

# T-MAPS

transformative mutual aid practices

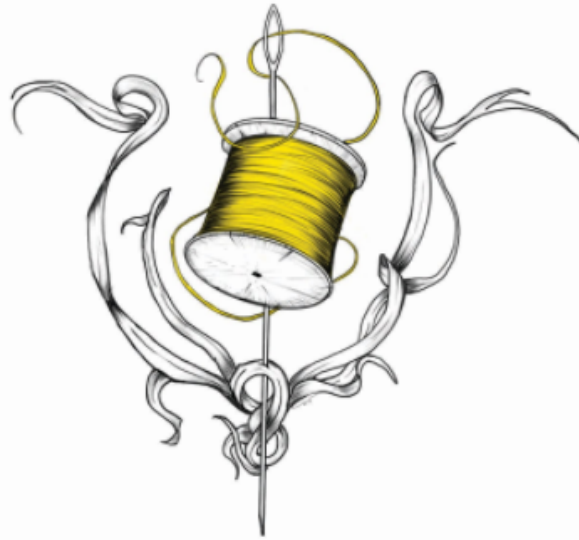


**Transformative Mutual Aid Practices (T-MAPs) are a set of community-oriented training materials that provide tools and space for building a “map” of personal stories, wellness strategies, resilience practices and resources.**

To receive a copy of your T-MAP, enter your email address here:  
[jakislin@outlook.com](mailto:jakislin@outlook.com)

## How to Use This Online Tool

You can save your progress and return to this form anytime - just click the Save button, and you'll be provided with the option of receiving a link to come back to your T-MAP. Feel free to skip questions and return to them when you're ready - you can navigate through the links at the top of this screen (that say things like Question 1 and Question 2). When you're finished creating this section of your T-MAP, press submit, and you will receive a pdf of your responses. Then come back to work on the other T-MAP sections!



## The T-MAPs Questions



This section is designed to guide us in building our wellness toolkit - to identify what practices and supports help us manage stress, avoid crisis, and stay grounded and healthy. Once we've developed these lists, it is good to return to them on a daily basis and potentially share them with others in our lives. If we notice we're slipping off track, we can return to this toolbox to help us remember how to get back on course.

### **What are some of the things I do regularly to take good care of myself?**

*Check off any of these examples that apply to you, and **write in your own answers at the bottom:***

Daily Journaling – Writing down dreams. Recording awake and asleep times

Routine – Clear and Delineated Hours For Work/Study/Play; making sure that there are activities and things I'm doing out in the community every day

Staying engaged -- Keeping up with hobbies like basketball or music, staying involved in work, school of volunteering

Hours For Work/Study/Play

Exercise - at least 3 x week

Listening to Music

Community -- Check in at regular intervals with friends

### **Describe Your Own Experiences**

I have a daily routine of two hours writing, then walking about three miles with my camera, taking about 80 photos each day. Then I spend at least an hour editing the photos, then selecting a few to share on social media. Music is important.

### **What are some new things I would like to be doing to take good care of myself that I haven't tried yet, or that I would like to be doing more regularly?**

I would like to spend more time with my justice friends and their activities. And with my Quaker friends. But I live in a small town at least ten miles from them. I can't leave my elderly mother alone for too long. And I have had a lifelong witness of not having a car of my own.

### **What helps me manage stress?**

*Check off any of these examples that apply to you, and **write in your own answers at the bottom:***

Taking breaks from things (school, work, family) and going for walks

Spending time with my friends or other people I feel safe with

Focusing on good things happening in my life and resisting the temptation to dwell on difficult things that have happened

### **Add your own:**

Spending time with my Mutual Aid friends, and Quaker friends, are very important in helping me manage stress. It was observing how wonderfully my Mutual Aid friends support each other, including me, that made me more aware of how justice work has at times traumatized me. Mutual Aid also significantly helped me focus on how we help each other in the present, and to prioritize things I can have an impact on, and letting go of other things, like trying to influence political processes that have been corrupted.

Going for walks is important not only for exercise, and the reverence for Mother Earth and all my relations, but also for the joy I get in taking, editing, and sharing photographs. Feeling close to the Spirit as I walk in the quiet.

### **What is some of my favorite music?**



**Try listing your 10 favorite songs, artists, or albums**

Max Schneider, Alec Bengamin, BTS, Alan Walker, David Archuleta, Calum Scott, Nico Santos, Troye Sivan, Ed Sheeran, Justin Bieber

**What are my favorite movies, TV shows, books, podcasts, or websites?**

Shelter, Popular Resistance, umair haque, Great Plains Action Society

**How does my relationship to substances (alcohol, street drugs, or psychotropic drugs) help or harm me? When and how are they useful, and when are they not?**

*Check off any of these examples that apply to you, and write in your own answers at the bottom:*

**Describe your own experiences**

No relevant experience

**What helps if I am feeling drawn to behaviors that might be destructive (e.g. self-harm, abusing drugs or alcohol, isolating)**

*Check off any of these examples that apply to you, and write in your own answers at the bottom:*

Watching a movie or doing something distracting until the impulse passes

**Add your own:**

**What helps if I am approaching crisis?**

*Check off any of these examples that apply to you, and write in your own answers at the bottom:*

Get more exercise during the day to wear me out

**Add your own:**

Exercise has always helped my mental health. Because I refused to have a car during my life, running became one of my main modes of transportation. Running brings my focus inward to monitor how my body is doing, if I'm over doing it. And I often experienced "runner's high", which was a spiritual space.

## What are my safe places?

*Check off any of these examples that apply to you, and write in your own answers at the bottom:*

My favorite park or trail  
My own room

### Add your own:

Walking (now that I can no longer run) is so important for my exercise, mental health, and photography. It is important to find a trail that is remote as possible. But must be near where I live because I would not drive somewhere to walk. Which means I have basically one route. It is a marvel that I can easily take about eighty photos per day along this three-mile route. Every day the light and other things are different. My room is where I spend a lot of time. Usually two or three hours writing, at least an hour editing photos, reading and studying.

## Are there practices from my culture of origin, spiritual tradition, subculture, religion, or family that help me?

*Check off any of these examples that apply to you, and write in your own answers at the bottom:*

Prayer  
Meditation  
Religious practices or ceremonies

# If you want to use T-MAPs material in your project or organization, please read this:

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**You've completed  
section two!**

