

human

**SPIRALING**

**Survival Self-care  
When Reaching a  
Breaking Point**

**Angela George**



This zine is dedicated to my inner circle, the people who are always there for me and I know I can talk to about anything.

Reader, I hope this zine can provide you with some of the same support my inner circle does for me.

Lost

*my mind*

and

found

*myself spiraling*



So 2026 is off to a rough start. The level of fatigue and grief from processing and absorbing ICE murdering Alex Pretti and Renee Nicole Good, and all the other violent and inhumane actions they are doing... PLUS all the global events still happening. Gaza, Ukraine, Venezuela... I was already set up to spiral. Well then, my upstairs neighbor's dog started peeing on their balcony, which dripped down and froze all over my patio. **MULTIPLE TIMES.** And my car got backed into without any contact info, leaving hundreds of dollars of damages. **AND** my work dangled a promotion in my face only to turn around and hand me some BS work to "prove myself." All this to say even when the world is on fire, there is space to have a bad day. I am valid to be upset that there is frozen piss all over my patio and at the same time outraged that ICE is abducting people.





# The Aftermath...

Before I start to spiral, I get quiet. I'm reaching a threshold where my basic day-to-day coping mechanisms are failing. Then when the number of things going wrong ends up overwhelming me, I spiral.

My brain starts rethinking, rehashing, and even tries to gaslight me into thinking things that are not my fault are or that I shouldn't believe what I'm seeing or that there is a good reason for what is happening to me.

Usually in cases like these, it's not my fault. There isn't a good reason behind it. And I'm already doing, or plan to do, the things within my power to make things better.

But it's too late. I'm spiraling and need to move into survival mode to wait it out.

# WHAT SHOULD

i do

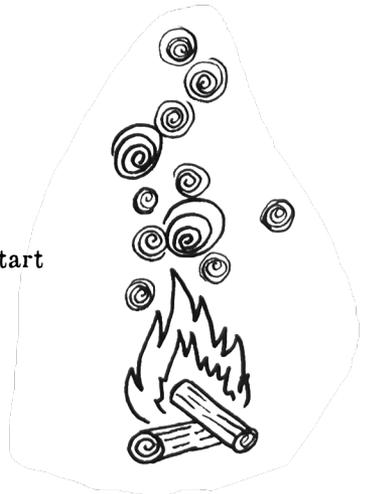
## SURVIVAL SELF-CARE

So when I am in a spiral, I do what I call survival self-care. This means limiting the number of things I need to think about. In essence, things are hard, so I find ways to make things easier to ride out the spiral.

Some of my methods are:

- Do the minimum at work and home
- Cozy clothes
- Comfort food or takeout
- Comfort show or hobby
- Treats
- Face mask or other pampering
- Make things\*\*
- Early bedtime (sometimes it's just better to start fresh the next day)

\*\*More on "making things" in a few pages



# EVERYDAY LIVING

## ONE DAY At A

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i  
m  
e

Things may suck for a day or two during the spiral. It's important to feel the feelings about what is happening and not push it away or bottle it up.

I tell myself I can only do one thing at a time and I can only live one day at a time.

When I have the energy, I make a list of next steps and to-dos. (Hopefully not too many are time sensitive.)

### EXAMPLE LISTS (in order of time sensitivity)

#### ICE TERROR:

[X] Talk to my people

[X] Find a protest

[X] Make art

#### Dog Pee Incident:

[X] Take photo evidence

[X] Report to management

[X] Call my mom

#### Promotion BS:

[X] Go to happy hour and vent

[ ] Find a new job



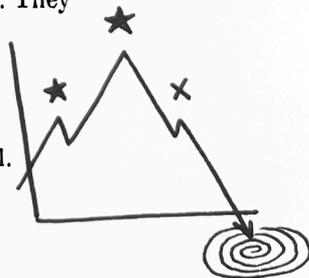
# YOU ARE More than milestones

The toughest part of spiraling is dealing with things that I can't control. I can't control the job market, or when I get a promotion, or even if hard work will "pay off". A job title or promotion may seem like everything, but it's not. I am more than a milestone.

So after I've thrown myself a pity party, I refocus on what I can control: building up my work ethic, relationships, and skills. Right now, I'm studying for the PMP, which is a majorly respected certification in my field.

I like to say that at some point, the scales will tip. Maybe it's hard to get promoted or find a new job right now, but each day that goes by is more experience. Eventually, the scales will tip in my favor, and I'll be able to find a new job or get that promotion. Plus, if they can't see my value, **FUCK THEM**. They should see my worth before I hit the milestone that will tip the scales.

In the meantime, I will focus on passing The PMP; something that is within my control.



DON'T LET

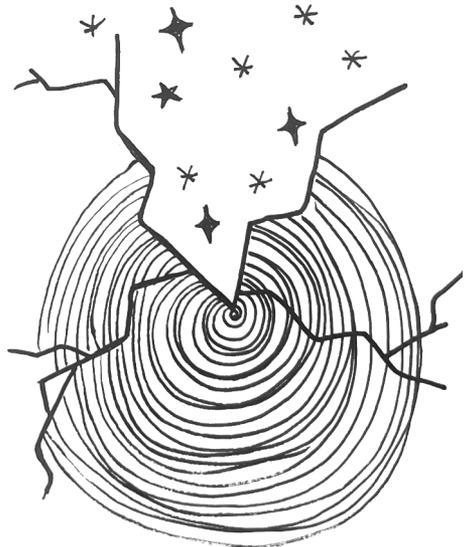
**PAIN**

SLOW YOU DOWN

ADD SOME SPARKLE

The spiral is painful. It makes me feel far away from people and the things I love doing. This is where making things comes into play. I can claw my way out of the spiral by adding sparkle to my life. At the start of a spiral, I get quiet because all I can think about is the spiral inducing thoughts. When I'm making something or doing something that brings me joy, I get quiet because I'm happy. Things like:

- Blogging
- Podcasting
- Zine making
- Crochet
- Petting my cat
- Making art



# Make

# ART

Thinking about joy is what digs me out of the spiral. When everything piled up on me this last time, I made this zine.

In my lowest moments at my current job, I made a zine about how boring things were. I'm not past that moment yet, but I used the negative energy to create. Over 20,000 people watched my YouTube video about that zine, and it resonated with them. I even made a pen pal through that experience.

When ICE murdered two people in less than 3 weeks, I made a zine with excerpts and poetry about immigration and tyranny. I handed out almost 100 of them at 2 protests in below-zero weather. I turned an awful moment in history into an opportunity for hope. There were so many awesome protesters and online friends who loved the zine.

And if that dog pees on my patio again or another person damages my car, best believe there will be a part 2 to this zine.

I think everyone should make zines, but also making art in general is so good for you. The zines let me express myself, but maybe for you it is music, or dance, or Minecraft builds. Who knows!

Either way, even if your art only impacts you, that is one person who is benefiting from making it.



Made to  
care for  
your heart,  
every day.†

#1 PHARMACIST  
RECOMMENDED  
VITAMIN & SUPPLEMENT  
BRAND

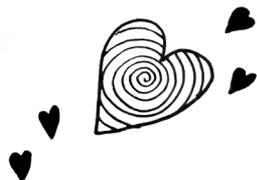


### REGULAR SELF-CARE



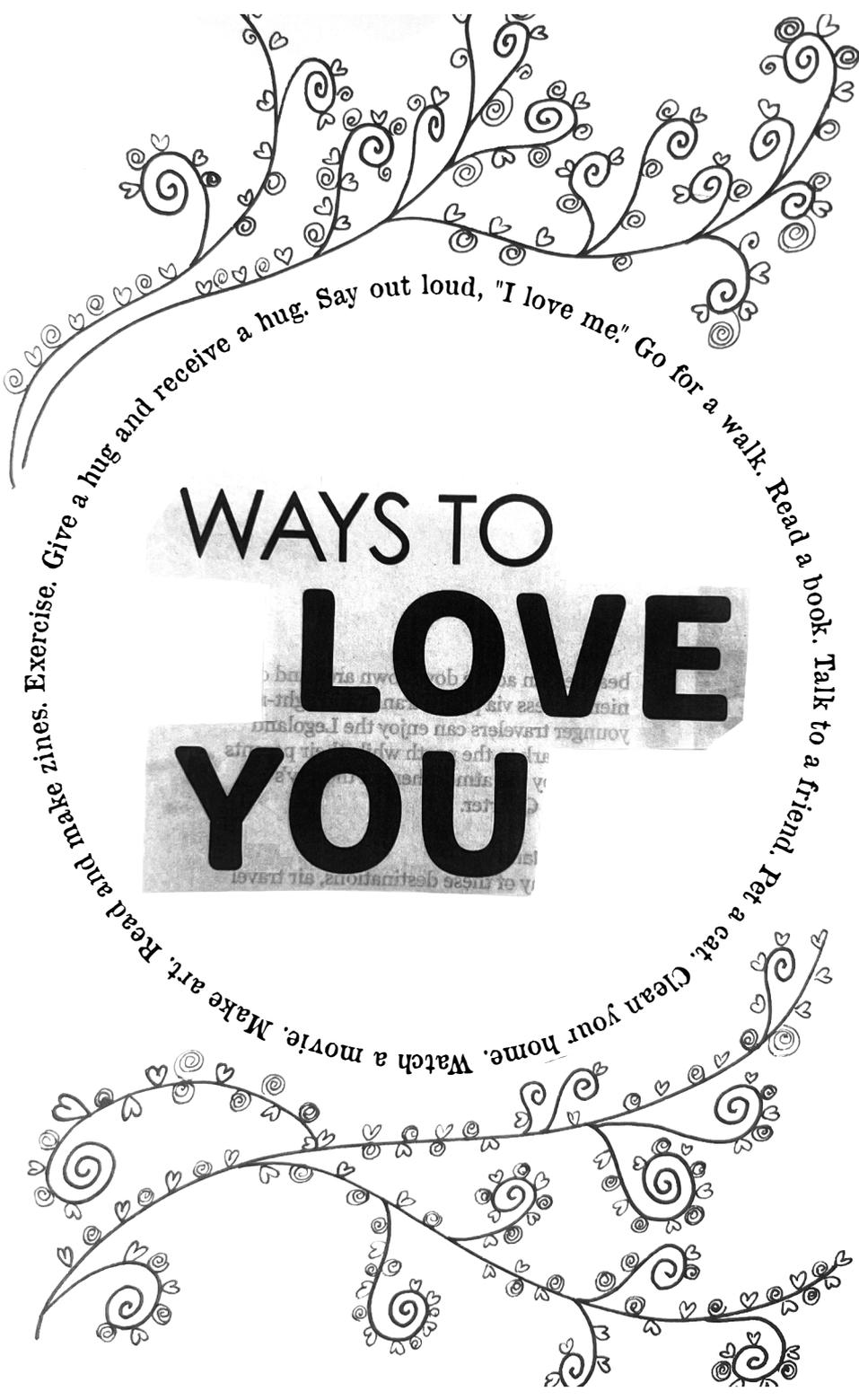
So I'm out of the spiral, but I don't go right back to doing the maximum. I ease back into it. I go back to my routines slowly, and on days that I have more energy, I do more. I'm the one responsible for my heart every day. I focus on the joy, on being with people who care about me, and on doing a little better every day.

I hope that if you're reading this zine and are also prone to spiraling, you build up your spiral survival kit and make space for regular self-care (and more zines).



# WAYS TO LOVE YOU

Exercise. Give a hug and receive a hug. Say out loud, "I love me." Go for a walk. Read a book. Talk to a friend. Pet a cat. Clean your home. Watch a movie. Make art. Read and make zines.







**DID YOU KNOW?**

**YOU CAN FIND US ONLINE.**

<https://angelageorge.com/zineland>