

Extraction October.

Rules.

1. No doing work on commutes.
2. No social media that isn't for fun.
3. No contributions, events, workshops for others.
4. No new projects.
5. No new collaborations.
6. No skipping meals.
7. We bend and stretch and breathe.
8. We plan our time properly with breaks and contingencies.
9. We have at least three evenings at home during the week.
10. Saturdays we go to the studio with no plans.
11. Sundays we do nothing.
12. We don't feel guilty.
13. We go to gigs, see friends, see lovers, do things we enjoy.
14. We do our washing and wank regularly.
15. We pay attention.
16. We take time.
17. We take care.
18. We still do choir.
19. We practice with Molejoy.
20. We write down our (sleep) dreams.
21. We print out, carry and have 'Uses of the Erotic' on the door of the studio.
22. We have an out of office.
23. We screengrab the messages which contravene the rules as documents.
24. We ask someone else to hold us accountable.
25. We don't repeat the hyper-delivery-care-deficit-fatigue ever again.

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