**Filled to the brim alt-text image descriptions**

**Embodied Everyday overview**

Double page spread with faded light pink and purple shapes in the background: large circles and a cluster of abstract hexagons and five-sided shapes that look a little like houses. There are pencil lines curving and scratching across the page, and tiny dried petals of a flower look like they are sitting on top of the paper in the top of the left right-hand page and the bottom of the left hand page. Midway down the left had side of the page is a scrap of newspaper that has been painted over with white paint and had the words ‘embodied everyday’ stamped on them in black ink in a typewriter lettering. Across both pages there is text that reads:

The pages in this book are part of The Embodied Everyday project

which has explored how the impacts of inequality and poverty

are felt and experienced in everyday life

but a so. no It Is In dai acns

of creativity

of care

of standing up for ourselves and one another

that we find ways of

navigating

surviving

scraping by

resisting

and maybe flourishing

even in the smallest of ways

and in these actions, we start to shape

alternative meanings

different ways of living and seeing

a way of knowing

something's worth

quite apart from what has been decided

about us by the 'powers that be'

this isn't a romantic notion

we don't look through rose-tinted glasses

we understand and live

the harms and heartbreaks

we keep these firmly in view

(how could we not,

when we live with them daily)

but we also know

our lives are

many, multiple, tangled, true

full of contrasts and contradictions

difficulty, but beauty in between

we can't be boiled down

reduced to an essence

an Issue

a budget

a headline

a talking point

an agenda

we peeked under the surface of what is ordinary

even mundane

reflected on what might pass you by

and we found it

filled to the brim

**These journals partly reflect**

A double page spread with a dark grey textured background. Across both pages are abstract shapes of grass seed heads and blades of grass, cut out from different kinds of paper in white and seafoam green. There are some that are newspaper with unreadable print, there are some with small, neat handwriting, and there are some with printed text with words that can only just be picked out: ‘ethical’, ‘inequality’, ‘participation’. There is a shadow of these shapes to the left of the page. There are some scratches and textures across the page. On the upper left hand side there is text that reads:

These journals partly reflect that

there's more to our lives

than what people think of

as 'poverty'.

We still live,

we still have our lives.

The poverty is always there,

like a backdrop,

to the daily goings on

we have as human beings.

Life is not

a static thing.

**Bleak Box**

Double page spread on a white background. On the left hand page there is a series of stacked boxes in dark grey and black, they roughly form a grid, but are not neat, they sit at slightly off angles to each other. On some of the boxes there are words, which form the phrase: ‘today I feel as if I will never get out of the bleak box of poverty, always trapped, no escape.’ The boxes in the bottom line start to fall out of the grid, leading to a larger box escaping from the grid that reads ‘but on good days…’ This forms the bottom of a random stack of brightly coloured boxes set at playful angles to each other on the right-hand page. A red box reads: book club on zoom’. A purple box has the word ‘hope’. It overlaps with the pink box that has the text on it: ‘phoning friends I’ve made through these groups to chat and laugh and cheer each other up’. A green box in the centre of the page reads ‘challenging’. A turquoise box has the text: ‘being involved in food justice movements’. It overlaps with and orange box that reads ‘uplifting’. A large pink box reads: consultation on disability benefits – disabled people know what’s best for them’. A dark green box has the text: ‘reply from my MSPs, hope in future’. A red box has the text: ‘women’s drop in and support service’.

**Look out of my window**

The same squares as the bleak box page, spread across two pages. They are in bright colours of orange, pink, green, with some squares being cut from bright drawings of trees and flowers in green, pink, and orange. Toward the middle of the pages, there starts to be more black and grey squares, and by the bottom two rows, they are predominantly black and grey, with only one bright orange square on the bottom row. Over the top of these squares on the right hand page is a newspaper scrap that has been painted over with white paint. On top of this there are the words written in black typed font:

I look out of my window onto trees and the river Clyde.

It's uplifting to have green space to look at in the city.

I spend hours looking out of the window, listening to the birds.

It's calming and de-stressing.

I love when there is snow, and everything looks clean,

fresh, and bright.

It takes away the stress of worrying if my electric will last

until my next payment. 6 days left to go, only £8 left,

use £2.50 a day. No chance. Will have to borrow again.

Only robbing Peter to pay Paul.

**How my body feels every day**

Double page spread on a white background. Five and six sided shapes of slightly different rotations and sizes are stamped across the page in black and grey. Handwritten words in a curly font are placed next to each of the shapes, spaced across the page. In the centre of the page are the typed words ‘A list of things my body feels everyday’. The handwritten words read, from the top corner to the bottom corner: sore, tingles, numb, stiff, delicate, ringing, burning, buzzing, empty, upset, nausea, particular, flat, weak, tight, fidgety, restless, useless, foggy, cold, exhausted.

**Nature chaos**

Double page spread on a white background. There are leaf shapes from different kinds of trees stamped across the page, falling from the top to the middle of the page in different shades of green, with stamps from different ferns, grasses, and thistles stamped across the page from the bottom up, in different shades of green. The stamps all overlap to create a chaotic randomness, but also a sense of beauty. There are two gaps in the middle of the right and left hand pages, with black typed text that reads:

I wanted to include

a picture of nature

because I see how the chaos

builds the beauty. All those different

plant shapes,

colours, growing

patterns, all layered together, make a

calm. serene. and beautiful scene.

This is how I feel every day;

like the chaos of my health

enforced lifestyle can still

actually build up to have

moments of true beauty,

calm, and peacefulness