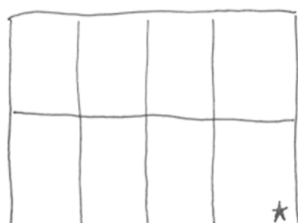


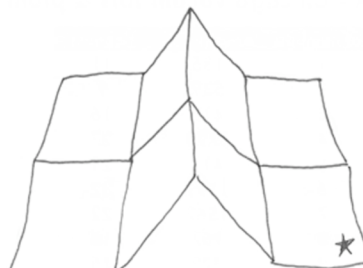
a short guide to folding an eight-page mini zine

- 1** Fold a standard piece of white copy paper (8.5 x 11 inches) into eight even parts like so:

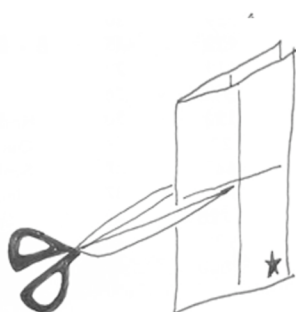


(the little star helps tell you where you are!)

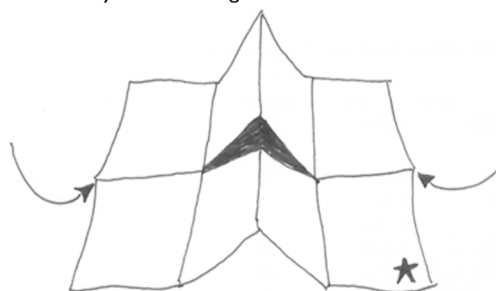
- 2** Now crease those folds so the paper rests like this naturally:



- 3** Now fold the paper in half as below and cut it halfway through so it looks like "4"...



- 4** Place the paper down like so. Now put your index fingers where the arrows are, lifting up while folding the sheet lengthwise over your index fingers...



- 5** During lengthwise folding in step "4" the middle of the sheet should buckle so that it can fold into this form naturally:

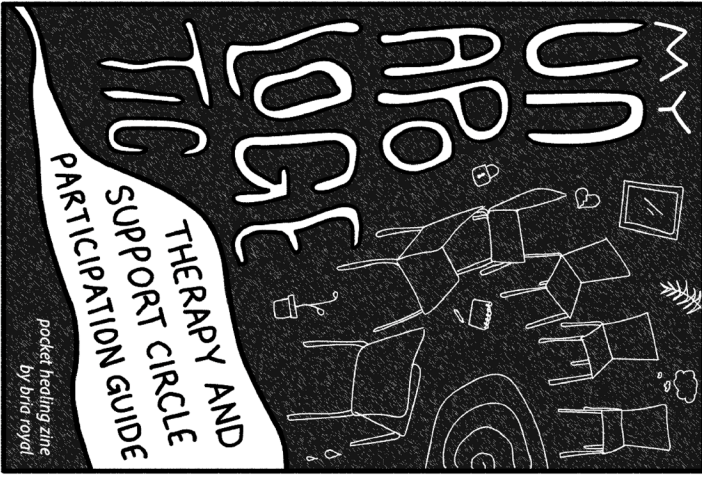


- 6** And now you have your eight-page zine! Notice the "starred" page is the front page of the zine. Voila!



Keep a 5mm blank margin around the whole sheet (Marked off in gray on the template on the next pages). Anything written within that area is not copied by most photocopiers.

The numbers on the zine template on the next page tell you the final order of the pages and the orientation of images on the pages once you fold the zine up: "1" is the first cover page and "8" is the last back cover page!



today, after my session is done, I will...

- take a nap
- go for a walk
- call a friend
- eat
- research a new term
- stretch
- take a few deep breaths
- cry
- clean up
- take a shower or both
- write down a random word
- doodle
- dance around
- apologize
- say "no"
- share something I learned
- write a journal entry
- record a vlog
- take a selfie
- (re)fill a prescription
- request time off
- make plans to kick it
- cancel plans to kick it
- schedule a new session
- give feedback on my session

When YOU leave your healing space and enter the WORLD, how will you pro-act?

build up a habit

Every DAY / WEEK / MONTH / _____

I will... (circle an option then finish the sentence!)

share an update

My FAMILY MEMBER / PARTNER / FRIEND / _____ needs to know that...

after your environment

My HOME / WORKPLACE / SCHOOL / _____ should include...

Now, CELEBRATE the change or maintenance you've achieved!

Before today / was... In this moment / am...

When the WORLD invades your healing space, how will you react?

We can practice positive anticipation by making a response plan!

- 1 Acknowledge that a condition of the World is affecting your ability to interact with the space.
"I cannot focus right now because..."
- 2 Trace how this condition may have led to your current emotional state.
"Because of this World condition, I have experienced..."
- 3 Adjust your healing space to overcompensate for this World condition.
"In this space, we will counter this World condition with..."

EMPATHY AUTONOMY TRUST CELEBRATION HONESTY CONSISTENCY EQUITY

If you and your goals are no longer being centered, you may not be in a space designed for healing anymore.

holistic healing addresses CHANGES + MAINTENANCE you desire in both your... AND your the conditions, systems, and environment in which your life takes place

the series of events and experiences that make you YOU

LIFE

WORLD

The goals of therapy... are completely determined by you! That is your healing right.

Something I would like to add to my

LIFE: _____

WORLD: _____

Something I would like to subtract from my

LIFE: _____

WORLD: _____

Something I would like to maintain in my

LIFE: _____

WORLD: _____

get comfortable with being centered

When someone is centered, their NEEDS, WANTS, and EXPRESSION is the primary focus of everyone's attention

Practice self talk.
keep a diary, send yourself voice notes, or start a personal (or public) vlog

Use a gaze aversion object... such as a talking piece. If eye contact makes you uncomfortable, you can look at the chin or top of someone's head instead.

Forget about 'speaker etiquette.'
This is NOT a presentation.
Speak in a style and pace comfortable to you. Welcome moments of silence. Practice patience with your train of thought.

make a healing pact

IN THIS HEALING SPACE, WE WILL...

- START once... everyone is seated and aware.
- PAUSE if... someone's immediate needs are not being met
- RESUME after... everyone's immediate needs are being fulfilled
- REPEAT if... someone did not understand, OR someone was misunderstood
- move FORWARD when... we have made progress towards a common understanding on this topic; OR we don't have what we need to make any more progress on this topic yet, OR further discussion will result in greater harm than healing at this time
- STOP if... our goals have been achieved and are self-sustaining