

Contract of Self Care

Avoiding burnout for Social Practice Artists and
all Artists!



This 'Contract of Self Care' is created by artist, curator and creative wellbeing practitioner, Luminara Florescu.

The project is funded by a-n Artist Bursary 2021

"My aim is to create a 'Contract of Self Care' to support a best practice model for artists who have a social practice as well as the participating members of the public involved in their projects. Also to explore ways of working as a social practice artist that are sustainable for artists with physical and mental health disabilities. Developing a 'Contract of Self Care' to support artists in avoiding Burnout"

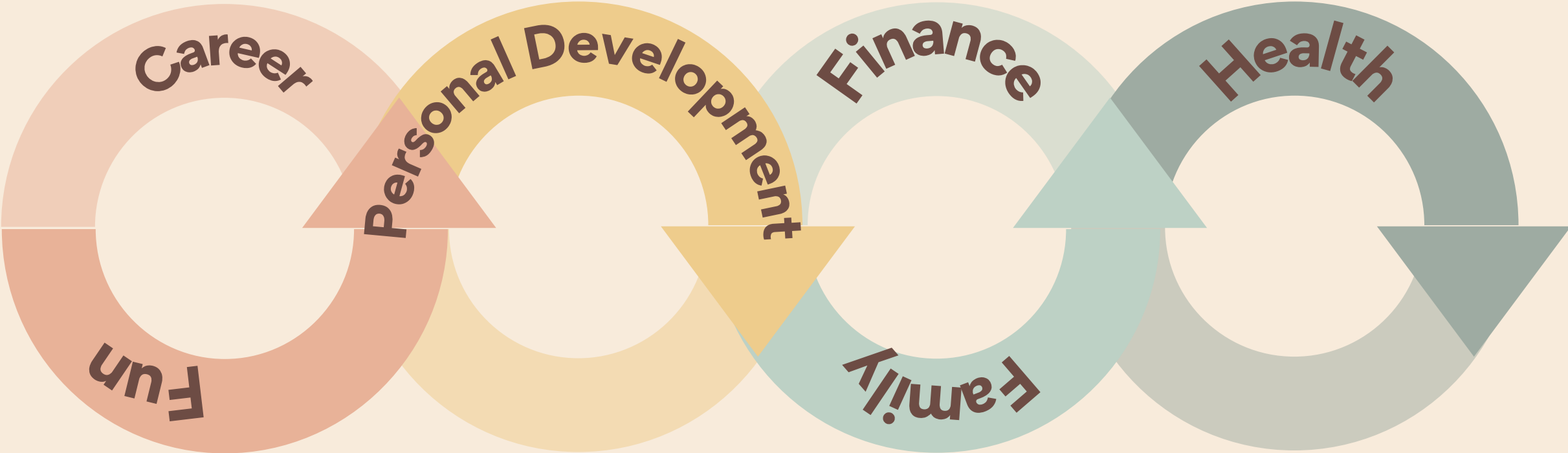
This 'Contract of Self Care' will be available as a FREE downloadable PDF document via Luminara Florescu's website.

Balance

- Career
- Finance
- Family
- Health
- Fun
- Personal Development



Interconnected





Physical Wellbeing

Reasonable working hours, time to rest, eat. Support needs.



Mental Health Wellbeing

Respect, kindness, consideration, fairness and communication.



Emotional Wellbeing

Creatively fulfilling, challenging, interesting.



Financial Wellbeing

A fair exchange for my time, energy and skills.



Values

Supports the change I want to see in the world.



PHYSICAL

- What kind of environment will I be working in: will it be warm, somewhere to sit down, take breaks in a quiet space, somewhere to eat, get a hot/cold drink?
- Will I have to carry/move equipment: Set up chairs, tables, other artists' artwork. Will there be someone to physically help me?
- Will I have to look after other artists' or the public's artwork: Transport it. Install/Uninstall. Be the artworks Spokesperson (visitors, press)?
- Will I be expected/need to work after 5.00 pm & on weekends: Is the amount of work involved realistic to be carried out by the number of people on the project/activity?



MENTAL HEALTH

- Will my mental health wellbeing be supported: Being listened to & treated with respect. Will my opinion be valued?
- Who will be responsible for the mental health wellbeing of other artists or members of the public who are involved in the project?
- Will I be able to work at my own pace without being pressured?
- Is the timescale of the project/activity realistic? Is there time to complete the work without becoming overwhelmed? Can I ask for more time if needed?



EMOTIONAL

- Will I find this project creatively fulfilling?
- Will it help my own practice develop: offer new challenges, expand ideas?
- How will this project/activity affect my family life: Time to be present with them? Time for parenting/caring responsibilities?



FINANCIAL

- Will I get paid?
- Is the daily rate reflective of my experience & skills? In line with Arts Council fair pay guidance?
- If un-paid will there be opportunities for:
 - Mentoring
 - Learning new skills
 - Reach new audiences
 - Networking
 - Self Promotion (Press)
 - Testing out new ideas

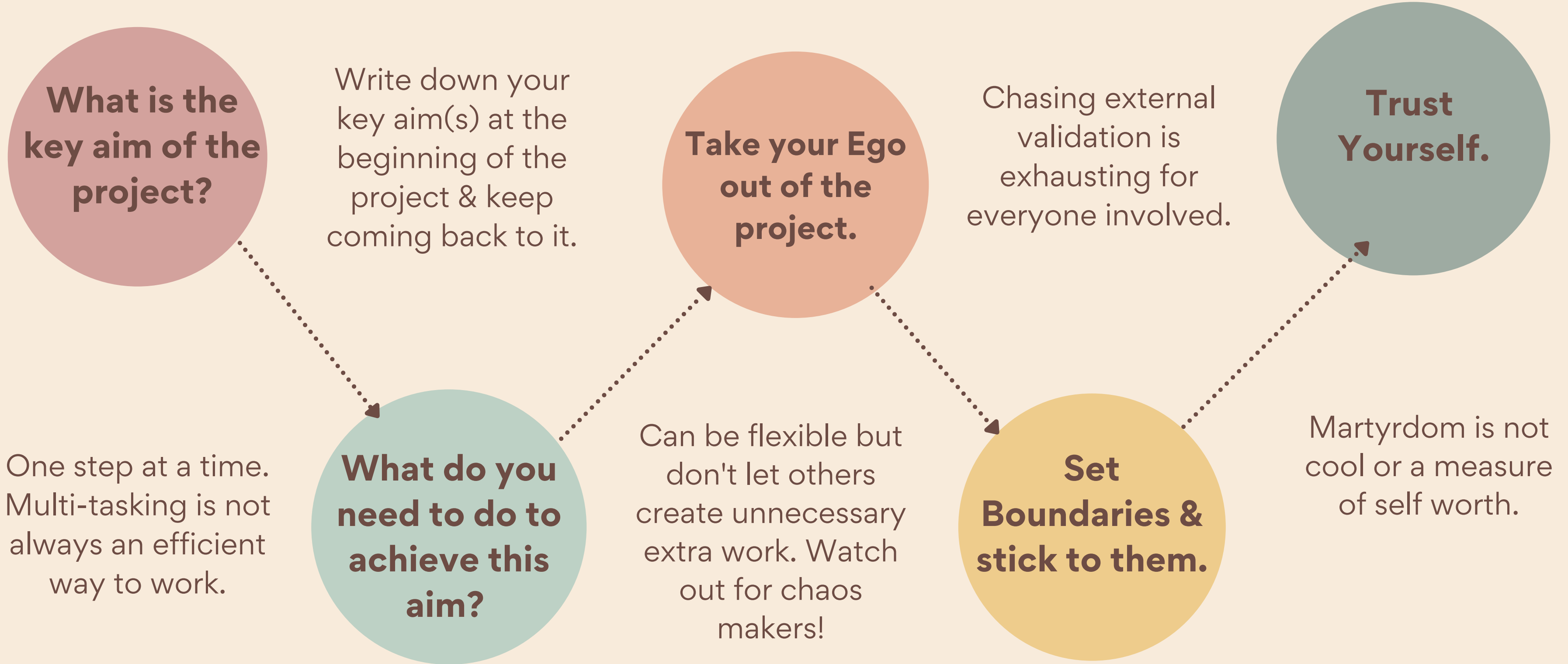


VALUES

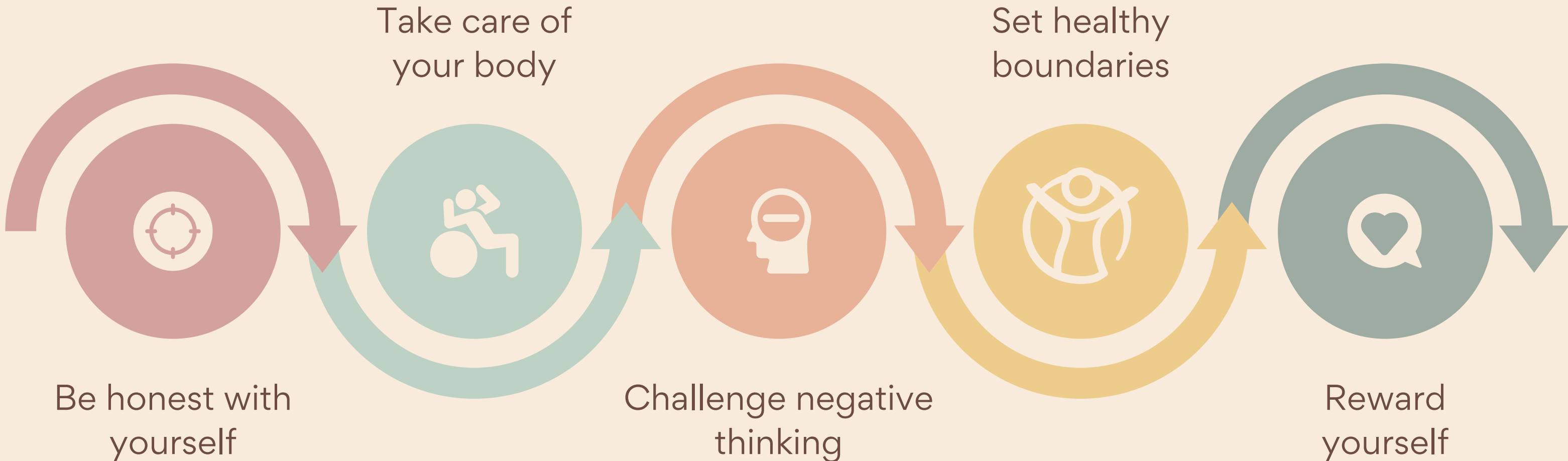
- Does this project/activity support the change I want to see in the world?
- Does it promote tolerance & respect for all people involved?
- Does it consider Access Needs of artists, participants & audiences?
- What subject matters am I willing to work with?



What is the Mission?

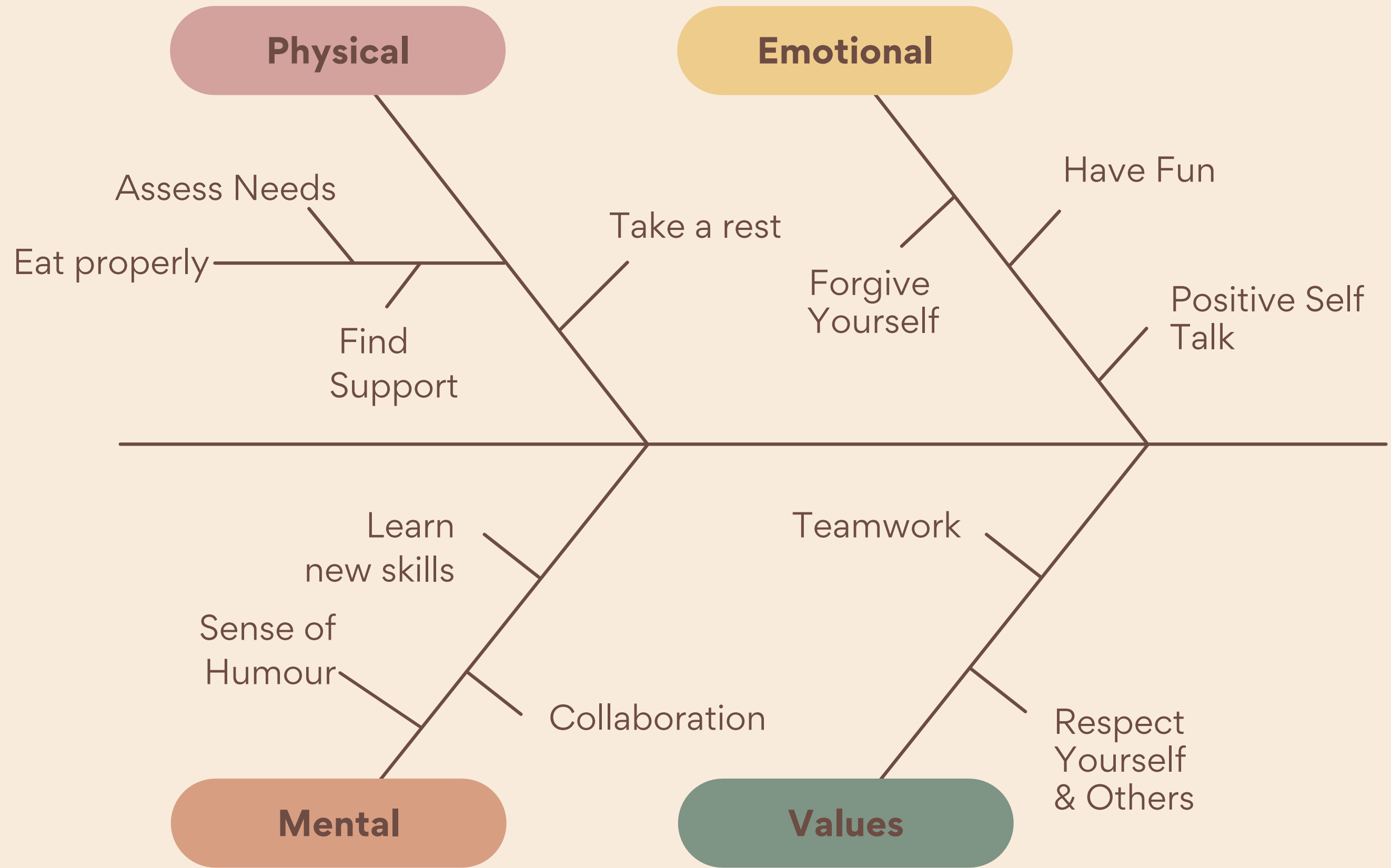


A Guide to Self-Care



Fishbone

Healthy Working Practice



**Modeling Self Care supports a cultural change
that puts the Care of People, Communities and
the Planet at the heart of our work.**

