

THIS BOOK IS JUST ONE WAY OF
LOOKING AT THINGS.
USE THESE IDEAS AS SUGGESTIONS,
YOU CAN CUSTOMISE AND MAKE
YOUR OWN VERSION.
NO TWO PEOPLE ARE THE SAME,

BRING IT ALL TOGETHER
AND REPEAT,
ADAPT AND SHARE

PROCESS, WORDS AND SCRIBBLES
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MADE IN COLLABORATION WITH
YOUNG PEOPLE AT CANONGATE
YOUTH PROJECT, EDINBURGH

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A BOOK FOR FACING STRESS

||10|| IDENTIFY ||10||

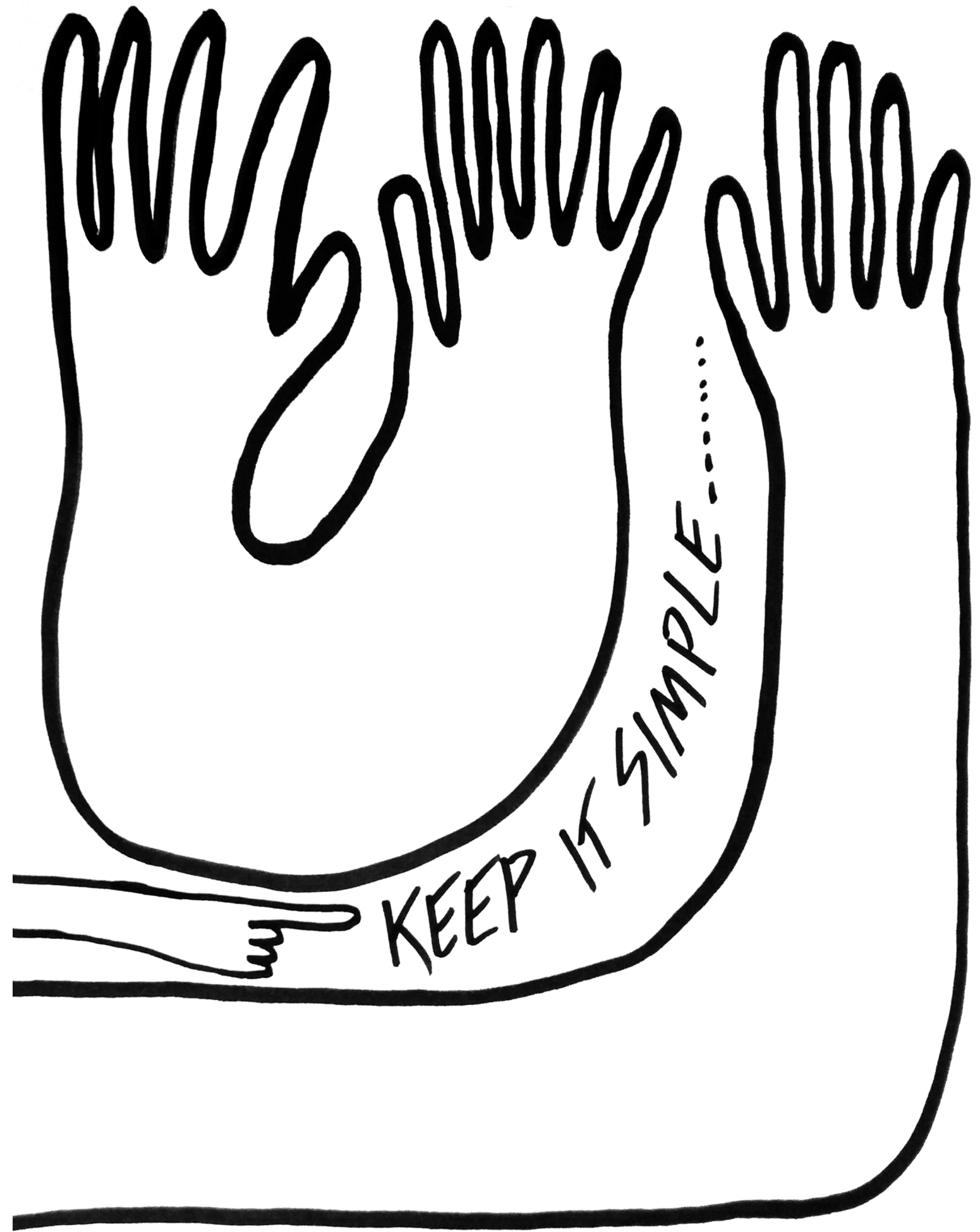
WHO IS INVOLVED

WHERE IS IT BASED

WHAT IS IT?

WHEN IS IT HAPPENING

HOW DID IT START



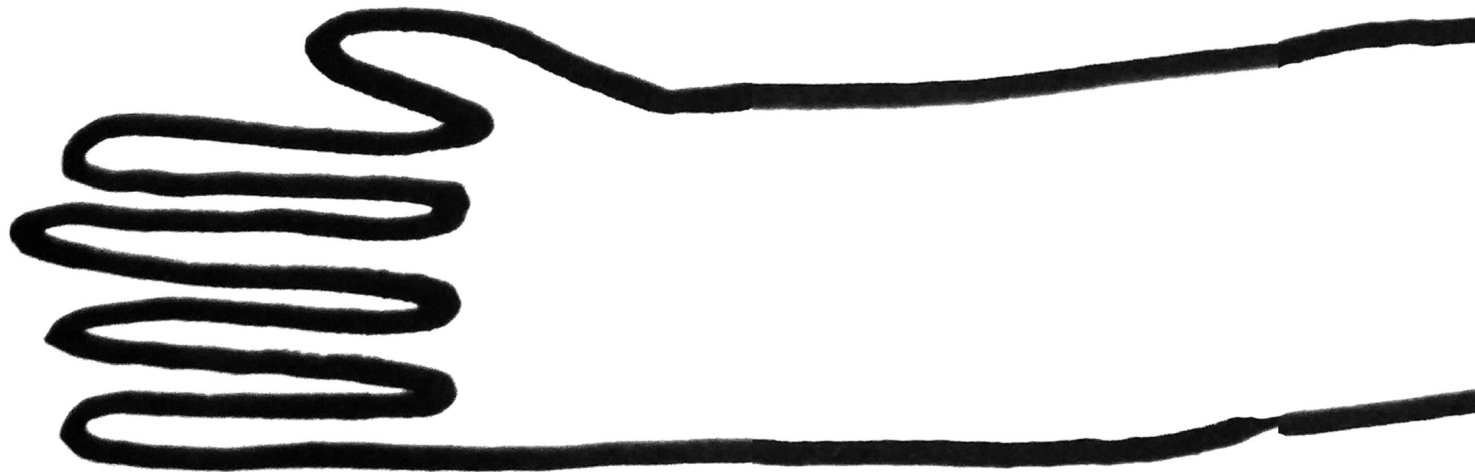
MOVEMENTS

STRESS CREATES TENSION
IN YOUR BODY

USE POSITIVE GESTURES
TO BE PRESENT

IDEAS

- > PRESS PALMS TOGETHER
- > ROLL SHOULDERS
- > TAP FOREHEAD, CHEEKS
- > RAISE ARMS UP AND OUT
- > SPREAD FINGERS
- > LONG, SLOW BREATHS



VALIDATE

WHY IS THIS IMPORTANT?

.....

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» CHALLENGE «
WHAT IS YOUR GOAL?

SSS- CLEARING SSS-

GET SOMETHING TO DRAW WITH
IT CAN BE A PENCIL, PEN, BRUSH ...
MULTIPLE COLOURS OR JUST ONE.
THERE'S NO WRONG WAY TO DO THIS!

GET SOME SPACE
BE HERE NOW

))) LISTEN (((

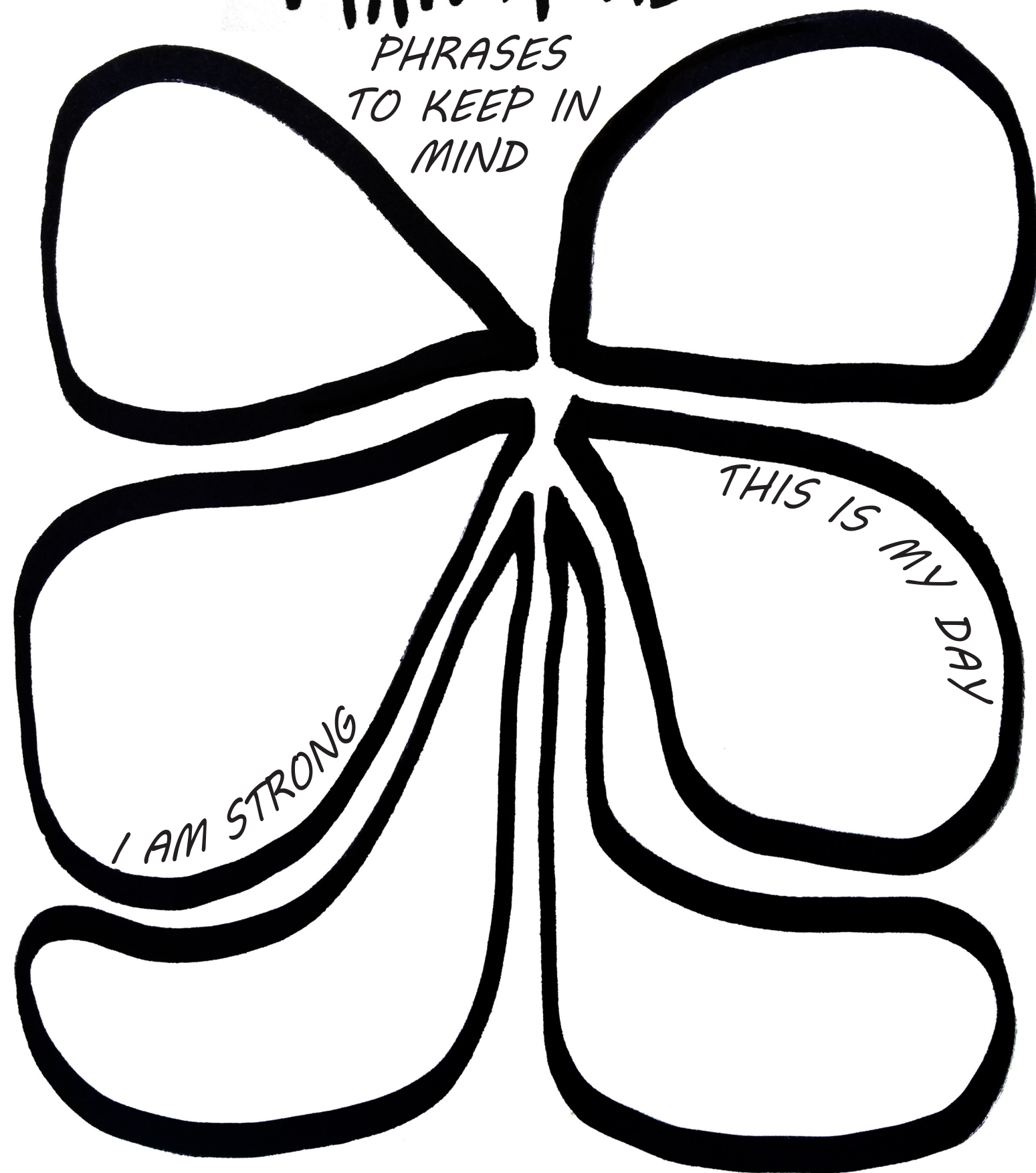
PUT ON SOME MUSIC OR
LISTEN TO AMBIENT
SOUNDS

TAKE SOME TIME OUT, GIVE YOURSELF
AS LONG AS YOU NEED TO HAVE A
MOMENT FOR YOU.

TAKE A BREATH, FOCUS ON THE SOUNDS
AROUND YOU AND.....

MANTRAS

PHRASES
TO KEEP IN
MIND



POSITIVE WORDS AGAINST STRESS

《>》 AWARENESS 《>》

CONSIDER YOUR STRESS

EXAMPLE:

FIXED THOUGHT: I'M NO GOOD AT THIS

GROWTH THOUGHT: I'M GOING TO FIND
OUT HOW TO GET BETTER

YOUR FIXED THOUGHTS ARE NEGATIVE
AND UNFAIR, RECOGNISING HOW TO
CHANGE THEM IS A USEFUL SKILL

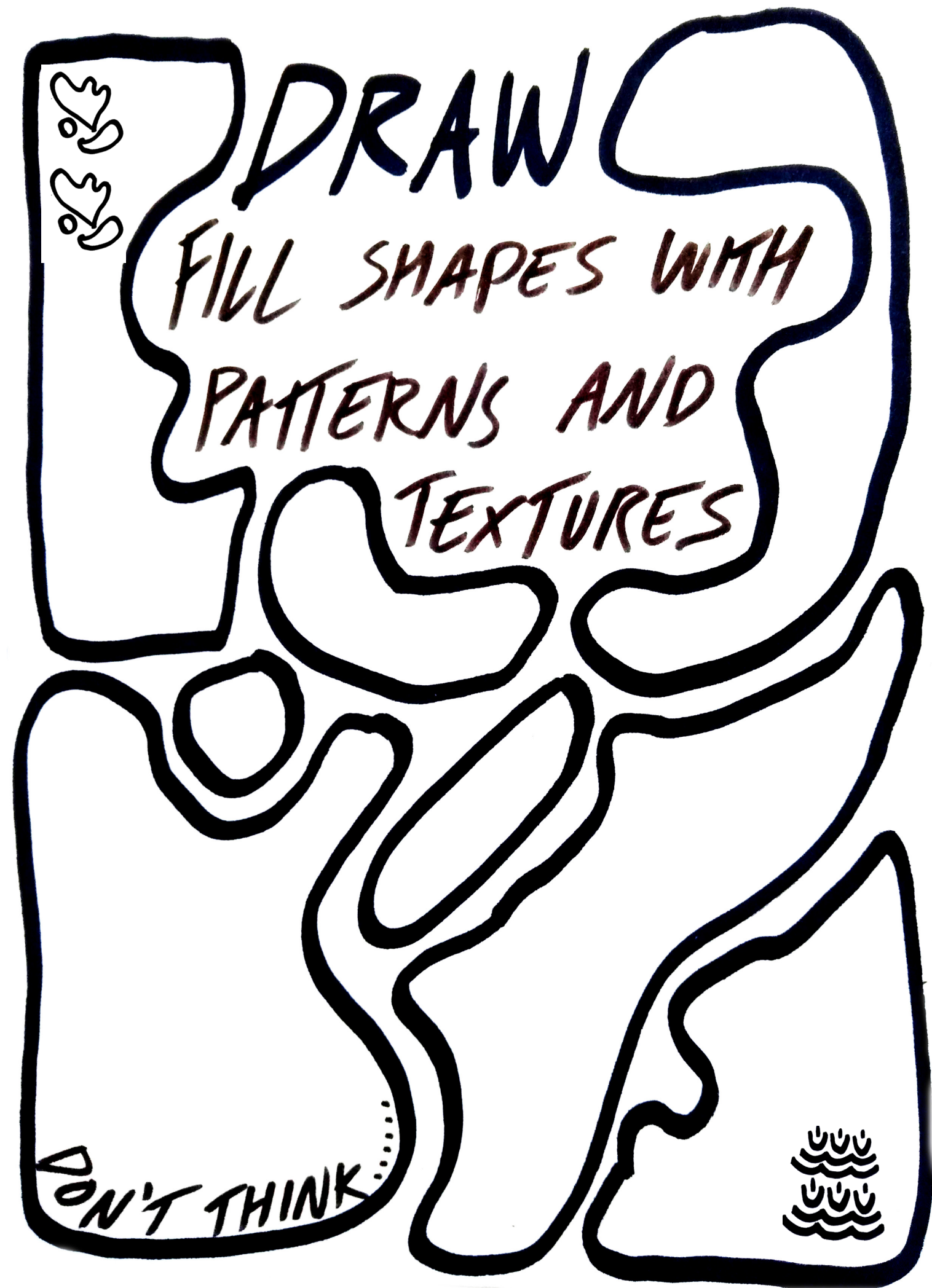
FIXED THOUGHTS CAN'T CHANGE
GROWTH THOUGHTS CAN

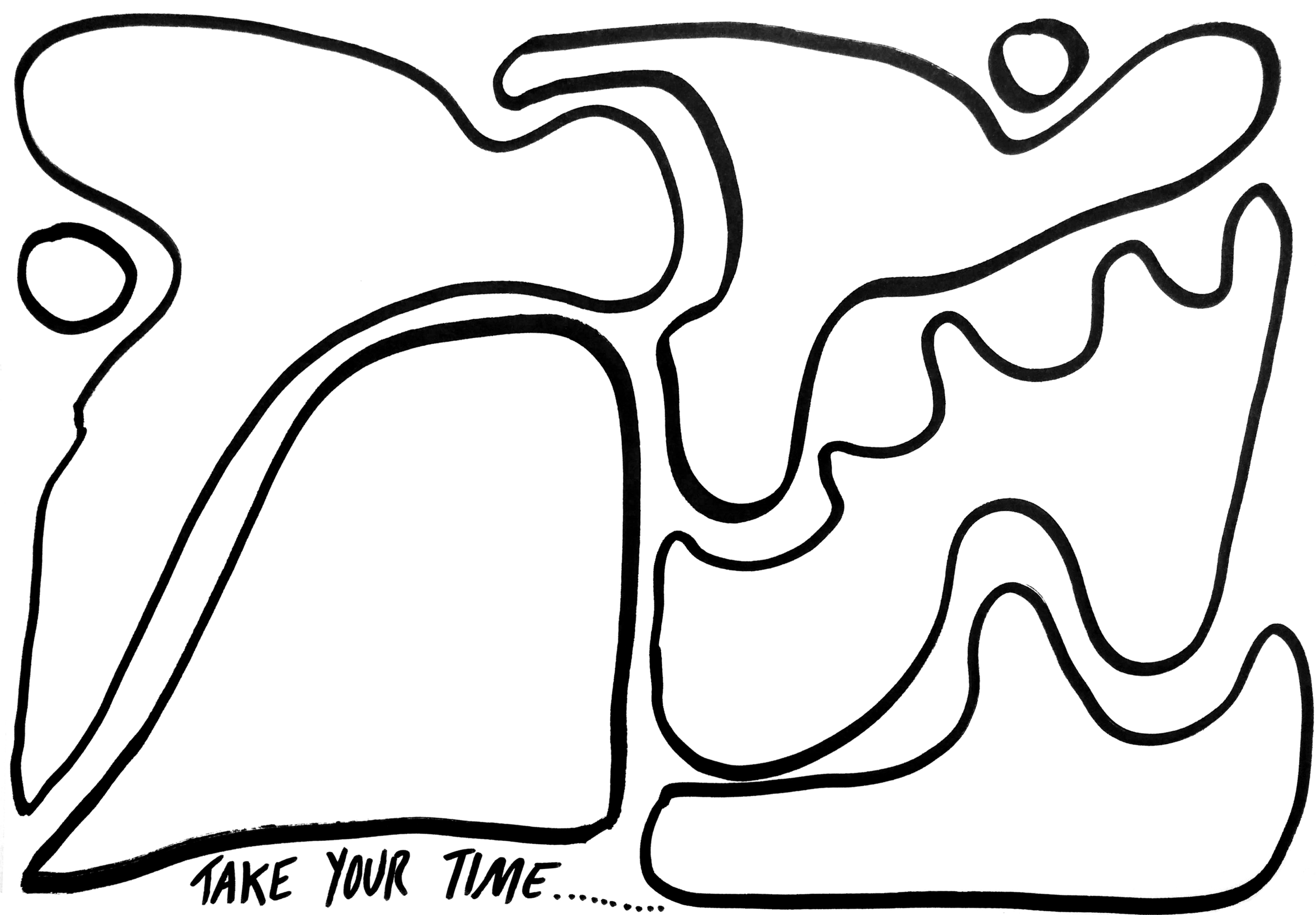
FIXED

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GROWTH

.....





TAKE YOUR TIME.....