

GET A GRIP

your
peace



A ZINE ABOUT GETTING
ON THE PATH TO PEACE!
BY NICOLE TAN



Acknowledgement of Country

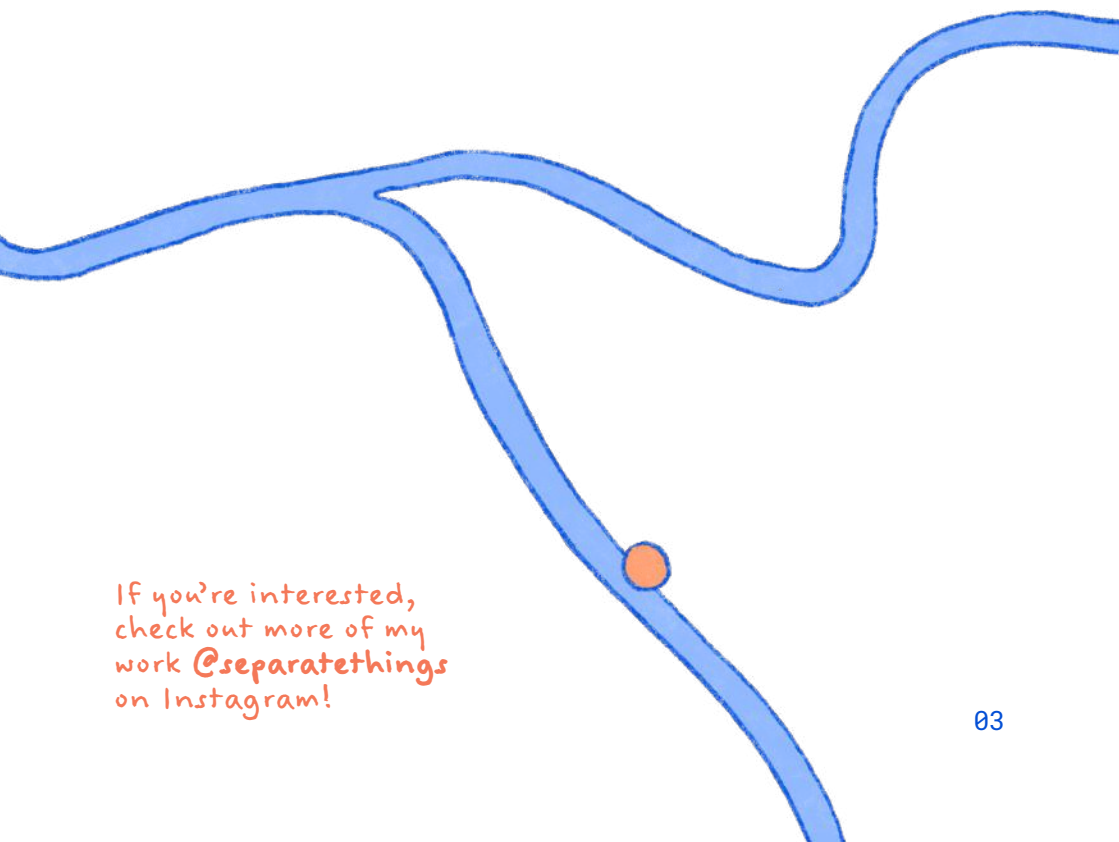
I acknowledge the people of the Woi wurrung and Boon wurrung language groups of the eastern Kulin Nations on whose unceded lands I am producing this zine. I pay my respects to Traditional Custodians, past and present, of the lands and waters across Australia where I live, work, and study.

Hellooo!!

My name is Nicole and I'm so happy you're here.

If you have ever felt the pressures of uni (if you haven't, you're a unicorn), then this zine is for you! It's all about getting on the path to peace and learning how to *Get a Grip* on your stress!

Together, we'll explore a few ways that have helped me to de-stress and (hopefully) they'll help you too!



If you're interested,
check out more of my
work @separatethings
on Instagram!

Create Your Peace Pal

Join Nicole to make your own peace pal – watch DIY video [here](#). Once you've finished, come back here to decorate!

If you're a tactile sorta person, it can be a stress ball for you to squeeze and squish, or just be a cute lil friend to keep you company as you work or study.

This is what I drew on mine:



If you're like me, you may want to practise first before drawing on the actual.

Here's a blank Peace Pal for you to test your design:



Squish Time

I don't know about you, but sometimes the worries I have become larger in my head than they need to be. Of course, they still exist, but the more I worry, the more I allow them to grow.

Let's take a breather (and squish) together!★

As we inhale for 4 counts...squeeze your Peace Pal

squeeze

squeeze

squeeze

squeeze

and as we exhale for 4 counts...give your Peace Pal another 4 squishes.

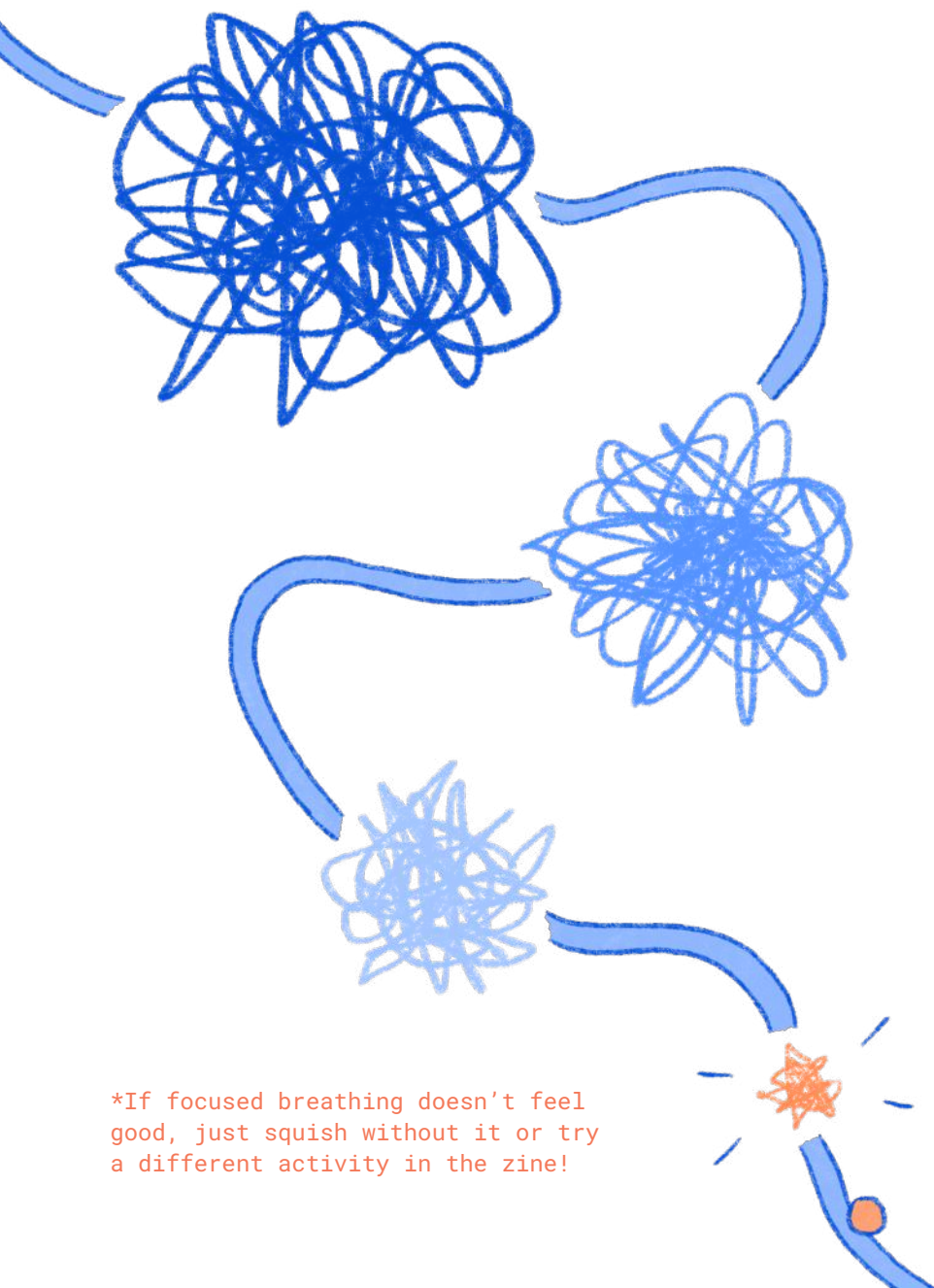
squeeze

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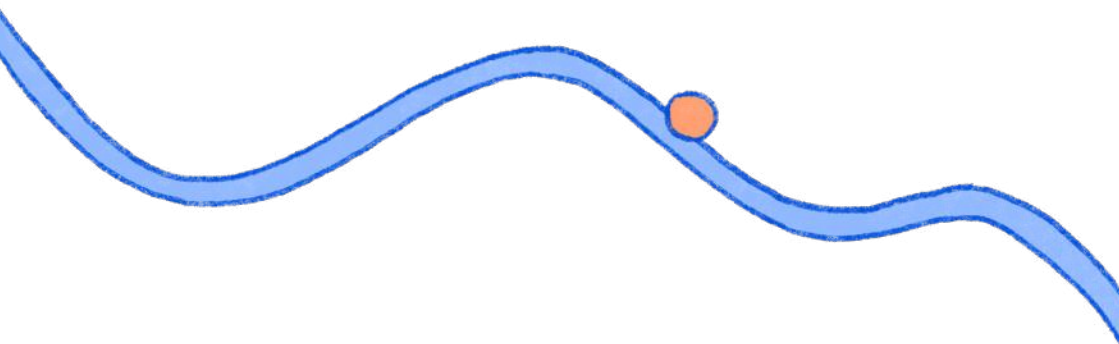
squeeze

squeeze

As you do this, imagine that big cloud of worries slowly getting smaller and smaller.



*If focused breathing doesn't feel good, just squish without it or try a different activity in the zine!



Identifying Your Stress

As a design student (with some sort of semblance of a life), it can get pretty overwhelming at times with multiple deadlines and commitments.

To combat the spiral, I've found that it helps to pause and identify the root cause of my stress, so that I can calm down and form a solution!



What are you stressed about?

NIC'S E.G.: That I won't finish everything before my big deadline that's coming up.

YOUR TURN:

The thing I'm most worried about is...

NIC'S E.G.: I have to rush and get a lower grade bc it's not my best work.

YOUR TURN:

A good outcome I'm hoping for is...

NIC'S E.G.: I finish on time and it's better than expected!

YOUR TURN:

Sometimes there are things beyond our control, but one small step I could take to improve my situation is...

NIC'S E.G.: Break it into smaller parts and just take it one step at a time. Maybe take a brain break ☺☺

YOUR TURN:

Brain Break: Doodle Time

Let's take a drawing break! Sometimes it's nice to pause and let your mind rest from everything that's swirling around in it.

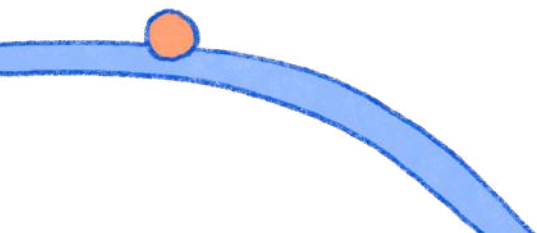
A bit like cloud-watching, look at the provided line – what do you see? Draw it!

Here's one I did:



Now you try. Doesn't have to be perfect, doesn't even have to be "good".

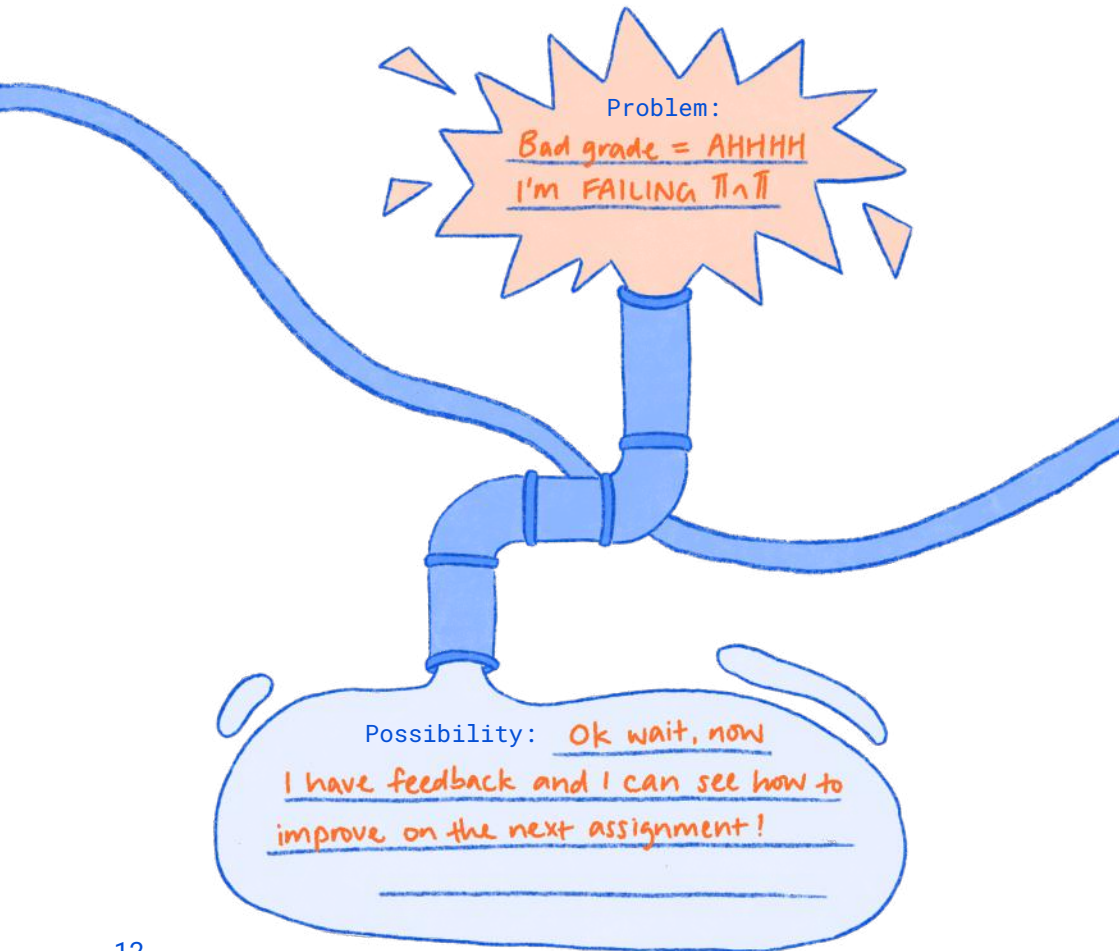
Just have fun doodling!



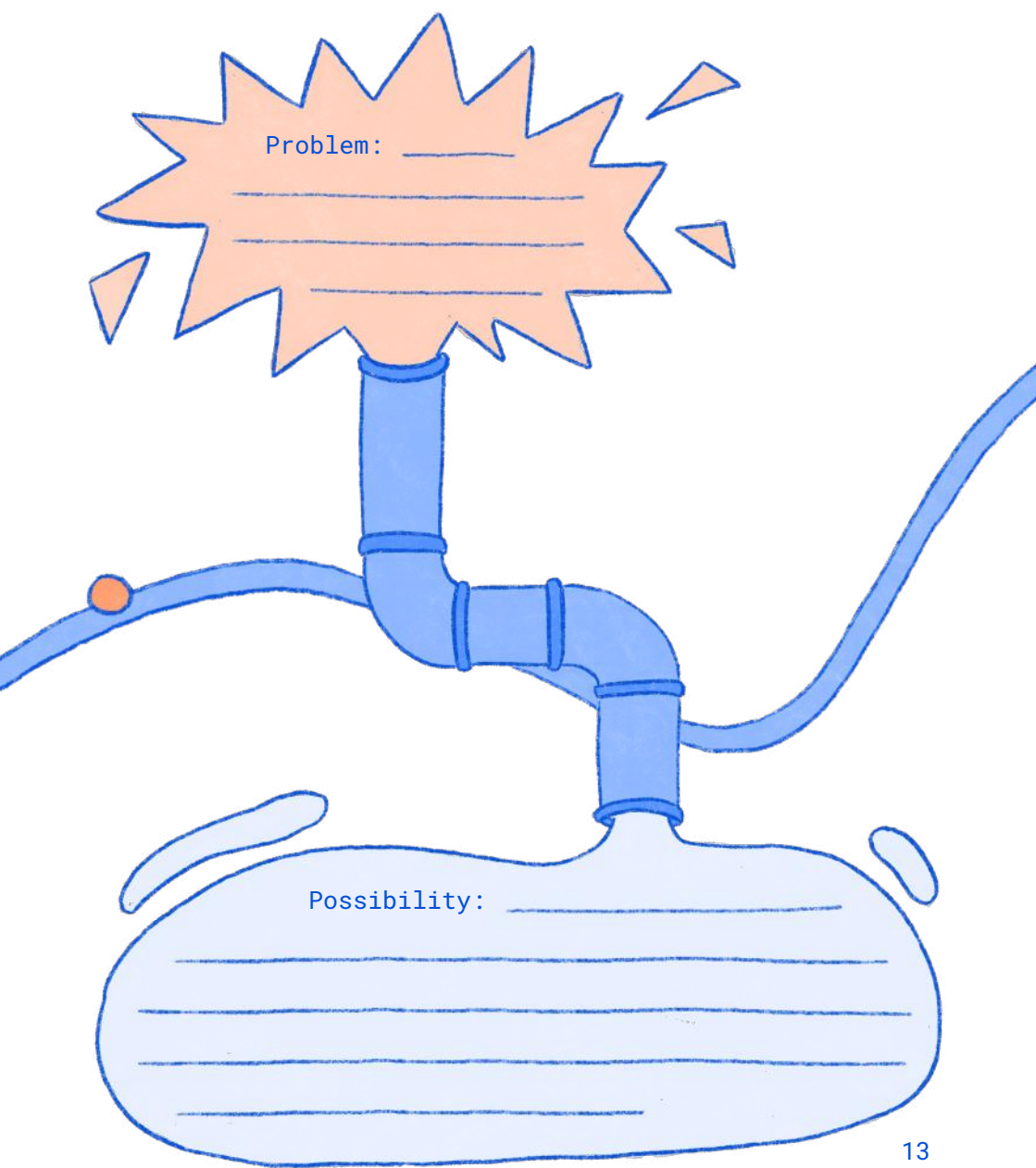
Problems → Possibilities

For me when I'm stressed, I've found it helpful to do some "reframing" and turn my discouraging thoughts into empowering ones.

Reframing isn't about pretending things are fine – it's about finding one doable next step or a slightly kinder thought!



Your turn! Let's go down the 'Problems to Possibilities' Pipeline together.



Brain Break: Fav Song

Listening to music is a big part of how I de-stress. It can be the lyrics or the music itself but I like to put on some earphones and just focus on what I'm hearing.



Put on one of your favourite songs and write down 3 reasons why you like it.

Then, you can come back to whatever you're facing, with a clearer mind!

#1.

#2.

#3.

★ I love getting new music recs. Share this song with a friend too! ★

We hope this zine brings you peace! However, it is not designed to provide art therapy, psychology, or counselling treatment. Support is available – here are some helpful resources:

Special Consideration

Counselling & Psychological Services

Emergency and Crisis Support

Urgent Mental Health Support

Phone 1300 305 737

Text 0488 884 162 (24/7)



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