



Banana Bread Recipe

- 1 cup sugar
 - 1 ½ cups brown spotty bananas (~3 medium)
 - ½ cup butter or coconut oil, melted
 - 1 tsp vanilla
 - ½ cup milk (regular or unsweetened nondairy)
 - 1 tsp apple cider vinegar or lemon juice
 - 2 cups all purpose flour
 - 1 tsp baking soda
 - ½ tsp salt
 - ½ cup chocolate chips
1. Preheat oven to 350F. Prepare a loaf pan by lining with parchment paper or greasing with nonstick cooking spray.
 2. In a large bowl, beat the sugar, bananas, butter/coconut oil, and vanilla until smooth. Stir in milk and vinegar/lemon juice. Add flour, baking soda and salt, stirring until just combined. Fold in mix-ins. Pour into pan.
 3. Bake for 60-70 minutes, or until toothpick comes out clean. Cool for 10 min, loosen sides of loaf from pan; remove from pan, and place on a cooling rack to cool for at least 1 hour. Enjoy!



**Stop
and
Smell
the
Roses**

**A Zine Against
Grind Culture**






First off, some questions to ask yourself:

1. How often do you stay up past the point of exhaustion (meaning you are forcing yourself to stay up) for school/work?
2. How often when resting do you feel guilty about not working?
3. How often do you work while eating?
4. How often do you forget eating altogether when you're working on something/stressed about work?
5. How much of your self worth/identity is tied to how much you produce or work in a day?

RESOURCES

- @TheNapMinistry (Twitter)
 - <https://sarahljaffe.com/> (Blog)
 - Hurry Slowly (Podcast)
 - *How To Do Nothing* by Jenny Odell (Book)
 - <http://antiresume.org> (Website)
 - **According to Dr. Devon Price, Laziness Does Not Exist** (Chicago Reader Article)
<https://chicagoreader.com/arts-culture/according-to-dr-devon-price-laziness-does-not-exist/>
 - **'How to Be Idle': Being and Do-Nothingness** (New York Times Article)
<https://www.nytimes.com/2005/06/26/books/review/how-to-be-idle-being-and-donothingness.html>
 - @emotionalsupportlady (Instagram)
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How do we resist Grind Culture?

1. **SLEEP**
2. **Redefine Your Definition of Success**
 - Academic/career success is not the only kind of success!!
 - We cannot do it all or be it all, and with that knowledge comes grief. But deciding for yourself what you want to prioritize in your life can be liberating!
 - Analyze whether you are going for a promotion or a job or taking classes just for clout or because others expect you to! We can get so caught up in appearances that we forget to ask ourselves what will actually makes us happy
3. **Find a Community!**
 - It could be a group of friends, religious community, book club, family - some group whose love for you is not dependent on external achievements or failures.
4. **Set Boundaries For Yourself**
 - Create a routine for going into WORK MODE (e.g., find dedicated study spots, work with other people, create tab groups in your browser)
 - Determine that you will not work after a certain hour
 - Schedule breaks in your day (AND PUT THEM IN THE GCAL) to talk to friends, go outside, *not* do anything
 - Use Do Not Disturb :)

Remember:

We do NOT rest to be more productive!
We rest because we are humans and it is a right.

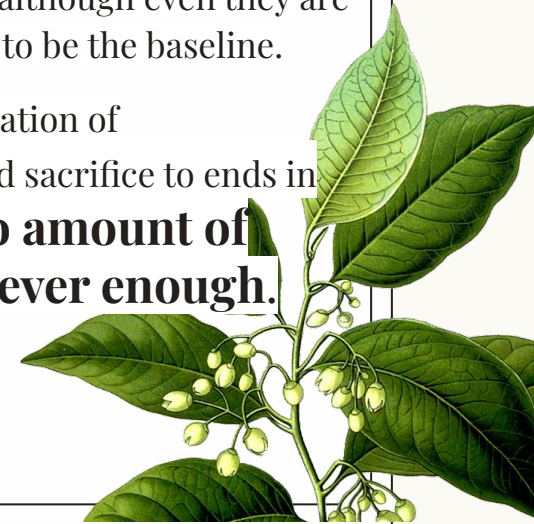
What is Grind Culture?



It is a culture of **relentless** and uncompromising **personal** achievement where the main metric is **hours worked**.

Losing out on sleep, skipping meals, and neglecting relationships in favor of work are the orders of the day, although even they are now so normalised as to be the baseline.

It is the collective elevation of **workaholism** and sacrifice to ends in themselves, where **no amount of achievement is ever enough**.





**Quotes from Jenny Odell's
How To Do Nothing:
Resisting the Attention Economy**

“...students aren’t workaholics for the sake of it; the workaholism is driven by a very real fear of very real consequences that exist both within and outside of school.”

“I can forgive my students for getting frustrated that my art classes aren’t “practical” in any easily demonstrable sense. I’d venture that it’s an awareness of the cold hard truth that every minute counts toward the project of gainful employment.”

“[If] enough of us start living this way, then staying up late isn’t just about pursuing an advantage, it’s about not being made vulnerable.”

“There is a shifting of risk onto students as potential employees, who must fashion themselves to be always on, readily available, and highly productive ‘entrepreneurs’ finding ‘innovative’ ways to forego sleep and other needs.”

Examples of Grind Culture at UM

- Credit Comparison
- Sleep Comparison
- Libraries switching to 24hr access during finals week
- “I’m dying [from overwork]” has become an appropriate response to “How are you?” ...

