

Submission information.

We'd love to have you join us. We are accepting submissions

If you vibe with our content and want to get involved. Here's how....

Option 1:

Write an article If you have an article, short story, or poem (up to 1000 words, approximately)

Please indicate in the email what section you believe your submission would best fit into.

If you wish to share your public details you have the option of including this within your article/submission (public sharing is an individual preference)

If you do wish to share your details with us, please include a photo of yourself, your pronouns, how you publicly identify, your public name, and/or socials at the end of your article. However, if you wish to remain anonymous, please state this.

Format

Please send via Google Docs

Font: Arimo; Size 16; Bold.(This helps us keep AR streamlined and saves our valuable spoons!

Option 2: Register your interest in being interviewed.

If your content fits into the topics on the submission form or you have an alternative creative itch but would prefer to be asked direct questions (interview format, instead of having to write a full article, please email instead.

Option 3: Illustration/Art/Creative.

If writing is not your love language and you prefer to illustrate, showcase art, or use photography as your medium then that's cool too!

Your art will also support brain breaks.

Option 4: If none of the above works for you and you want to send us a video or vlog please submit by using the email.

Thanks for being here.

The AR team

WE LOOK FORWARD TO CONNECTING WITH YOU