I mean about self care and community care. Yeah. Honestly, (Laughing) online shopping is a problem...

Nicole (she/them):

Guilty!

Rabia (she/they):

Yeah I get that.. I totally don't know where I was going with this, I forgot my train. I'm sorry it's not coming back, the train has left the station Guys! Sorry (giggling)

Sydney (they/her)

That's a lovely saying I love that

Rabia (she/they):

I don't even like trains

(Everyone Giggling)

Nicole (she/them):

Me neither they're so slow!

(Everyone Laughing)

Sydney (they/her)

Live somewhere where there's almost no public transit- where there isn't public transit besides the train that goes straight through your town and you will suddenly be like "ah buses, I love these" when you move.

Rabia (she/they):

God.

Nicole (she/them):

Uhm, I sense your pain, Sydney. And now I'm like I shouldn't complain about my, like jampacked train that like freezes in the winter and doesn't move.

Sydney (they/her)

Ouch.

Nicole (she/them):

Yeah

Sydney (they/her)

Yeah, and I think like you guys are really talking about this but also, everything is generally presented from the self care industry and like this ablest way that ignores and stimulate... stigmatized emulates that ignores and stigmatizes.

(Rabia Laughing)

Everybody who doesn't fit within this like standard and these standards are used to keep order and order is all created by elites who are literally trying to guard and build wealth. It started with, like, Oh, you could like drive back to Vagrant laws or the ugly tax in America where they used to text you for being outside of your home, not working with a fine, because you were visibly disabled, and it was literally called an ugly tax which is so rude.

Uhm And so, like so many things have been built off of "make yourself look not ill, make yourself look younger" like what do we have against aging, we're literally aging our entire lives, it's just suddenly we care after 25.

Why do like, I know that our lives keep expanding our life spans but at this point for a lot of people disability, or illness is almost an inevitability because of how long our life spans have been and just like spending so much of our lives, buying into this weird self care media where they're like, this is how you prevent becoming uhm non agile, or how you can keep your breath - you know "you're so out of shape if you can't hold your breath" like some people just can't do those things and it's completely normal.

And it's like, you know sometimes people can't go on a mental health for their walk because they just literally, as many people say "I have no spoons", or if you live on Tik Tok, "I just don't got no bones today, I can't go for a mental health walk."

Rabia (she/they):

Speaking of tik tok, and also able ism, and maybe not bones, but one of my favorite TikTok activists is @Crutches_and_Spice. I don't know if y'all have heard of her, but-

Sydney (they/her):

Imani!

Rabia (she/they):

I love you You're the most amazing person I've ever seen in my life.

Sydney (they/her):

I love Imani.

Rabia (she/they):

I know, I'm just going to be like a self promo low key you can edit this out, but we invited the money to our university and she is coming, and I was so freaking excited because we're talking about evangelism, gender, sexual violence and racism in the disabled community.

And honestly, she is just so phenomenal and I can't wait to hear her talk about all these different topics because they definitely intersect especially when it comes to queer disabled youths, and it kind of goes back to your point, Nicole, and the quote that we were talking about with like systemic violence and systemic issues that continue to harm us, and the fact that we need to abolish them but we can only do that together.

Nicole (she/they):

So true.

Sydney (they/her):

I think that thought is also a really great point, Rabia! That kind of leads us to our conversation - that we've already been having, but - about individualism versus community... Because, obviously, this episode is about self care and community.

Yeah so individualism has really just been like this toxic ideal that has come out of really the enlightenment period and history nerds, and uhm neoliberalism, and capitalism, where we just like are constantly trying to get better. It's up to your *will* and your *morals* and your *strength* to get you to a better place.

And it's so silly but like this toxic individualism completely makes us forget about people that we're harming. So there's really people that, as we talked about before, are appropriating cultures and gentrifying

neighbourhoods like, Yeah, I don't know, does anyone have thoughts on that.

Rabia (she/they) :

My area that I'm living in currently is being extremely gentrified especially in the downtown area, and it's gotten to the point where no one is literally doing anything to stop it, and the prices of our houses and literally everything in our area has been like, multiplied by like five, and it's absolutely wild because people who have been living here for their whole lives can no longer afford to live in their houses, the community that's been here since like forever, have been struggling to the point where like, we've been doing petitions like writing letters and all, all of the politicians here are just ignoring it like they don't care. It's not their problem.

And, it just goes to show you that like, even the people in power. If they don't give a shit if it's not affecting them. They won't do anything about it. But one thing that kind of is good, that's coming out of this is the fact that our community is coming together to actually fight it.

And I do think in a few maybe weeks, something will be changed and something will, you know, end up happening, even if it's a little violent, but I do hope that this doesn't continue because I know for a fact that no one in this area wants our community to be gentrified but it might happen because of these people who are buying the land and it's just really frustrating.

Nicole (she/them) :

It's so ridiculous that - it feels like, if property (like) values are being raised by five-times the amount, who is being able to afford to live there? Its not the community that was there before people came in... It's not the community that's even currently there which like... You're a student, Rabia. Like perhaps, there are kind of students in your area who aren't able to afford that. It's - it's pushing people to struggle for their lives, basically is what it sounds like...

And I - I relate to that. Like I said, there's a community super close to me about like a 10-minute drive it's -It's a lot of like Community Housing. So, that's been around for like 30/40/50 years now, and it primarily is inhabited by like Somali Muslims who have been there and built their community. And, you know, made connections between each other and open shops and like small businesses in that area that is now being.

They're all being evicted, and they're like tearing down the whole neighborhood by- and like building skyscrapers for people who are able

to pay like so much more for that property for that land. What was that driven by? you ask, money hungry white men probably -probably just a generalization but like probably.

And it's so heartbreaking to see like where are these communities going to relocate too where are these small businesses are being like torn apart in the middle of coven on top of. On top of that, It's just so sad to see.

And, like, I'm going to put a positive spin on this because it's a lot of sad talk but if-if your community is currently being gentrified.

Just like I invite you to like reflect on what you can do in that community to benefit those who built connections and community, and small businesses in -in that place that you live, um, give back to mutual aid for example shop locally.

Also, think about, whose land you're on. From the beginning, um who were the indigenous people of your land, and, you know, how are they related to that land and connect with them and see, how you can help in that sense.

Sydney (they/her):

That's great. And like one contemporary like one contemporary example of like being mindful of whose frickin land you're on..

is those that were in Kaledin, is it Caledon or Caledonia. That's right beside... Six Nations... Outside of Hamilton and Brantford, but just outside of

Rabia (she/they):

It's Caledon.

Sydney (they/her):

Okay, there's a Caledonia near me and I always get them mixed up. So, there is an area that they wanted to develop for (like) townhouses in Caledon in the region that is actually still very much part of the trackk that they laid out for many of the indigenous people, that still live on the land. Including the Haudenosaunee people...

And, it's just like very recently they were arguing about it, and, like, good for the land back, 1842 or 46 crew are (I'm going to find the words for that) their land back crew was great they

Rabia (she/they):

(faintly) it's Caledonia.

(Laughing)

Sydney (they/her):

Okay Well, There's some wonderful land back organizers

Nicole (she/them):

We just realized it was actually Caledonia

Sydney (they/her):

There's some wonderful land back organizers just outside of Brantford, who are fighting for their land (still to this day). They've been fighting in court and they've been fighting on the streets (in very peaceful ways).

Uhm And, individualism - toxic individualism.. You have a man that was on the committee that said, "there's people who have put the down payment for their homes", it turns out he was one of those people. There are people in the town that were calling them just horrifying names to their faces because they blocked the road that it's their road.

Uhm And they built wonderful community care systems in this horrifying destruction that the government tried to put upon us and I think a lot of mutual aid and Community Care comes out directly as a response to the ways in which other people are *screwing* us over.

Rabia, what do you think about that? Like, what do you think about community care?

Rabia (she/they):

Can I actually talk about the-

Sydney (they/her):

Yes

Rabia (she/they):

(like) the Caledonians?.

Sydney (they/her):

Yes

Rabia (she/they):

Yeah, Also so sorry, I thought it was Caledon because I heard Hamilton and like kind of that area because it's like the region of peel is Mississauga Brampton and Caledon so I was like "huh! Caledon" but it's not.

Anyways, this issue, um, actually reminds me of an article I recently read about indigenous issues in indigenous like land back, and there was this. I believe he's Haudenosaunee No, Anishinaabe, but he's a theorist and poet, actually, his name is Gerald Vizenor.

Not sure if you guys have heard of his theory called "survivance", but indigenous people have to go through this process ever since colonization and the first contact, and they have been going through this process of survivance and trying to survive basically has been their way of resilience I know we don't like that word, but it's also the new way of Reclamation.

And I think that's really important to note, especially in cases like this because, the way that they're able to do this is because of their community, their connections, their elders and the way that they've structured their community is so important to the fact that they've been able to survive to this point and thrive.

And I know sometimes in cases they're not able to thrive but survival and their resilience and resistance, has been so so vital to the point where like, we still need to like, step back and learn from them. And I think that is really important when it comes to gentrification and land back because we need to let them be in the forefront, we need to let them speak, we need to let - like they have voices, they're not -like the whole statement about like, "I'm speaking for the voiceless" like

that's complete bullshit, they have voices give them fucking space and let them talk because they know what they're talking about.

They've been here since time immemorial like they know what they're doing. Y'all need to step the fuck back like - it pisses me so- It pisses me off so much, but when I think about community here, I also (like) always think about indigenous communities and the way that they've structured their culture and their community and the relationships that they have with one another and the fact that, to this day they've been able to survive and resist everything that's been going on.

And it just really reminds me of the fact that like the people who are here before us, and the people who will come will always be impacted by the actions that we do now.

And I think that's just really important to consider because... We can't get anywhere without our people. We can't get anywhere without the friends and the family that we have or the found family that we have.

They really have helped us get to where we are and get to where we're going.

Nicole (she/them):

So beautifully said, Rabia

Sydney (they/her):

Kind of like branching into her other point - but also seeing what Rabia said, like, people are not voiceless. They're just not being listened to.

In most cases, the people that you're like "oh, the voiceless" or "people who are ignored" - like you're probably part of the group that's ignoring them here, babes. Like amplify what they're saying - because there is people in every single community, who is speaking out. They might not have a lot of traction at first, but maybe it's up to you to help build their background.

And also just kind of like this whole thing about community care, like not asking you to give necessarily back at all times... I might be stealing from Rabia here, about how Community Care is not transactional. It's about connections, as you said!

And, I really enjoyed the draw back to Indigenous communities because I actually recently read the original version of "The Giving Tree" - which was written at *least* 30 years before Shel Silverstein published it - and I read it in a newspaper archive. And, it was "The Gifts That The Trees Give", and it was [an uncredited Indigenous] story about the Big Green Forest, which continually provided them everything that they

needed if they treated it with the Seven Grandfather lessons [Teachings] - which was all about respect and mutuality [love]... And, I'm not going to quote them all [seven] because I'm going to forget them.

But it's all about like treating everybody - and all of creator's... [Treating]Uhm, everything the creator's made as interdependent. And, not about the story that we tell kids [nowadays]; which is that 'you took so much from the tree, that the tree went away'.

I guess it could lead there... But, that was really the white man's rendition, of 'you took so much that the tree wilted away', whereas they said 'this green tree will give you different things during every part of the season, and it will be happy to do so because you're part of its community'.

Nicole (she/them)

I had no idea that that was the original story, Sydney.

Sydney (they/her)

I just read it-

Nicole (she/them)

I love this version so much more.

Sydney (they/her):

I just read it like last week in a newspaper archive and I was like, actually really pissed off that Shel Silverstein ripped that off and made it worse,

Nicole (she/them):

way worse.

Sydney (they/her):

Now that I know this version.

Nicole (she/them):

I would love to- to dive into like, why a like pre colonial. Comm- like why community in pre colonial times was successful. And what now post colonial um individualism has like created for us.

I think it's really fascinating yeah, and like, kind of like what Sydney was saying earlier about feeling like when you're a young youth, like, you're damaged and that's like the most interesting thing about you, and you just, and you make that that way because you don't see a way out and you don't see a way to be happy you don't even see happiness and like self fulfilledness this as like something that you even want to be.

And I just want to validate that if you're in that place, and tell you that like, given the circumstances, it makes complete sense why you feel that way.

Uhm, yeah, so I just want to like start off by saying like, when you're in a cycle of stress, there are three places that you can be at like imagine a ladder and at the top of the ladder, you're, you feel safe and social.

So you're calm, you're engaged, you're connected, you're grounded. Once a bit of stress, or your body feels like it's in danger, you'll go into fight or flight, so you feel a bit more stressed, aggressive, uhm vigilant, avoidant. And then at the very bottom of the ladder is shut down. So you feel numb disconnected dissociated depressed, etc.

Yeah, so when our subconscious, like, senses danger it like, drops in the ladder.

And when the threat passes it finds a way to go back to the top and a community -community based cultures often, allow you to find a way back up that ladder in a healthy way, and promote things such as co regulation so, you know processing your stress with a safe person.

And children do not have the capacity to complete that cycle alone and co regulate alone -or with other children, it requires a safe adult. And if you never had that. It's so hard to come back to the top and feel safe and social.

Uhm, You know co regulated can feel like -like sometimes breathing deeply with someone speaking in a calm voice, and the ability to like enjoy safe touch and closeness and like laughing together it's things that are so simple.

In communities, you also like see a lot of something called mirror neurons. So, there are these like very powerful brain cells that allow us to subconsciously mirror the survival of others around us so just like that calmness, safety, and a sense of... A sense of well being are also contagious, in a community. And that requires a community, obviously.

So, in post colonial times (like now), our response has been interrupted by a lack of community. And, many generations don't have a strong, healthy, safe 'social mode' because children grew up with stressed caretakers who have been affected by trauma, mental illness, chronic illness, etc.

Um, And that gets passed through generations and you can literally see it in our genes. And systemic oppression also sends like strong consistent messages to our brain that don't allow us to go back up that ladder and make us stay in that like awful shutdown mode.

Uhm, Yeah, so we feel like we're in a perpetual steady state of like feeling stuck, and like in a panic stressed and just shut off.

This is all to say, if you don't feel like you're deserving of self care or of community, you're not alone. These are like tangible biological things that are happening to you, and it's not your fault.

You're valid and worthy of love and care.

But thankfully we're not stuck here. If you feel that way our brains are very powerful, and are able to go through rewiring. It's also known as a neuro plasticity.

We can build our natural stress response and grow. The ability to live without getting stuck like being spent -aren't spending our lives at the bottom of that ladder.

And we can do that by first of all spending time with safe people and nurturing our inner child, those are two things that I've come up with.

There's so much more obviously we talked about self caring community in many ways that you can do that. So, yeah, that's just my five little tangents.

Rabia (she/they):

That was so beautifully said like, I'm gonna listen back to that like 50 more times because that was amazing, and also your last note about being able to take care of ourselves with people that are also safe kind of reminds me of the concept of found family, and how that's so vital for queer youth because family is able to give us the bonds and relationships that we might not have in our blood families.

And, I think that's so important to consider especially for queer youth because we might, we often don't have like the tools to take care of ourselves, or build those relationships because of the trauma we might have experience.

And instead, we find these people we build these connections that -with people that have like similar experiences. And through that were able to form deeper bonds and connections with the people that help save our lives, and also help us continue to grow as people and I think that's really important to consider when talking about community care.

I'd also like to know what you think Sydney?

Sydney (they/her)

I think it's really great when you talk about found family over bound family or blood family. Like, there's an often-misquoted line that is "blood is thicker than water" When the original saying is actually "the blood of the covenant is thicker than the water of the womb", which literally means that the bonds you've made by choice, are much stronger and more resilient over time to adversity and more able to change, than the people that you are genetically related to. And obviously, this means a lot for a lot of people who just simply do not have their biological family as part of their life, and that is a huge thing for a lot of queer youth.

I am currently connected with my family but it is not always the safest option for my mental health, or my being, and I think that a lot of people know this, especially because community or not community, your family, tends to be the first people that you learn social norms from so those are the people who might have taught you that you needed to live an individualistic lifestyle, or as Nicole was talking about when you're mirroring people, especially for neurodivergent people who are undiagnosed you were probably trying to mirror people having no clue what was going on.

And then sometimes being chillin, somebody came into the room full of anxiety and you just had no clue what was going on but you were on high alert, and/or if you're in a narcissistic home where you just really didn't know who was going to walk through the door, it was the same person on the outside but they were acting in a different way.

And there's so many damaging effects that capitalism has leaked into our families that I think that more people - not just queer people - should really be thinking more about nurturing their found families, than their bound families.

Nicole (she/them):

I guess like, I want to ask y'all what you do to nurture your, your found family, and also your inner child, so like your inner child is that self-care that you have, and then extending that out to your found family.

Uhm, How -how does one do that? And how have you done that? or not...

Rabia (she/they):

One thing I saw on tik tok actually was talking about healing your inner child and giving your inner child the space to be themselves which you might not have been able to do as an actual child.

And on this video they talked about, you know, going to the store and buying the things that you couldn't afford as a kid or you couldn't have as a kid, and I've been trying to do that every time, or some of the times when I go to the mall or just like Walmart and through that I've literally bought like maybe three different coloring books. And I know that kind of sounds lame, but as a kid, I have this vivid memory of this coloring book that I got at the mall and literally two days later, it was completely gone - I couldn't find it. I don't know where it went, I think my parents gave it away, and it made me so upset because it was such an amazing book to me and I could still remember that freaking book and, I just want it back.

Like, you could give me some random colouring books, but I would always want that one back because I didn't get it. I didn't get to have that time for myself to like try and like, you know, do what I wanted to.

But whenever I go to the mall and I see like little things like that, like maybe a little toy that I couldn't get or a Lego set because my mom always thought LEGO sets for for boys. I try to buy myself a little gift here and there, and that helps. That helps nurture my inner child with it, which I think is so important.

Nicole (she/them):

So sweet, Rabia! I hope you - sorry, I make so many facial expressions! I'm just like frowning but it's - it's - it's a happy thing 'cause you're sharing that you finally get to buy those coloring books! And, I hope that one day you come across the one that you lost when you were young.

Uhm, One thing I do to nurture my inner child which like I didn't realize till now, like just now was the other day at work. Okay I have this very interesting coworker. Let's just leave out there, but she - leaving her anonymous- She is like very into gender norms, to the point where it's like... weird.

So like, long story short, we get a um shipment every day of medications into the pharmacy and we unload the medications obviously, and then we are to put the big boxes in the front of the pharmacy for like the delivery person to pick it up. And she refuses to pick up the empty boxes because and I quote directly. I am a woman, that's not a woman's job.

I like, I can't which like, sure, girl like totally get the men to do it, I get it. At the same time, I as a child like missed out on like being able to like, I guess, get grimy and like a dig in the dirt and like play in the -play in nature and just like pick up heavy things and throw them. So like I always, make it a point to like carry it and go to the front and put it down. It feels so powerful. Good. Exactly. we have those guns now.

And like, I remember my parents are always like very, you know, afraid of me getting like grass states. But now all like, going buy a pair like \$5 leggings, and just like I haven't done this yet, but I plan to buy a pair of \$5 leggings and just like, have fun in the garden, and not care about getting my clothes dirty, cuz there's a washing machine for a reason. You can always wash them, not that big of a deal. And whatever tide eraser there's also that for the grass states.

Sydney (they/her)

I agree with the clothing thing, a saying but still it rings in my head, every single time I've shopping and I'm the opposite of you two I do not shop a lot because of this, uhm, this very one saying that I hear every single time in my head exactly in my mother's voice, which is, price matters.

And we've talked about it a lot recently about how that really messed me up and how, like she took me to only the sales that were like, 70% off so now I have this unrealistic expectation and anxiety about how much a pair of underwear should cost and I don't want to pay more than this amount for shirt. Anyways, I digress, but a lot of inner nurturing my inner child was figuring out what was actually me.

And what was like my older siblings or my mother because I grew up as the third child, um, in three years. Um, and we were just, yeah, our mom spent a lot of time with us and our dad was away for work for a while.

And, yeah, there was like a lot of things that I was taught like I was told at eight that I had to start wearing abroad because my breasts were showing and I was told that I had to start shaving my legs at eight.

So like a lot of things that I just started learning and being like, Huh. That was weird, like, I get that you were all older than me but, so sometimes I just have to like do things that I realized, like that wasn't a rule that I created for myself, that rule makes no sense that's just what they said.

Uhm so like wearing my hair in cute little pigtails I don't care if it makes me look young. Or like buying jewellery or wearing baby pink which like somehow got ruined for me. I don't, somewhere along the way I think it was just really feminine.

But even like learning to celebrate Christmas. I like hated Christmas until I moved away and it wasn't so much of a like, big pressure over getting everybody the right things and reacting the exact same way and the stress but it put everybody under financially.

Uhm, So like oh I'm nurturing your child was literally just like recreating old traditions, teaching myself what I actually like versus what was the three women, talking in my ear most of my childhood.

And also yeah, like, I don't know about you two, but I grew up with that like, saying where people would be like, "Oh, I'm not like other girls", and then it got to a point where it was like, I am like other girls because all girls are wonderful, and unique in their own way, but then I got to a point where I was like, maybe I'm not like other girls because I don't think I'm a girl every single day.

And yeah, gender journey, queer sexuality journeys that's all about nurturing your second childhood, we basically all just had a second puberty up in here.

Nicole (she/they):

Beautiful.

Rabia (she/they):

but Nicole I just want to add on to one thing that you mentioned earlier about like you were to, or you weren't able to like lift things and stuff like that. You had to remind me of how like elementary school teachers are always like, "Can I get a strong boy to come carry these chairs for me, or this desk for me" [Redacted], let me fucking pick that shit up, let me pick it up.

It's just so frustrating how these types of ideologies and like gender norms are like reinforced in our school system, which is why it's so hard to nurture our inner child because we had to fight those thoughts, we have to fight those beliefs, but that's why it makes it so much more important, right. And I think that's just really great to (like) hear that, you know, you're doing that now you're going to get -you better get those tights, I want to see them after you're rolling in the snow or not in the snow, in the grass.

I want to see the green marks I want to see the grass marks because I think it's important to embrace that and it's important to celebrate those moments because it really, really makes a difference.

Nicole (she/they):

I'll Totally send y'all a photo.

And just to -out of what like, Sydney was saying, I'm so happy you get to recreate your traditions and to like get to know the things that you actually like.

Uhm and I totally relate to that. In like an opposite way of like, I'm the oldest sibling so I feel like everything that I had to do had to be exemplary for the younglings. And I was doing everything that I thought

would be good for them, rather than what I wanted to do and it was like, I was messing them up and myself, what was I doing!

But yeah, it's just -it's so powerful to recreate yourself, and it's a form, it's a strong form of self-care and it allows you to step into yourself and be able to find your found family and to find the people who are also doing that, and who lifts you up and who you lift up in return.

So I love that.

I'm just wondering like, how do your found families look like? And why are they so awesome? What makes them ideal, what makes them, your lifeline?

Rabia (she/they):

My found family is like... different parts of me, but better, because my family makes me want to be a better person they make me want to live. That sounds depressing as fuck, but they make me want to live.

They make me want to be happy to laugh, and even during like the parts were like we're struggling or we're suffering, it's still a group of people that I can go to and look towards at the end of the day, to be happy to make them happy but also make me happy and I think that's really important, because without them I feel like I would be struggling so hard and that's why I love found family and the idea of found family.

Sydney What about you?

Sydney (they/her):

Um, for me, my community is just very much starts with people that I share different things with or that embrace different aspects of me. I find that I've attracted most of my community, instead of finding it which is very funny.

I live very honestly and then people come to me and they're like oh my god I love how openly queer you are so am I. And then we just build from there.

I love people who can like very, be honest and committed to like, unlearning, because I'm not done unlearning um, and you shouldn't be either because if you think you're done unlearning you're going to cause a lot of harm and it's just you're not doing the community, any good. And yeah.

So community for me is more than just a group of people with shared identities or interests' community is a lifeline for me.

Yeah, and like really, if you get the right people, they will see your clearness or your neurodivergences or your cultural background, and they will see it as vital and worthy of nurturing for the communal good. It makes the community rich, and it shouldn't be ignored Or just tolerated. *Sighs* Tolerance,

Nicole (she/them)

ugh, the worst. The worst tolerating is like... absolutely, the bare minimum

Sydney (they/her):

The bar's on the floor, everyone.

I guess like so. So, I'm wondering how you folks are -I'm wondering where or how you folks have found your community, over the years?

Nicole (she/them)

Uhm... This is a great question um, because I found so many different communities. And then, I guess, fallen into particular ones that I - that have lasted over a longer period of time than others and kind of grasped onto those communities.

Um I think in high school. I kind of got into some of the wrong communities and then found my way, by the end of it. nOnce I came into myself. Um, And then in university, very funny story, but I took a physics class, worst subject in the world, hate it so much.

-No thoughts.-

And I ran into this person before the exam and we got to talking, and they added me into this group chat and then this group chat led me to like four or five communities. And it was just a community of queer people at my university.

And from there, I got to receive different resources share the reasons that I knew of that those people didn't, you know, got some, we would post social events just within ourselves, and, it was kind of amazing and I met some of my closest friends in that community and they've been long lasting since.

And, yeah, I also want to add that like my found family the thing that keeps us strong I think is the fact that we hold each other accountable. And we communicate the things that bother us.

Yeah, that, that's a -that's a really key thing about my found family. That makes us like long lasting.

Uhm, My role with like relationships and friendships is like, if they're not saying anything's wrong, nothing is wrong. Whereas like before I would ruminate and like get anxious over things that I would invent in my mind that other people hated me and they were mad at me, which wasn't true half the time.

I was a bit off topic but I just wanted to share that as like a tip. Uhm, Yeah, so that's where I found my found community that also gave me a resource to use line, no like intentional shout out but my friend works with the like the, darn, the call centre, and was like hey, like this cool program is recruiting, here you go, you'd be interested. And here I am.

How about y'all?

Sydney (they/her):

That's so funny because I've been lowkey stalking LGBT youthline for like seven years. Stalking is not a great word... I have been silently, like, monitoring LGBT youth line social media for like seven years since I'd, like, first heard about them in high school.

And like, yeah, it just like really led me into probably my first exposure to like peer support though. And then after that I like, literally chose a university based on who had great peer support services.

And within the first week I was just talking about disability and being queer to, like, my welcome week reps, and they were like, "you need to apply for this service dear it does all of it", and it was like, I just met so many people that like, were vetted for having the same like qualities and the same wanting to unlearn.

We didn't all have to be coming from the same place but we all had like, the same visions and like ultimate goals/priorities (whatever you want to call them).

But yeah, and through there as I just like showed parts of myself it blossomed, because peer support is great.

Rabia (she/they):

I that's so wholesome. And I really love that you know they guided yo-guided you towards that resource at your university.

For me, my fam -family actually has a really funny story. So, it all started one day -the first day of my English seminar. When I walked in, and I asked this white girl I was like "is this the classroom for English", and then we fell in love, And then she took me -

So that's how I met my girlfriend.

-And later, in, like, a month or two when we got close she took me to our pride club. And I was like, so nervous and I like never actually been to a pride club that had more than like two members, And this pride club had a lot, I was like Jesus I'm so scared.

And through the pride club, she met her friend Michelle, who was just sitting in the corner all by herself so she went and bothered her because she was like this person needs a friend. And that's how she met Michelle. And then she also met our other friend Cole, in a line, and she's like "I- You look like you're gay" so she went to talk to him, and that's how they became friends.

And I think, Cole new Nana, and so Nana came with Cole so it was like a bestie kind of thing. And so, while we're in the pride club that night, she like brought us all together and she's like, "you all know me. You are all connected because of me", I was like that so funny because literally three years later, those people are my found family like obviously we have new additions here and there, but it all can start with one person, and the relationships that one person has, and then the relationships that those people have, and then you like bring it all together and then (shwoo) there's a family.

That's really cute and it makes me happy. And I think, kind of like you Nicole, um your friends and you -or your family, you guys keep yourselves accountable and I think that's really important with your found family and I think with my found family we do something very similar and we make sure that we're holding each other accountable, but we also, we just have like very similar morals and beliefs that I think obviously you guys might also have that.

But with us like when we discuss important topic to our experiences. I think it's really great that we create this sense of belonging, where we validate one another but we also make sure like we're not always like, "Oh my God is going to be okay" like we talked through the rough part, we make sure that we work through the problems and we like, if they're like cheese's spreading apart we've put it back together.

I don't know if that's a real thing or not. But it's really great because it keeps us together in a way that we probably wouldn't be if we didn't have that communication and so I think that's really nice.

Sydney (they/her) :

Great, and I think that that brings us to the end of our discussion, if we wanted to wrap up, what do you think is something really important that the listeners can take from this episode?

Nicole (she/them)

I would love to say that like, self-care is always a work in progress, and will change throughout the month, and the seasons in your life, and to always show up in the capacity that you have in that moment.

And also that you are worthy. Uhm Yeah, that's what I would love to share with our listeners and also, I think we're going to link some resources for where you can find a community in various parts of Ontario, that we have found have either helped us or we know are good through other people.

So just wanted to plug that as well.

Sydney (they/her):

Yeah. And also, YouthLine has this wonderful resource directory on their website that, if you go to Youthline.ca, you can access that! And it's resources, all across Ontario.

Anyways, Rabia... What about you? What do you think that audience members should take away from this?

Rabia (she/they):

I think audience members should take away the fact that the only way you can care for yourself and care for your community is if you're honest with yourself and , you're honest with your community.

You can't show up and be this random person this persona that you don't even believe in, you have to be your authentic self. And through that experience and through being vulnerable, you can truly care for other people because that those that honesty, they'll see your vulnerability and they'll reflect that. And that's how you build those relationships and those bonds that you really need.

Sydney (they/her):

And that's a wonderful point, if you're pretending to be somebody that you're not, or you want something that you don't, then you're not going to get what you need.

And I think it really is the responsibility of all of us to try to be open and not live in the society where everyone should be able to read your mind because we're just all busy, communication levels very, we cannot tell each other.

And also, like what you said it makes me think about Instagram, like when I'm scrolling through Instagram on a super horrible day. And it just feels like everybody is having a better time than me.

And it's funny because I have to do that mental filter that "Oh no, this is the projection that people want me to see of their lives", but why don't we just take a step back and be honest. You could just post a normal day as well, maybe don't make things seem better than they were just to compete with others online.

I don't know if that helps. But there is one poem that I have kept in my mind throughout the past couple years that helps me on these days, when I'm feeling like I'm having a hard time and I don't want to tell anybody because everybody seems like they're doing better than me.

It's a poem from local writer, Rupi Kaur, and it's called community. It's

"When the world comes crashing at your feet[,] it's okay to let others pick up the pieces[.] If we're present to take part in your happiness[,] when your circumstances are great[,] we are more than capable of sharing your pain."

Nicole (she/them):

What a beautiful way to wrap that up, Sydney. Uhm, Yeah, that poem really speaks to me, when you say it like that. Long live the community, and long live our mental health and our physical health.

Uhm, yeah, I guess. Before we go, we (the three of us) want to invite the audience to reflect on this episode. We have a specific question that we'd want you to keep in mind... Uhm, The question is, "What people or groups have inspired you to develop meaningful relationships with your community?"...

It's a great place to start to reflect on your current situation, your current life, and how you can implement community and self-care into your life in the future.

Sydney (they/her):

With that, thank you, everybody, for joining us on our first episode of the three chaotic queers, a new episode.

Whoooo!!

Sydney (they/her):

A new episode will be out in two weeks time, transcripts will be free online and you can find this podcast on Spotify or Apple or YouTube.

Nicole (she/them):

Until next time, take it easy clear can and chaos lovers.

Whoooo

Ending Credits

1:20:04 - 1:20:41

