

# Zines facilitated by **Khizra Ahmed**

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These works were created by participants of the workshops facilitated by **Khizra Ahmed** in 2024 as part of the research project *Imagining Better Futures of Health and Social Care with and for People with Energy Limiting Chronic Illnesses*. All participants were Muslim women.

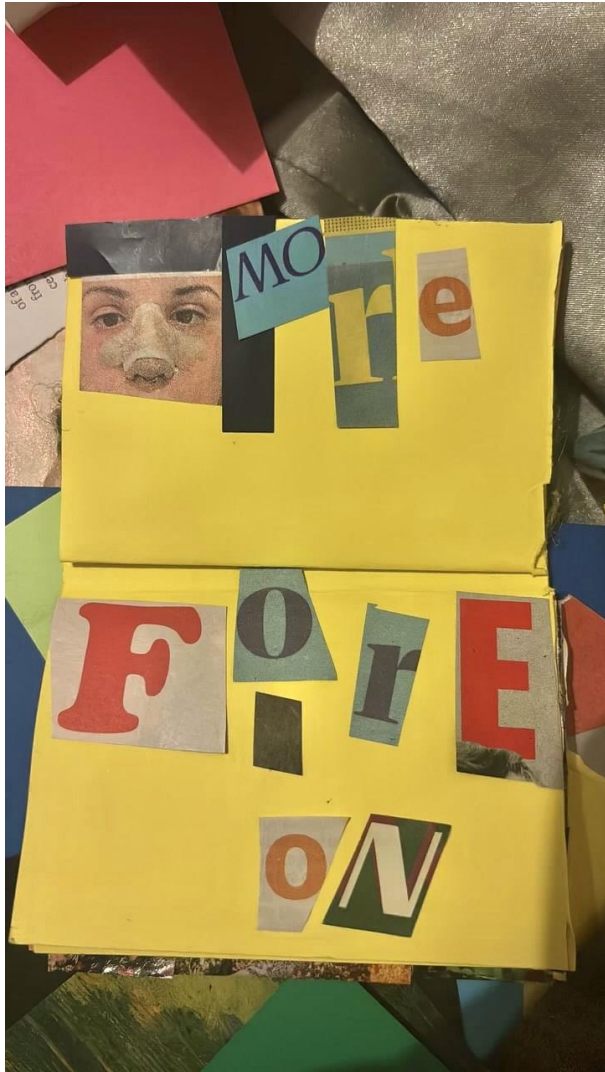
## Zine by Iman Razak

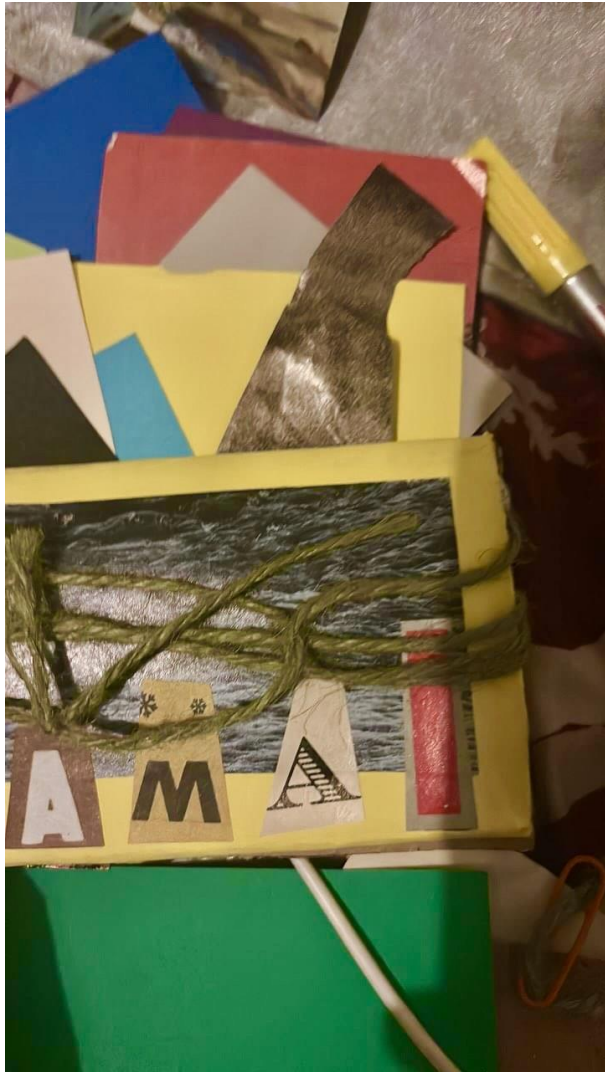




Zine by Amal Mohamud



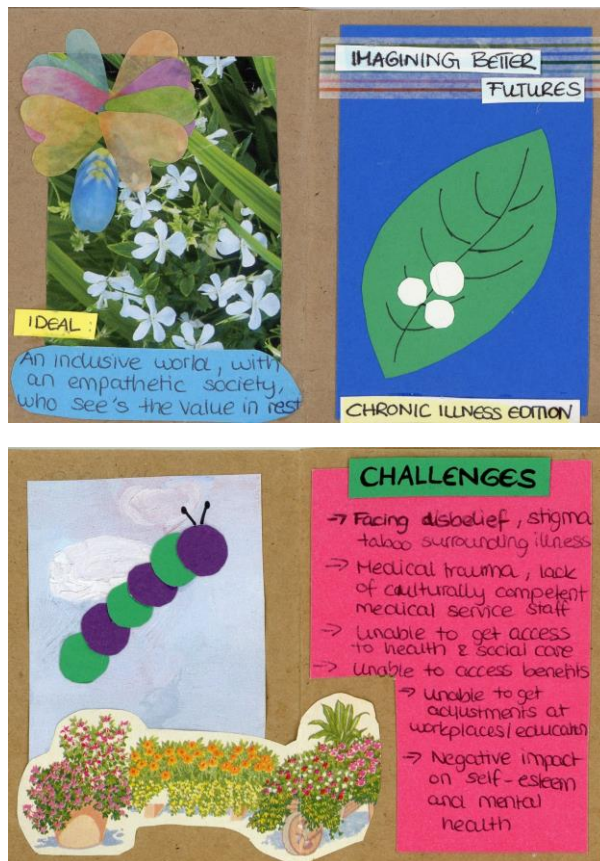









Zine by Aylin




**CHRONIC ILLNESS** **BURN-OUT**



- Feeling let down by every institution

→ worsening of symptoms  
 → Having to start again and again with less energy, fewer resources and worse health than before



- Avoidance of medical care
- Quitting jobs, due to lack of support & empathy
- Poverty, feeling hopeless
- ⇒ ISOLATION from family, friends and the world

**WHAT NEEDS TO HAPPEN?**

**SYSTEMIC AND SOCIETAL CHANGE**

- education on chronic illness / disabilities
- Support from social network, workplaces & government
- understanding & empathy
- Acknowledging women's pain
- No toxic positivity / unsolicited advice
- Right adjustments at work
- Ableism Inclusion Trainings
- Divesting from hustle culture

Because, if we feel safe in the world










... we can thrive

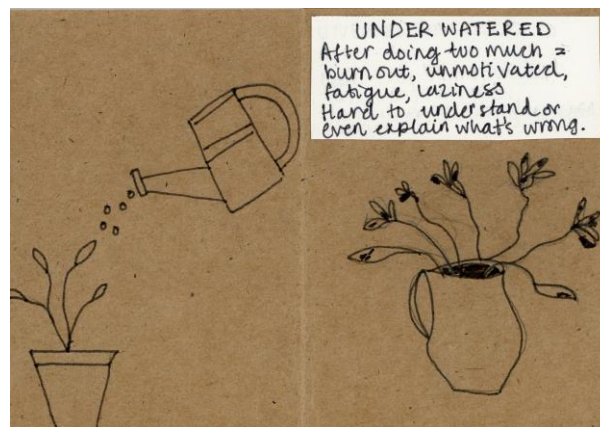
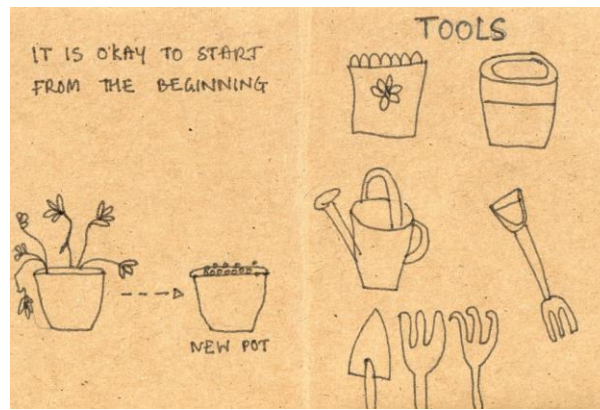
Zine by Anisah




**PACE YOURSELF**



 TAWHID	 TAWAKKUL
 SABR	 AKHLAQ
 IMAN	 SALAH



These works were created by participants of the writing workshops facilitated by **Khizra Ahmed** as part of the research project *Imagining Better Futures of Health and Social Care with and for People with Energy Limiting Chronic Illnesses*. For more information visit <https://disbeliefdisregard.uk/ahrc-project/>