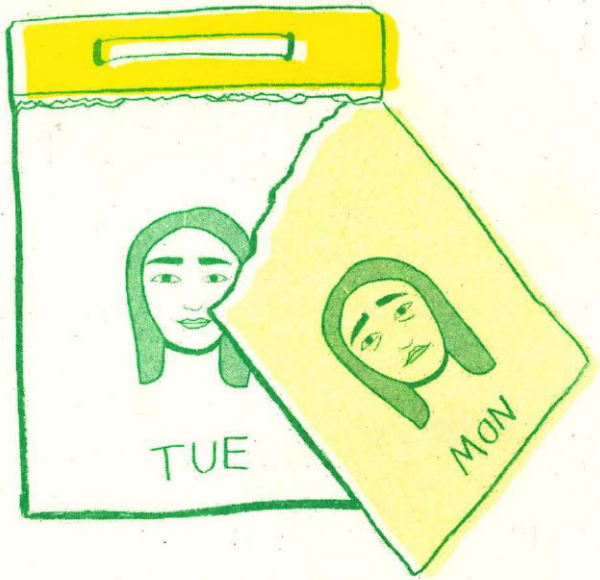
DAY BY DAY

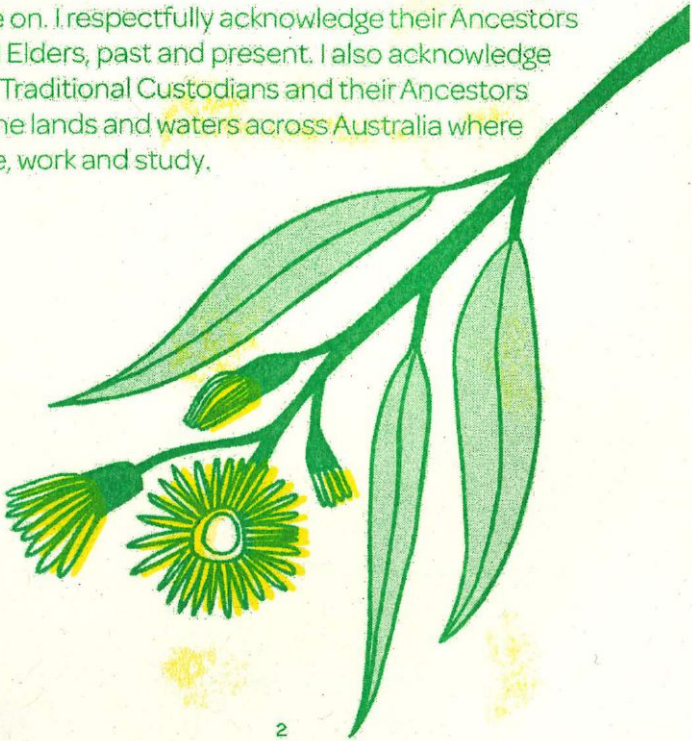
A ZINE ABOUT COPING WITH ANXIETY



BY PEACHYTHETOFU

ACKNOWLEDGEMENT OF COUNTRY

I acknowledge the people of the Woi wurrung and Boon wurrung language groups of the Eastern Kulin Nation on whose unceded lands I am producing this zine on. I respectfully acknowledge their Ancestors and Elders, past and present. I also acknowledge the Traditional Custodians and their Ancestors of the lands and waters across Australia where I live, work and study.



INTRODUCTION

Hi! my name is Peach
and welcome to Day by day Zine
where I will take you on a journey,
one mindful activity at a time.



However, this zine is not designed
to provide art therapy, psychology
or counseling treatment.
See available resources in the back.

SIGNS

Anxiety can make you feel in many different ways. These are signs that I've experienced...



worrying



feeling agitated



restlessness



fatigue



avoidance



irrational fear



feeling tense



trouble falling or stay asleep



panic attack

HOW DO YOU FEEL NOW?

First of all, I would like you to draw how you feel.
It is normal to feel more than one emotion at a time.
So, I've provided several circles for you to fill in.

I feel.....

I feel.....

I feel.....

I feel.....

Recognizing your emotion is a good first step before beginning the journey

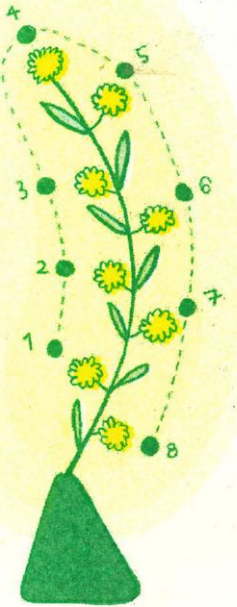


DAY 1 FLOWER BREATHING

Breathe in through your nose for 4 seconds or you can try to count the flowers in the vase as you inhaling.



Breathe out from your mouth for 8 seconds.
Try to count the flowers when you exhaling.



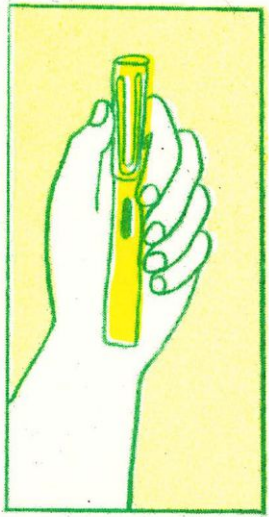
Note: Try this breathing technique any time you feel overwhelming, it will help you calm down a bit.

DAY 2: GROUNDING EXCERCISE

take a moment to notice your surroundings. What are 5 things you can see, 4 things you can touch,3 things you can hear and 2 things you can smell? Did you discover anything unexpected?



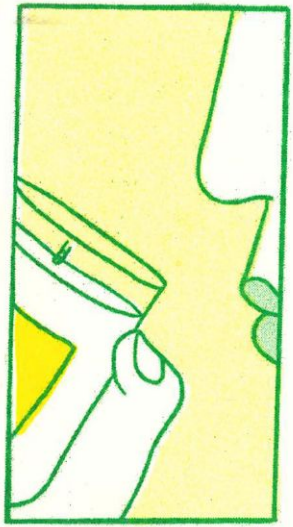
see



touch



hear



smell

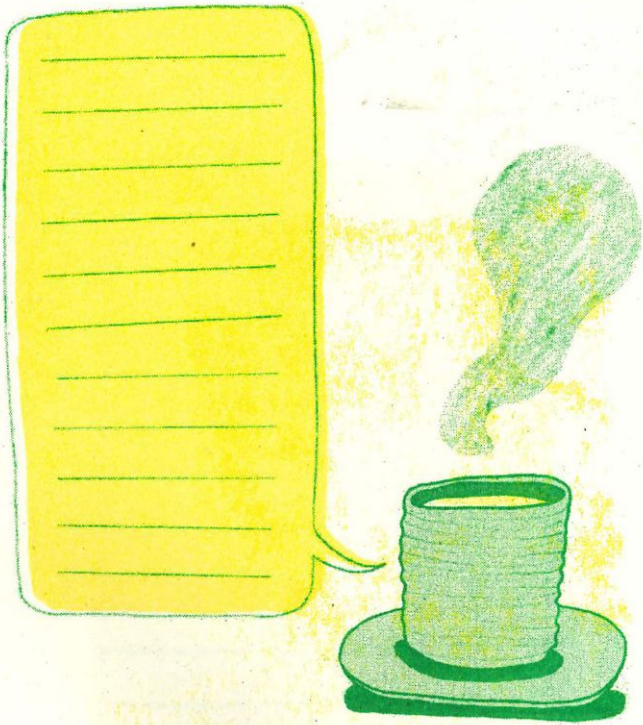
Note: I like to do this while going for a walk.
I recommend you try it too :)

DAY 3 : CALMING DRINK

I find making myself a hot cup of chai latte to be a good calming ritual for me. A warm sensation on my hands and the smell of spices just put me in a better mood. I also find switching from coffee to tea helps with my anxiety a lot. Now, I'd like to share my simplified version of chai latte recipe with you.

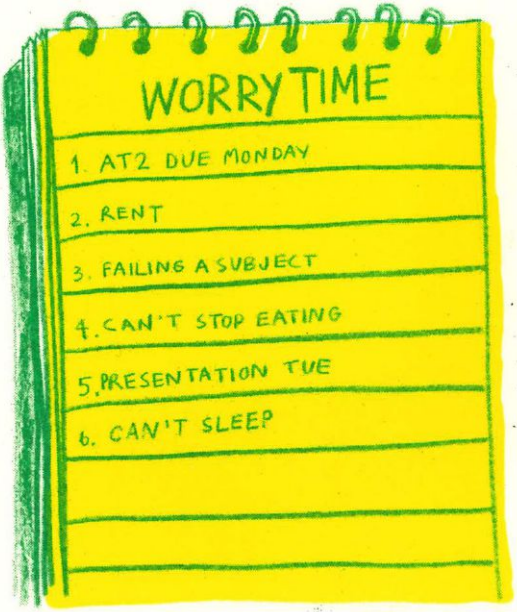


Now, it's your turn. Take a moment to reflect on a drink you like to make for yourself. What are the steps to making it? Write a calming ritual for yourself below.

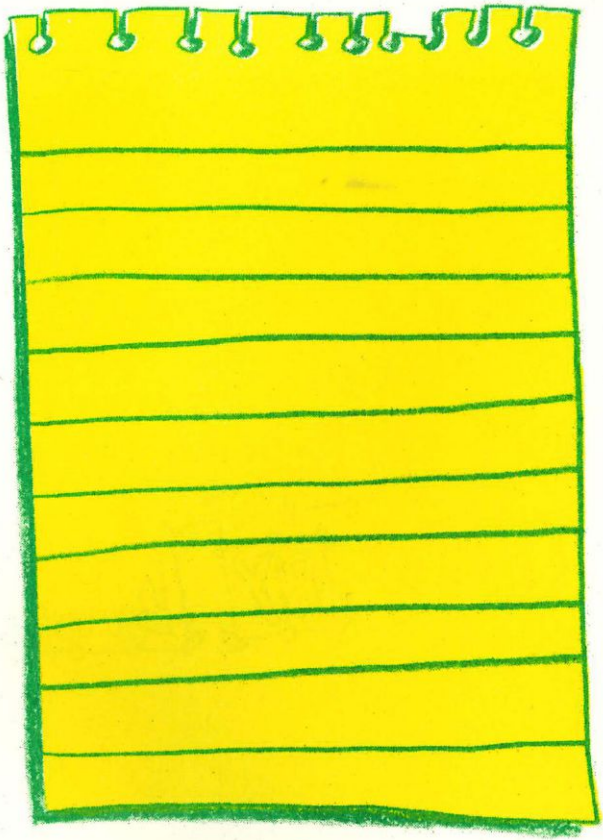


DAY 4 : WORRY TIME

Take a moment to list down things that have been bothering you. This way you can have a clearer picture of what has been clogging up your head. When I do this, I often find that there are many things beyond my control or might be in the realm of irrational fear. These things are not worth the space inside your head at all.



Now, worry away!



DAY 5: GIVE YOURSELF ADVICE

Sometimes, we tend to give ourselves the hardest time. Try to give yourself advice as if you're your friend. A good friend would never want to make their pal feel bad right? Be gentle to yourself. You're doing your best.

I'll go first. I feel overwhelmed a lot and constantly worrying about the future. This is advice I would like to give myself.



Please write down the advice inside the flowers circle.



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