



Your Mindfulness Book

Full of activities
to help unwind your mind.



UWA STUDENT
GUILD
ESTABLISHED 1913

Content provided by
UWA students and Guild Members

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Colour-me-in! Mindfulness Edition - *Pauline Wong*: 3
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Mindful quotes - *Karina Martel*

COLOUR-ME-IN!

CORONAVIRUS EDITION

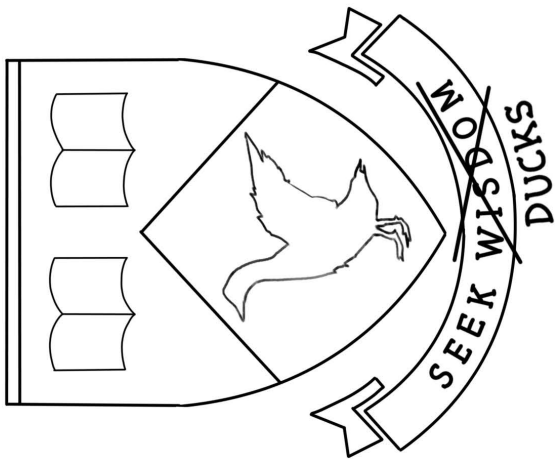


Pauline Wong.10

P. Wong



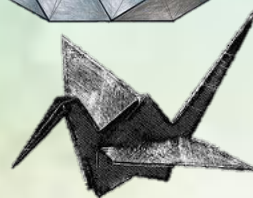
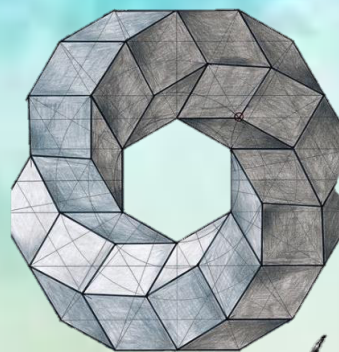
You can't stop the waves, but you can learn to surf.





Sketching Prompts

1. Chocolate melting into a pool
2. Seagull
3. Your neighbor
4. Breakfast



13. Hope
14. Inspiration
15. Movement
16. Moment
17. Soft
18. Fun
19. Change
20. Energy



5. Stillness



6. Spirally stairs

7. Imaginary pet

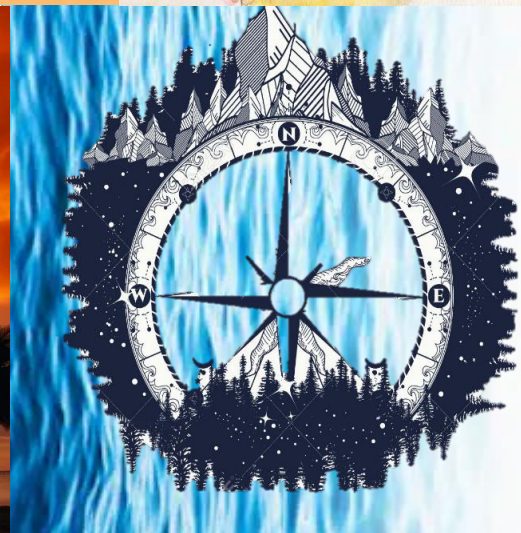
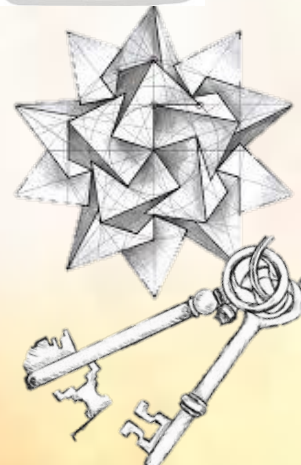
8. Comfort

9. Cactus

10. Strong

11. Alive

12. Something you cant live without



Sketch Here:

Word Search

B	F	A	T	R	A	E	H	B	D	G	R	M	L	G	R	A	T	I	T	U	D	E	O	T	C
L	W	S	P	I	O	L	C	A	I	L	Y	C	S	D	S	B	R	E	A	S	R	B	A	E	X
O	N	E	R	S	X	A	I	N	S	P	I	R	A	T	I	O	N	S	D	U	P	I	L	M	U
O	E	S	A	H	L	O	B	F	B	A	U	C	T	U	H	E	L	O	J	K	A	Y	S	L	N
M	S	L	T	D	E	R	G	U	C	D	S	I	M	P	L	I	C	I	T	Y	T	G	R	T	D
T	G	F	U	E	A	L	H	I	S	A	C	B	R	E	R	P	O	W	E	R	C	A	L	I	R
L	V	S	L	T	S	P	E	G	D	Q	H	S	M	I	N	L	E	S	M	E	H	E	O	S	E
E	H	M	O	E	L	W	T	A	V	E	G	N	A	H	C	D	L	P	U	C	N	S	G	L	A
M	S	I	Z	R	O	E	I	S	L	U	N	R	Q	F	U	G	S	R	E	B	M	S	R	O	M
T	U	A	U	M	P	G	R	O	W	T	H	E	M	A	L	F	W	A	C	R	P	L	A	V	Q
C	C	P	F	I	W	A	E	D	K	F	P	A	R	N	J	O	D	T	I	H	E	S	C	I	L
A	C	K	S	N	J	Y	N	H	O	P	E	S	U	G	R	E	B	S	U	V	A	J	E	R	S
G	E	L	I	A	F	C	I	W	C	T	U	S	H	T	Y	D	R	H	L	M	C	A	D	B	U
O	S	A	Q	T	E	J	R	S	M	A	G	N	A	L	I	T	N	S	V	S	E	T	K	O	A
I	S	M	E	I	B	W	G	L	C	I	E	Y	T	U	B	R	E	A	T	H	E	A	L	P	L
H	T	P	L	O	A	L	C	O	D	R	D	A	M	E	C	G	O	I	D	N	M	S	V	I	U
L	A	S	R	N	H	C	R	E	A	T	I	V	E	S	A	H	A	S	H	E	O	J	W	S	F
R	X	E	O	I	S	L	Q	M	P	X	T	O	B	R	L	Z	R	Y	M	T	R	H	A	H	K
H	A	P	P	Y	A	Z	S	I	L	J	S	Q	U	T	S	M	O	Q	U	L	S	I	F	U	N
W	S	E	O	P	T	V	U	E	E	Y	E	O	T	J	G	L	U	F	O	N	I	M	N	L	A
U	V	N	T	Y	W	E	F	C	H	O	C	O	L	A	T	E	I	W	S	X	E	A	R	N	H
S	R	E	X	E	C	E	R	I	M	E	S	R	S	V	F	I	R	A	N	T	C	G	E	I	T
Q	A	S	F	N	E	T	A	S	J	E	L	A	U	L	C	O	M	P	A	S	S	I	O	N	S
D	C	J	A	K	L	B	F	U	O	R	G	Z	P	E	H	R	S	A	U	L	H	N	R	D	H
P	T	L	U	Y	R	I	A	M	T	S	A	J	O	S	K	I	F	T	F	A	M	E	I	F	W
U	A	H	O	E	Y	O	U	S	R	A	B	G	C	D	U	R	M	S	U	E	J	Y	L	U	E
B	S	I	L	V	S	F	I	E	C	S	U	N	S	H	I	N	E	M	B	R	A	C	E	N	T

gratitude

breathe

inspiration

peace

change

balance

sunshine

compassion

embrace

hope

chocolate

music

energy

creative

success

imagine

dream

happy

growth

simplicity

determination

mindful

adapt

courage

power

thankful

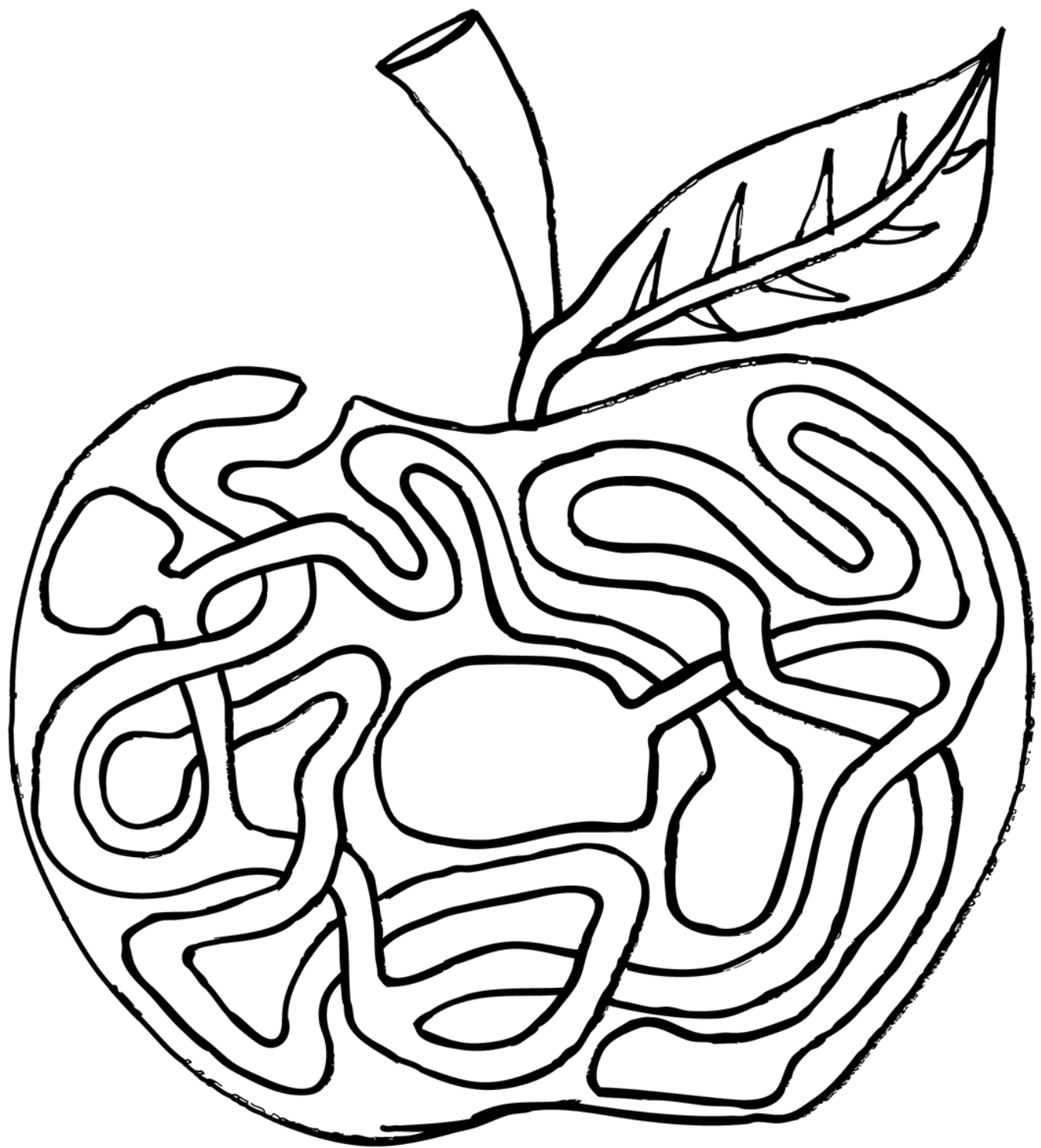
bloom

grace

heart



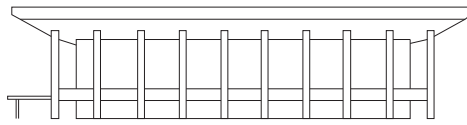
outer wordly



A HAZARDOUS JOURNEY

Help the main campus student get all the way from REID to ALVA by finding the correct path!

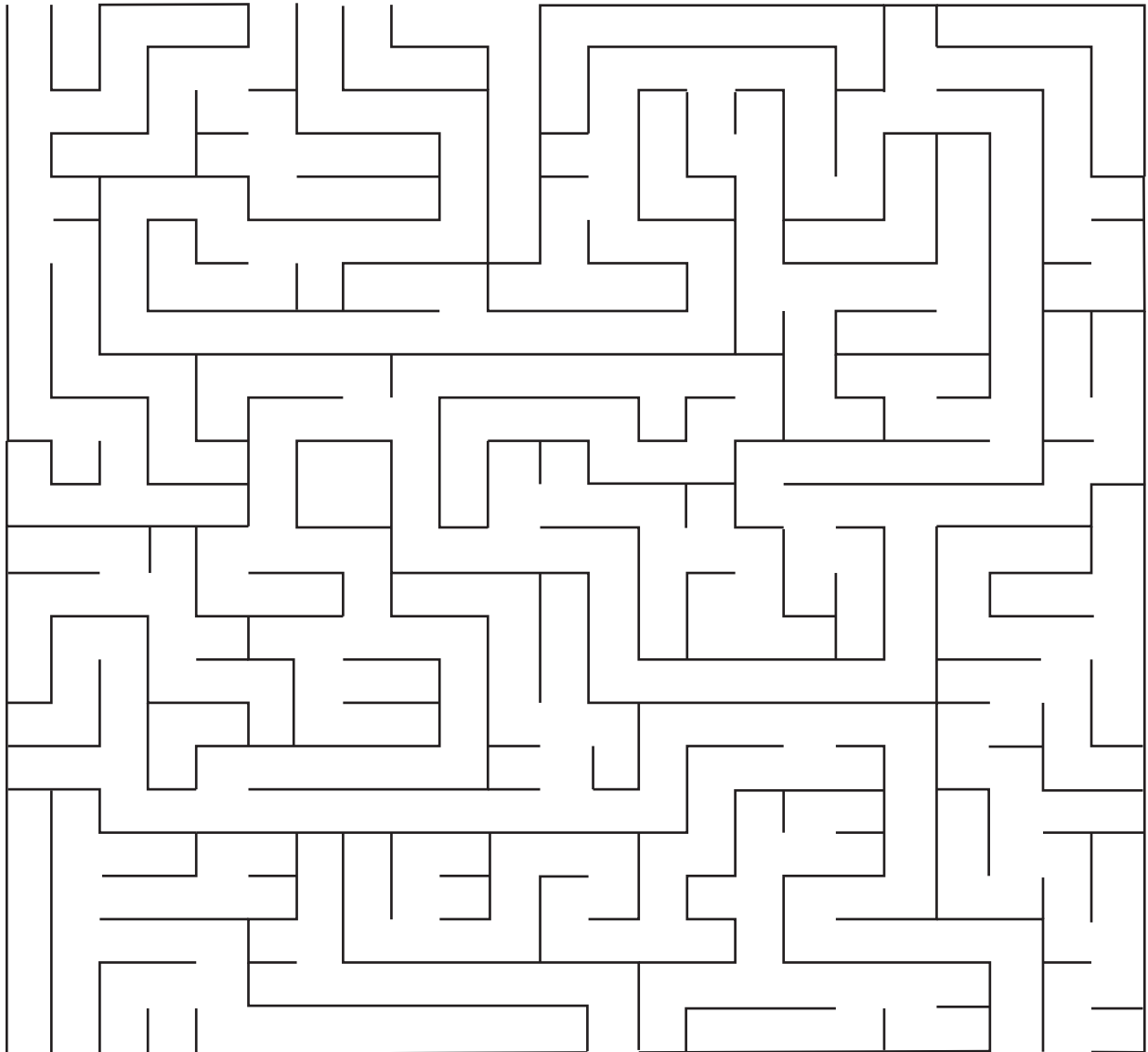
START



Reid Library

Where the F*#!? is ALVA?

Stirling Hwy



END



ALVA

Brought to you by The Architecture, Landscape, and Visual Arts (ALVA) Student Society of UWA





ST GEORGE'S

The Red Dragon 🐉❤️🌹

1 1/4 cups apple juice
1 banana
1 cup frozen strawberries
1 cup frozen raspberries
Lil scoop of raspberry sorbet
Cherries to garnish

Blend together and enjoy!!

TOMMY

The try hard forgotten middle child

- always on the dance floor but can't dance
- good at giving advice
- trust them with the aux cord

1 orange
1 ripe banana
1 cup coconut water (or fruit juice)
1 cup frozen mango chunks
1 cup frozen pineapple chunks
1 teaspoon chia seeds (optional)

UNIHALL

The Uni(que) Haller

1/2 an avocado, 1 Banana, 1 cup of diced mango, 1/2 cup of diced pineapple, 1/2 cup of ice, 300ml of apple juice, a dash of water and a lil scoop of mango sorbet. Blend it all together and enjoy your green goodness

ST CATS

Introducing: the St Catherine's let that man-go" smoothie- 2 chopped mangoes, 2 chopped peaches, 1 cup vanilla yogurt, 1/2 cup of milk, 1 teaspoon grated ginger (optional) , honey, and if you're feeling super fancy throw some mint leave on top."

TRINITY

The Lightning bolt

- 1 cup of blueberries
- 3/4 a banana
- 1 cup of milk of choice
- 3 tablespoons of greek yoghurt

add ice, blend it all up & enjoy the lightning bolt! ⚡⚡

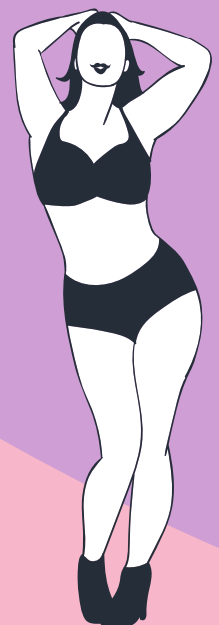
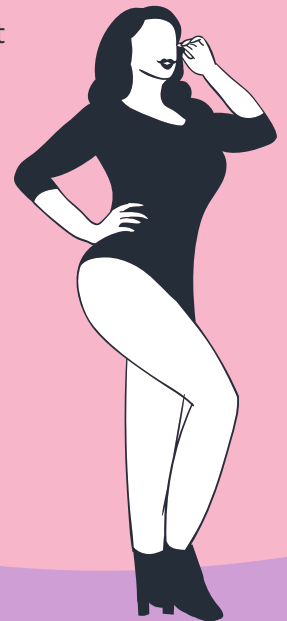
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BODY ACCEPTANCE BASELINE

Read the following statements to help gauge how accepting you are with your body and of yourself. Write true (T) if you agree with the statement and false (F) if the statement doesn't resonate with you. At the end, if you find that you have answered false on most of the statements this may be a good opportunity to reflect and challenge some of the internalised pressure to conform to ideal appearance. The more you intentionally challenge these perceptions the more improvement we hope you'll notice in the way you perceive your body.

- _____ I like the way I look and appreciate my unique traits
- _____ I can easily name my favourite body part
- _____ I look in the mirror and see a beautiful person looking back
- _____ I do not participate in group body bashing of myself and others
- _____ I move my body in ways that are joyful and fun without the goal of changing my physical appearance
- _____ I do not compare my appearance to anyone else
- _____ I compliment others for their accomplishments rather than their appearance
- _____ I wear clothing that fits my body and makes me feel good regardless of the size
- _____ I do not comment on other people's weight
- _____ I do not let the number on the scale determine my self-worth
- _____ I do not avoid certain activities or clothing for fear of judgement
- _____ I post realistic, unedited photos of myself on social media
- _____ I know that media does not set the standards of beauty or perfection I don't feel the need to alter my natural physical appearance
- _____ I realize that I'm beautiful no matter what shape or size I am
- _____ I know that true beauty is not simply skin deep



Brought to
you by



Adapted from "Body Activism", the National Eating Disorders Association (NEDA)
www.myNEDA.org