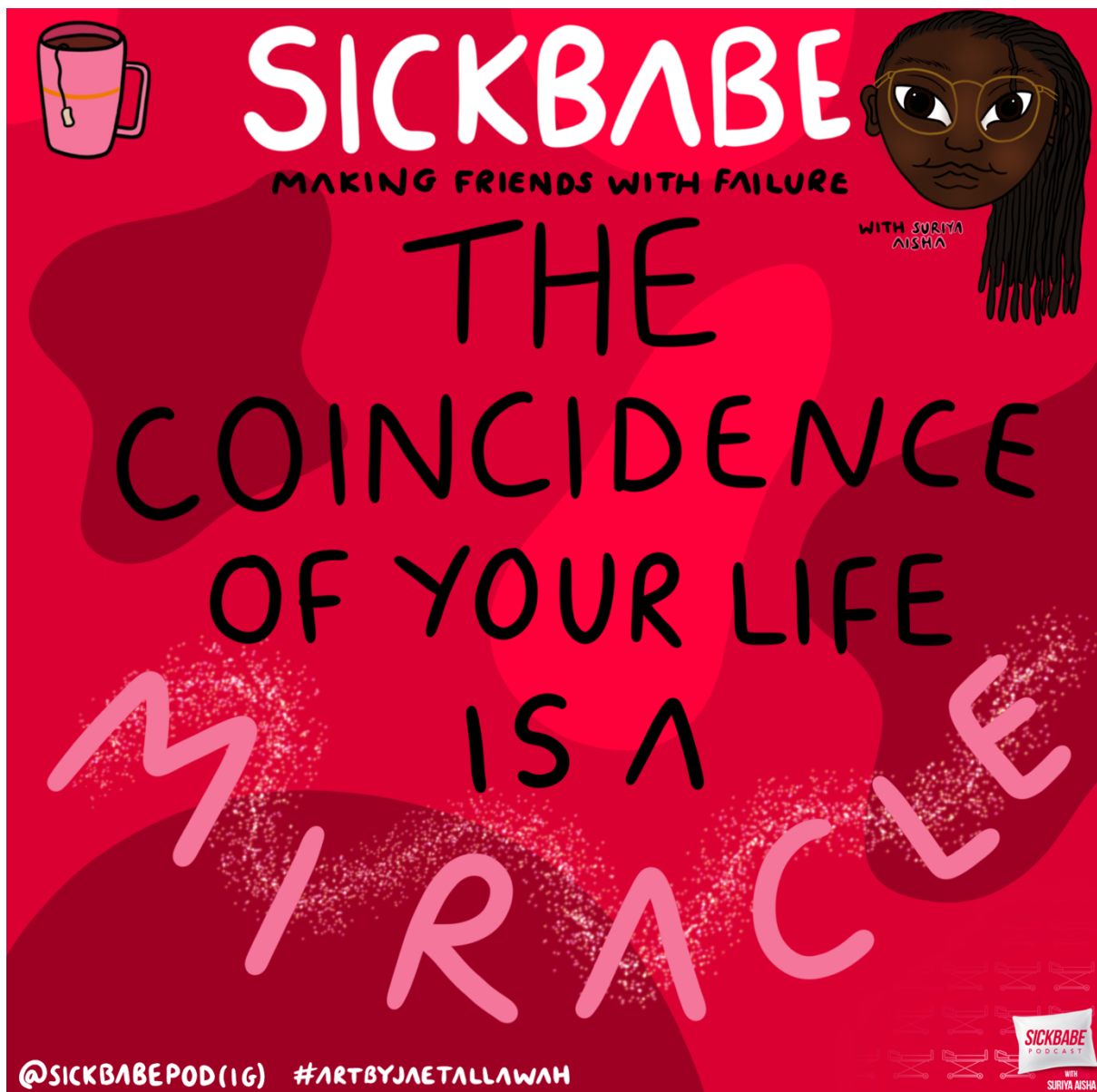




As part of our 2020 Artist Commissions, Suriya Aisha created two workshops for SickBabes - (women and non binary people who identify as being sick or disabled) to be together and discuss what it feels like to constantly 'failing' your own expectations.

Visual note-taker Jae Tallawah created these records of the workshops so that others can also try out Suriya's suggestions for making friends with failure.



The coincidence of your life is a miracle.



FUN PALACES

SICKBABE
MAKING FRIENDS WITH FAILURE

WITH SURIYA AISHA

SMALL ACTS OF SELF-COMPASSION

- GOOD PERSONAL HYGIENE
 - REMEMBERED TO BRUSH MY TEETH
 - SHOWERED WHEN I WASN'T LEAVING THE HOUSE
- MADE MY FAV 'LOW SPOON' SNACK
- COMMUNICATED MY ACCESS NEEDS WITHOUT SAYING 'NO WORRIES'
- RE-POTTED MY PLANTS
- WORE AN AID THAT SUPPORTS ME + MAKES MY CONDITION VISIBLE

@SICKBABEPOD(IG) #ARTBYJAETALLAWAH

SICKBABE PODCAST WITH SURIYA AISHA

What small acts of self-compassion have you done in the past week to take care of yourself?



FUN PALACE

Does failure exist?

SICKBABE
MAKING FRIENDS WITH FAILURE

WITH SURIYA AISHA

Does failure exist?

CAPITALISM CONDITIONS US TO THINK WE EITHER WIN or LOSE

2nd 1st 3rd LOSE

WHEN YOU LIVE WITH INVISIBLE AND/OR CHRONIC ILLNESS 'A WIN' CAN LOOK VERY DIFFERENT TO WHAT PEOPLE MAY EXPECT

WHEN WE THINK OF FAILURE WE HEAR...
HOPELESS BURDEN SHAME UNWORTHY UNLOVABLE EXPECTED WEAK BURN-OUT

WE CAN RE-FRAME OUR RELATIONSHIP WITH FAILURE BY USING NEW WORDS TO DEFINE IT...
WOBBLY LEMON MOMENTS

"OF BEATS"

@SICKBABEPOD(IG) #ARTBYJAETALLAWAH

SICKBABE PODCAST WITH SURIYA AISHA

When you live with invisible and/or chronic illness, a 'win' can look very different to what many people expect. Capitalism conditions us to think we either win or lose. We can re-frame our relationship with failure by using new words to define it ... like 'wobbly lemon moments'.



FUN PALACE



SICKBABE

MAKING FRIENDS WITH FAILURE

TASK: WRITE AN 'IN CASE OF EMERGENCY LETTER' FILLED WITH THINGS THAT A FUTURE YOU WOULD WANT/NEED TO HEAR IN A 'WOBBLY LEMON MOMENT'

WITH SURIYA AISHA

LITTLE LETTERS TIP USE A PEN + PAPER
(IN CASE OF EMERGENCY)

I AM NOT OBLIGATED TO SHOW UP
THERE WILL BE MORE THINGS TO DO WHEN I AM WELL ENOUGH

YOU ARE GOING TO COME OUT OF THIS UNSTOPPABLE

YOU ARE AWESOME
YOU ARE NECESSARY
YOU ARE GOOD @ SO MANY THINGS + YOU CAN LEARN SO MANY MORE

WE ALL HAVE MOMENTS WHEN WE MISS OUR NEEDS THERE IS NO ULTIMATE 'WOBBLY LEMON', YOU CAN ALWAYS RESET

@SICKBABEPOD(IG) #ARTBYJAETALLAWAH



Write an 'in case of emergency' letter, filled with things that a future you would want/need to hear in a 'wobbly lemon moment'.