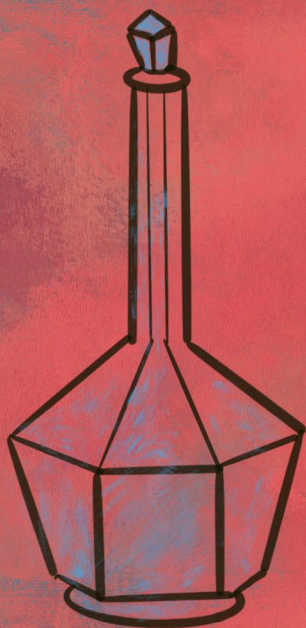


Scarcity Antidotes



exploring a possibility
mindset to strengthen
anti-oppressive
practice

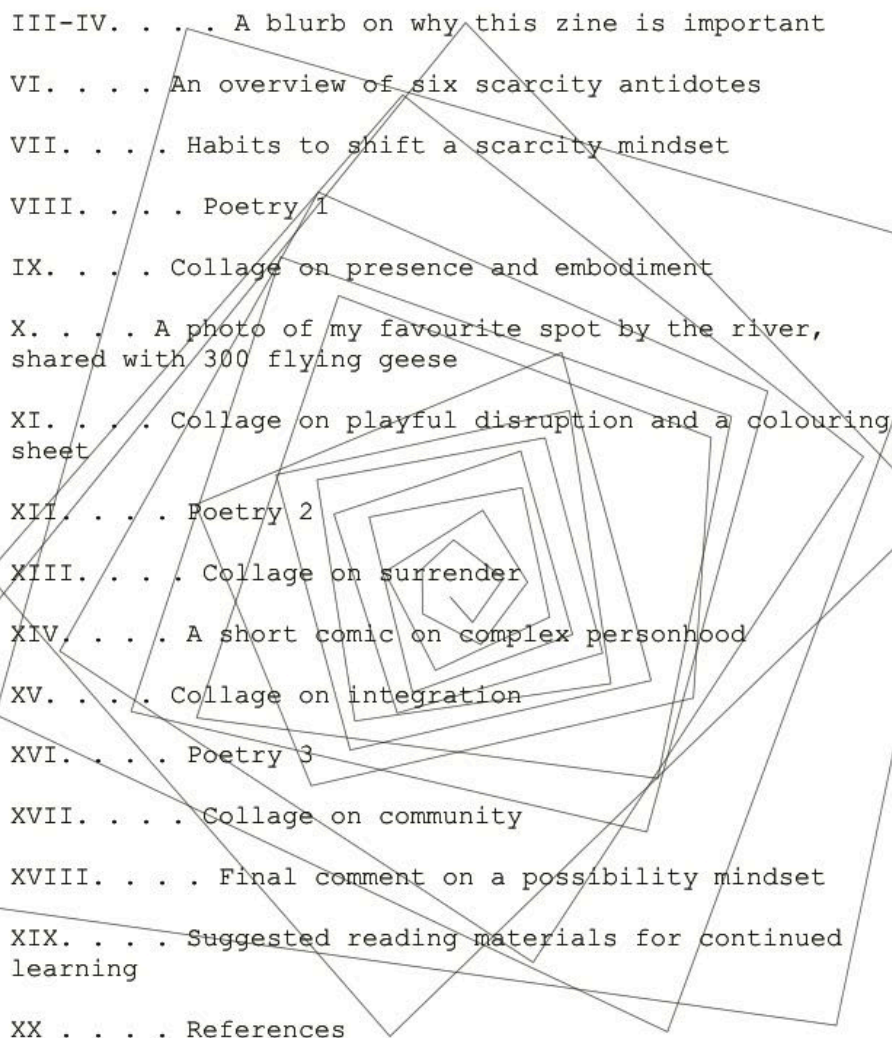
Created by Jen Archer
June 2024

The purpose of this zine is to describe what six antidotes shifted my mindset of scarcity to one of possibility. Scarcity is born from a colonial agenda, benefitting capitalist outcomes while harming our bodies. Using abstract techniques such as collage, poetry, and images, this zine meanders through learnings with a reliance on abstraction and interpretation.



About Jen Archer:
 Jen is a human with an evolving identity who thinks deeply about how societal system values spill over into individual ideologies and how these relations often go unseen. Jen makes an effort to expose coloniality within her mindset to embolden her anti-oppressive practice. Jen approaches reflective practice with courage and curiosity, acknowledging that the version of herself that views this content years from now will have complicated her past and reimagined a new future.

Things Encountered in this Zine

- 
- III-IV. . . . A blurb on why this zine is important
- VI. . . . An overview of six scarcity antidotes
- VII. . . . Habits to shift a scarcity mindset
- VIII. . . . Poetry 1
- IX. . . . Collage on presence and embodiment
- X. . . . A photo of my favourite spot by the river,
shared with 300 flying geese
- XI. . . . Collage on playful disruption and a colouring
sheet
- XII. . . . Poetry 2
- XIII. . . . Collage on surrender
- XIV. . . . A short comic on complex personhood
- XV. . . . Collage on integration
- XVI. . . . Poetry 3
- XVII. . . . Collage on community
- XVIII. . . . Final comment on a possibility mindset
- XIX. . . . Suggested reading materials for continued
learning
- XX References

A Blurp on Why This is Important

A scarcity mindset is when a person perceives lack, or not enough. Although many people aren't afforded the resources they need to meet their basic needs, that is not the scarcity I am talking about here. Instead, a scarcity mindset projects that something is scarce, even if this is objectively untrue. This creates unnecessary anxiety, hyper-vigilance, and competition to protect the 'scarce' resources one perceives they don't have.

How does this fit into broader society? Patterns of domination culture (or colonialism, capitalism, and white supremacy culture) are a set of societal beliefs that dictate who has access to privilege, and who does not. Aspects of colonial culture can go largely unseen, often accepted as norms, such as urgency and perfectionism. Urgency and perfectionism are tightly wound to time, money, and self-worth; and thus, scarcity. Although urgency and perfectionism are not inherently bad, when left unchecked, they create environments where only people who are able-bodied, neurotypical, efficient, organized, and mistake-avoidant can thrive. When people are hired and fired based on their level of fit within these norms, our systems miss opportunities to interrupt colonial norms. Instead, when norms are deeply considered and people are encouraged to engage in non-scarcity coded ways, we are able to strengthen our anti-oppressive practices within communities.

This is where a possibility mindset comes in. A thoughtful approach to life, a possibility mindset is a way of being that allows one to consider alternate futures which offer positivity and hope. This is not a quick access guide to becoming more efficient, productive, or happy. Though building a possibility mindset may have these results, the end goal is not to access more control. Instead, the goal of a possibility mindset is to discover what is possible when scarcity is no longer the sole focus. Defined from literature, a possibility mindset is: a hopeful and playful orientation that includes dreams, plans, or goals; and an acceptance of uncertainty and cyclical time that may lead to personal improvement, disrupting failure, and integrated ways of doing, being, and knowing (Dweck, 2006; Glaser & Pearce-McCall, 2017; Jain, 2022; Krawec, 2022; Odell, 2023; Okun, 2021; Whitmore, 2021; Yunkaporta, 2020).

Through my experience, I discovered six scarcity antidotes that helped me find a possibility mindset. These antidotes are: presence, embodiment, playful disruption, surrender, integration, and community. When I included a combination of these six intentions in my day, I felt freer, lighter, and more connected. These practices inadvertently offered the resilience I needed to move through a mountain of work with creativity rather than overwhelm. They offered space for healing and restoration within relationships. These antidotes also allowed me to be more connected to my identity, and thus to myself. Once I freed myself up by looking at my banking app less, letting go of my task lists, and offering myself self-compassion, I was open to the diverse needs held in the communities I am a part of. Engaging a possibility mindset in my life has allowed me to strengthen my anti-oppressive practice.

I continue to experience a mixture of a scarcity and a possibility mindset throughout my day-to-day life, and I anticipate that this will continue. This is a lifelong journey, rather than a sequential process. That is why this zine, aside from this blurb, is largely abstract and left up to interpretation.

I recommend a deeper consideration of the six antidotes:

1. Presence: When did you last spend time outside? Find a quiet spot, close your eyes, and put two hands on your chest. Breathe deep. What do you hear, smell, sense?
2. Embodiment: What might it feel like to check in with your body? Find a comfortable seat, and notice the sensations in your body. Is your neck tight? What emotions come up?
3. Playful Disruption: How freeing might it feel to move in a silly way? Put a song you love on and dance, or sing along. How can this offer a change in perspective to a challenge you are facing?
4. Surrender: Do you trust that you can handle what life brings? Think about an unaccomplished goal or something important to you. How can ease exist here?
5. Integration: Is it challenging to acknowledge that certain traits you dislike are still a part of you? Notice the opposites that exist internally. How can you hold the tension in these opposites, knowing both hold truth?
6. Community: Who would you define as your community? If you feel isolated, reconsider. A neighbourhood, frequented shop, gym, and online forum could each be a community. How does seeing yourself in community with others change your relationships?

*Antitodes are adapted from White Supremacy Culture (2023) poisons.

VI



Presence



Embodiment



Playful
Disruption



Surrender



Integration



Community



Steps that may
support a
shift from a
scarcity
mindset in no
particular
order:

1. Notice that rushing, fretting about finances, and equating value with productivity is harmful.
2. Equally notice that rushing, fretting, and equating value with productivity will continue to come up, so approach with a level of acceptance.
3. Run around in a park with arms out wide, as if you are an airplane.
4. Learn a new bird species in your bio region.
5. Smile and ask a stranger what their name is this time, instead of just walking by.
6. Notice one thing on a shelf that has collected dust and appreciate it's essence.
7. Dance to a record like no one is watching.
8. Sing a made-up song to a cat.
9. Look up at the sky.
10. Most importantly, remember to not prioritize *perfectionism and finishing over*

(Yes, the cliffhanger is intentional)

When the leaves are yellow,
I slow.
The sky is clearer,
The birds merrier,
My coffee warmer.
Slow changes the world,
Or maybe...
It changes me.



Here, collages for preparedness and embodiment are superposed because in my experience, they co-existed and were dependent on each other. I found that preparedness, over-intellectualization, and independence took me out of presence and embodiment. What brought me back was noticing seemingly irrelevant things: my neighbours have their Christmas lights up in June, my cat's black fur looks red in the sunshine, and the hum of my fridge.

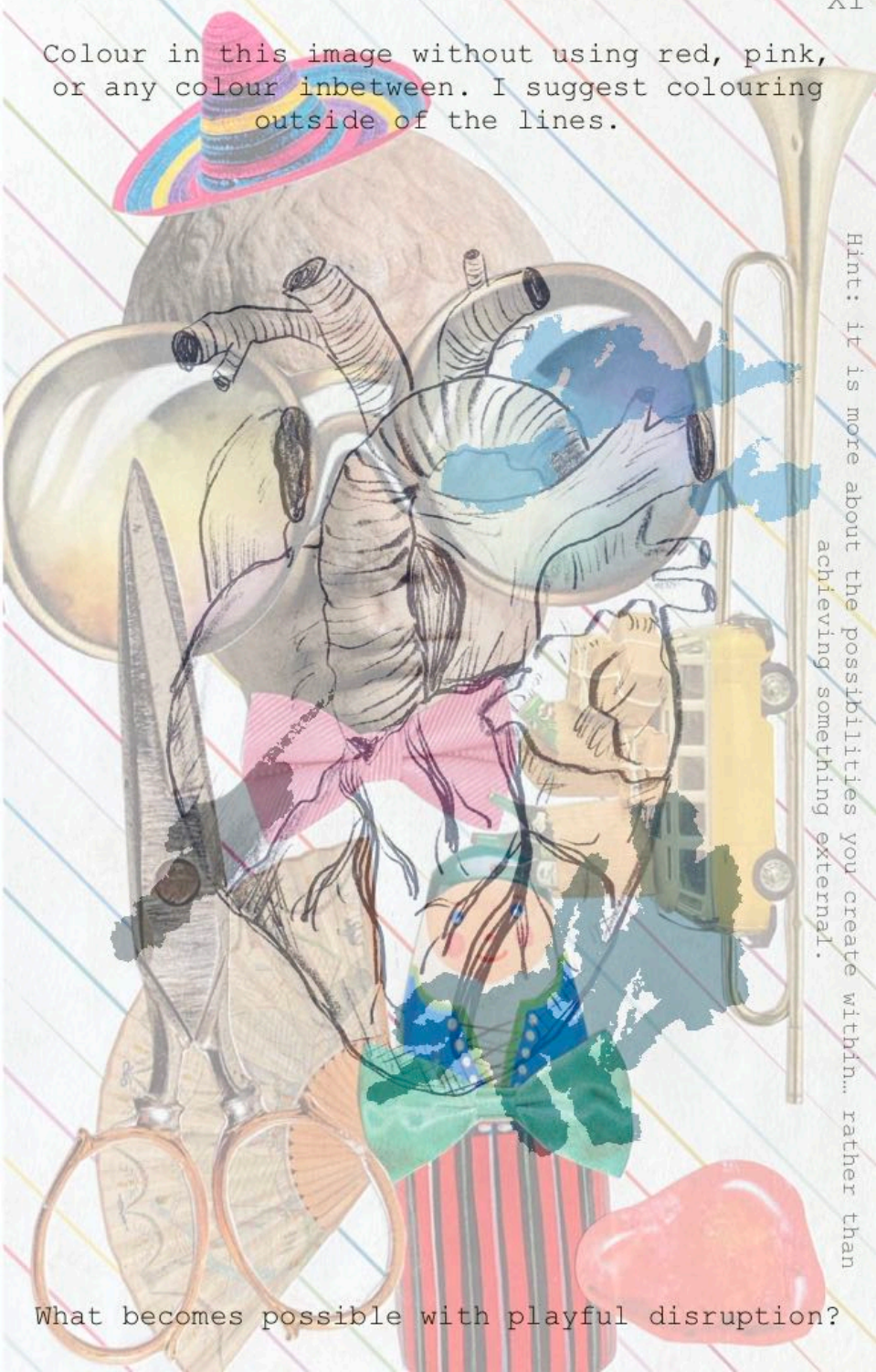


Possibility

...It feels incomprehensible, but also immensely clarified, unimportant and completely abstract, while it simultaneously feels like it is tied to... everything.

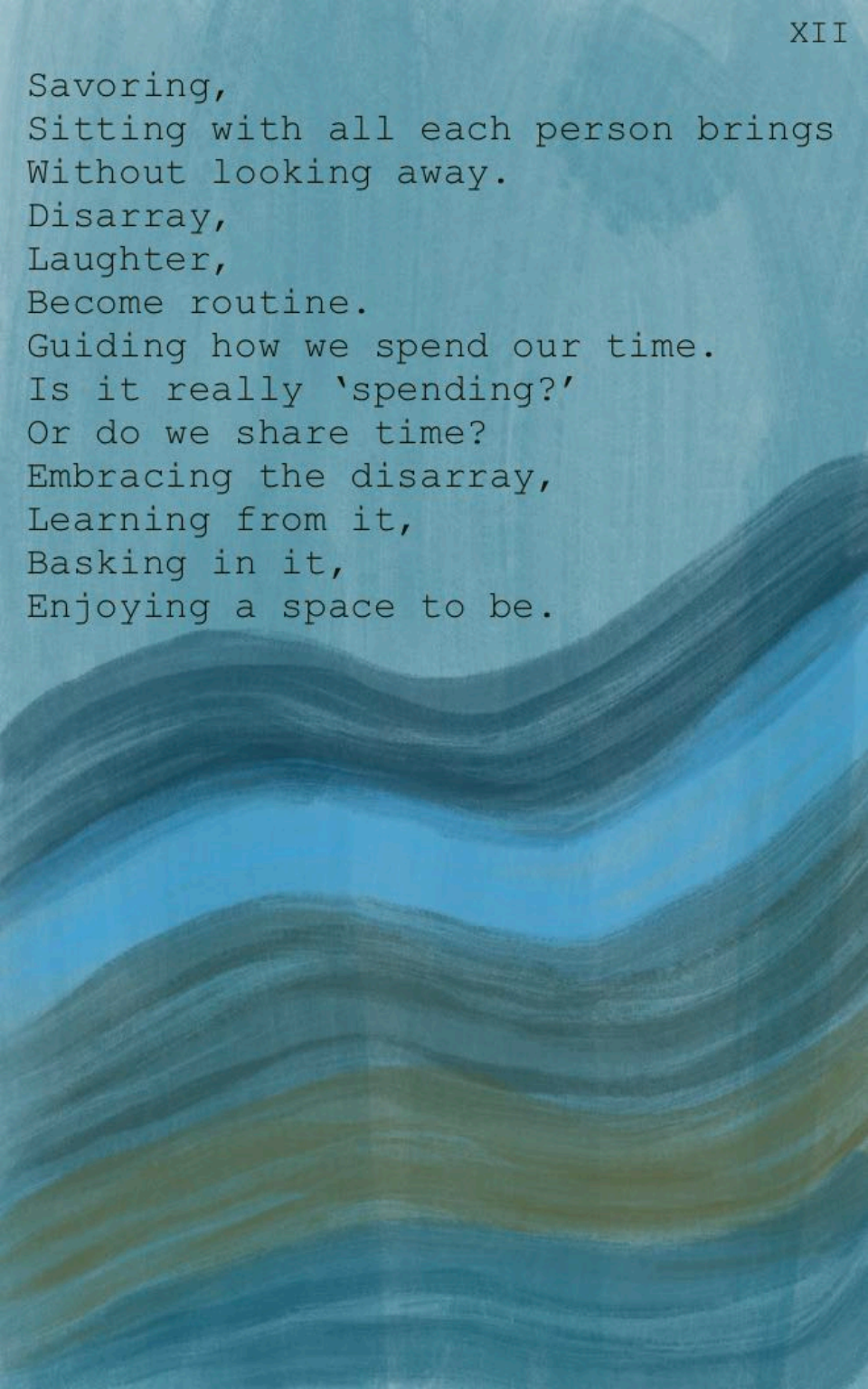
Colour in this image without using red, pink, or any colour inbetween. I suggest colouring outside of the lines.

Hint: it is more about the possibilities you create within... rather than achieving something external.



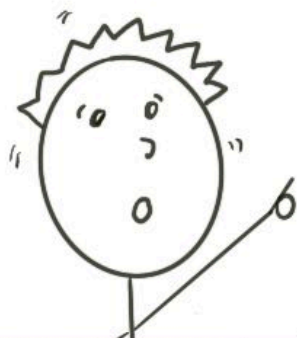
What becomes possible with playful disruption?

Savoring,
Sitting with all each person brings
Without looking away.
Disarray,
Laughter,
Become routine.
Guiding how we spend our time.
Is it really 'spending?'
Or do we share time?
Embracing the disarray,
Learning from it,
Basking in it,
Enjoying a space to be.



Surrender.
Surrender.
Surrender.

Well, that's urgency, perfectionism, scarcity, self-doubt, control, and Marge. They're actually all me. I am full of contradictions, some of which are disturbing. It's called complex personhood. If you hang out with me, you're actually hanging out with all of us.



Uhhh... Scuze me, who are those disturbing folks with you?



Sometimes they aren't the kindest of company. Especially Marge. But accepting them as part of me lets me make peace with my contradictions. That makes room for possibility, joy, playfulness, presence, and enjoyment to join the party, too.



Doesn't that get tiring?
Or scary?



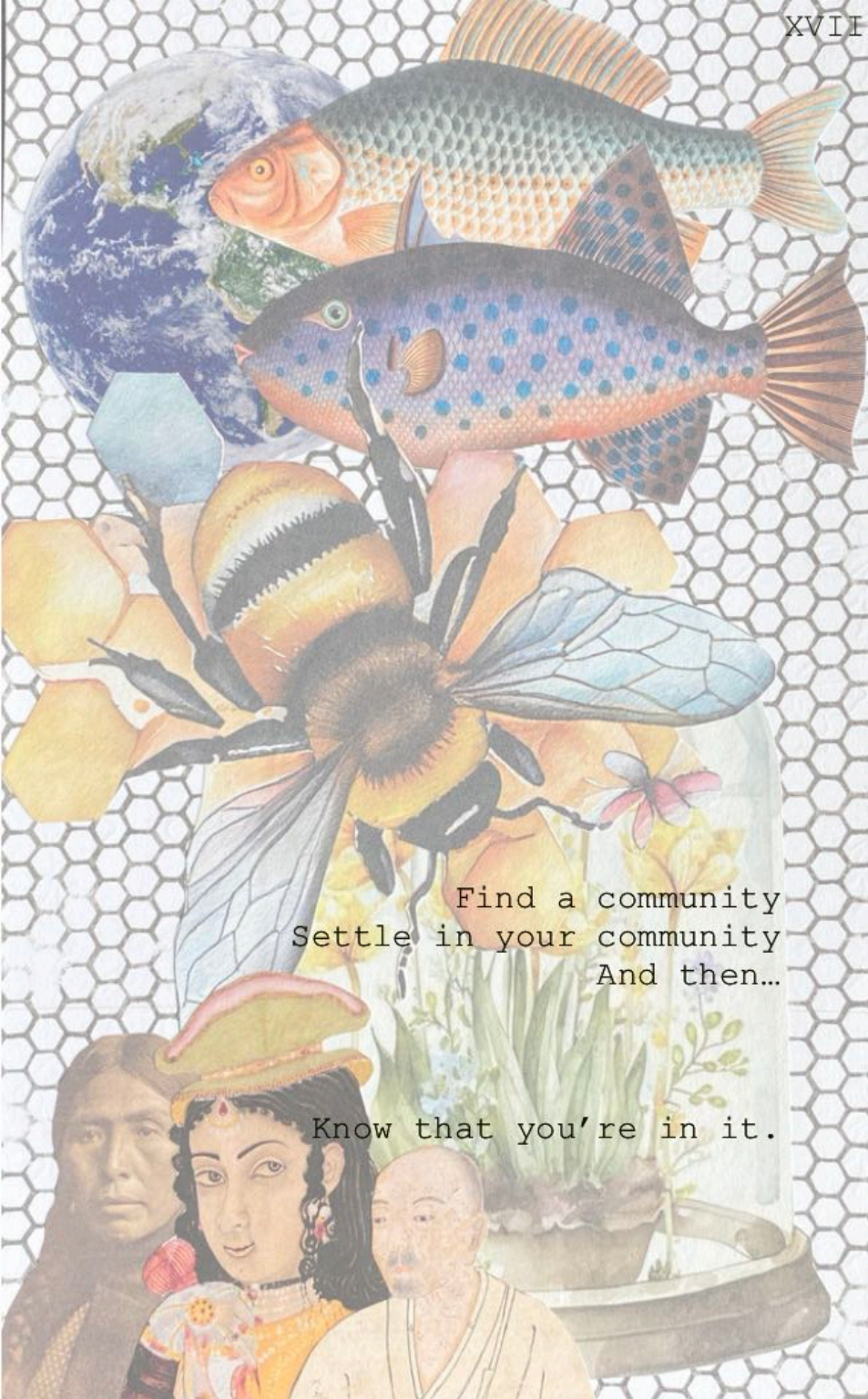


Which versions of self within
your complex personhood have
yet to be acknowledged and
integrated?

Glistening snow,
Gleaming sun,
Bluebird skies,
Rustling pines.


Set jaw,
Fixed gaze,
Shallow breath,
Strained brain.
Presence is here.

In accepting all eight lines,
Rather than idealizing four.
She exhales.



Find a community
Settle in your community
And then...

Know that you're in it.



Building a
possibility mindset
is unique to each
person... it depends
on one's roadblocks,
and also one's
imagination.

To engage a possibility
mindset is to increase
one's capacity for
improvisation.

Suggested Reading

(Most are books - try checking out your local library!)

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A profound thank-you to Collage Heaven and Poorttoast Designs for providing copyright permissions to share their cut-out collage book images.

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Poorttoast Designs (2023). *The cut out and collage (Vol. 5)*.

