

Bush Theatre

PROTEST SERIES

**Self-care guide
& content warnings**

What is this document?

This document contains information about ways to look after yourself before you engage with the Protest series, while you're watch or after you've watched.

This includes information about the content warnings for each of the pieces.

Please note that by discussing the content of the pieces, the information may contain key plot points.

We hope the information and resources in this document will help audiences experiencing the show, and support planning if you are concerned about your visit.

All of the information here was accurate when we put this guide together. Details can change and we will update this guide as soon as possible if they do.

Contents

What is self-care? ---- 3

About the Protest series ---- 4

About the pieces + Content Guidance ---- 5

Helplines and support ---- 6

Self-care suggestions ---- 7

Access information ---- 8

What is self-care?

Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.

Thank you to Clean Break for bringing their care practices, including Self-Care Guides, to the Bush Theatre during our co-production of *Favour* (2022). Clean Break is a theatre company working with women with lived experience of the criminal justice system or at risk of entering it. cleanbreak.org.uk

“The concept of self-care comes from the Black Feminist movement. Self-care is important because it’s about recognising that we experience discrimination and oppression because of how others react to who we are, or what we’ve experienced.” - Clean Break

In writing this document, we were also inspired by recent approaches taken by several other companies, especially the Nouveau Riche and Royal Court teams.

About the Protest Series

Our Protest series is a strand of quick-fire commissions, collaborations and events designed to enable artists to respond to the world in a way that is dynamic and held with care. Creating work for our main stage can take a long time, and with global events unfolding every day we recognise our duty to provide a platform for our artists' voices to be heard.

We believe the connection between art and protest is vital. In a time of immense global turbulence, our Protest series aims to provide a stable platform for artists to shed light on and explore injustices that persist in our world.

Works under the Protest banner may take many forms, from digital pieces to in-person events. Whether loud or quiet, angry or joyful, a call for collective action or a deeply personal reflection, we will continue to champion artists and their voices.

This release includes four new pieces under the Protest banner. We have included in this document content warnings about each of the four pieces.

Each of the pieces in this release is a short video, created by an individual artist. Some of them are performed by the artist themselves, some are performed by an actor.

bushtheatre.co.uk/protest

About the pieces and content guidance

***Mahad Ya Araf* by Amerah Saleh**

A spoken word piece, accompanied by music.

Contains themes of grief and uncertainty.

***Hold On* by Alaa Shehada**

The video shows a man leaving his house and travelling through a city. The audio is of a series of phone calls, translated in subtitles.

Contains discussion of war, conflict and death; description of occupation and settlement; sounds of gunshots and allusions to violence and killing.

***Displaced* by Charlie Toko**

A monologue showing performer Terique Jarrett speaking directly to the camera, filmed against a rough breezeblock wall.

Contains themes of oppression; discussion of war, displacement, genocide and violence; description of personal struggle, conflict and injury; themes of grief, fear and death.

***Barbra Streisand* by Naomi Westerman**

A monologue performed in voiceover, accompanied by visuals providing commentary or wider context on what is being said.

Contains discussion of racism, antisemitism and discrimination; references to rape, war crimes and genocide; description of war, conflict and death; discussion of terrorist acts, occupation and settlement; discussion of white supremacy.

Helplines & Support

Mind

Provides advice and support to empower anyone experiencing a mental health problem. [mind.org.uk](https://www.mind.org.uk) or **0300 123 3393**

Rethink Mental Illness

Offers support through a diverse range of mental health services and support groups. [rethink.org](https://www.rethink.org)

BAATN

Provides various services for psychological support for people who identify as Black, African, South Asian and Caribbean. [baatn.org.uk](https://www.baatn.org.uk)

At A Loss

The UK's signposting website for the bereaved. They can help you find bereavement services and counselling, as well as resources. [ataloss.org](https://www.ataloss.org)

Hub of Hope

UK-wide mental health service database. Lets you search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support. [hubofhope.co.uk](https://www.hubofhope.co.uk)

Right to Remain

Provides information, resources, training and assistance to help people establish their right to remain. [righttoremain.org.uk](https://www.righttoremain.org.uk)

Self-care suggestions

Watch with someone

Watch with a friend or someone you trust.

Talk to someone

If you find the content distressing try talking to someone you trust, or try one of the organisations above.

Breathe

Breathing is a great way to help you feel calm. Try inhaling for 4 seconds, hold your breath for 4 seconds, exhale for 4 seconds. Repeat for as long as you need.

Find some nature

Look out of the window or go for a walk if you can; experiencing nature can help us feel grounded.

Know if you need to step away

There is nothing wrong with deciding this isn't for you or it's too much. Stop the video, walk away, take a break. Do what feels right for you.

Ground yourself

Grounding exercises can help you bring yourself into contact with the present moment. Here are some ideas:

1. Notice five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
2. Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
3. Wash your hands or drink some water.

Access information

The videos are available on our social media channels, on our website or on our YouTube channel.

Closed captions are available when watching on our website or YouTube. Open captions are available on our social media channels.

**If you have
any questions or
would like more
information, don't
hesitate to get
in touch with our
team:**

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boxoffice@bushtheatre.co.uk**

**phone:
020 8743 5050**