

A street scene at dusk with a red brick building and a double-decker bus. The scene is captured from a low angle, looking down the street. The sky is a pale blue, and the streetlights and bus lights are visible. The red brick building on the right has a large window with a red sign that says "THE BUSH THEATRE". A woman in a beige coat is standing in the foreground on the right, talking on a phone. A man in a brown jacket is leaning against the brick wall. In the background, a double-decker bus is visible, and several people are walking on the sidewalk. The overall atmosphere is urban and busy.

**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.** [You can find more information on our approach here.](#)

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.**

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# 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](https://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 the first four 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](https://bushtheatre.co.uk/protest)

# About the pieces and content guidance

## **Us by April Hope Miller**

Contains themes of xenophobia, antisemitism, discrimination and prejudice. References to blood and violence.

A spoken word piece performed by the writer. April sits in a chair filmed outside on the roof of the Bush Theatre, and speaks directly to camera.

## **We Are Our Mountains by Abi Zakarian**

Contains discussion of occupation, settlement, ethnic cleansing and violence. Themes of shame, oppression. References to blood, starvation, death and killing.

This piece is performed in voice over by one performer. The visuals show a head and shoulders shot of the same performer. She looks directly at the camera. Eventually, tears fall down her cheeks.

## **Three Standing Shelves by Daud Xiddig**

Contains allusion to death.

A monologue performed by the writer. He sits in a room with textured plaster walls, and the visuals cut between shots of him speaking to the camera and his own footage.

## **Khalid Eats An Orange by Rida Hamidou**

Contains discussion of genocide, war and death, themes of injustice, violence and occupation.

The visuals show shots of an apple, which is eaten on screen, bite by bite, by an actor. Speech is heard, cutting together an archive recording of court testimony.

# 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, via BushGreen 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  
hesistate to get  
in touch with our  
team:**

**email:  
boxoffice@bushtheatre.co.uk**

**phone:  
020 8743 5050**