



Ink & Exhale Workbook #2

*Congratulations on choosing
YOU!*

*May you discover the magic of only a couple
of minutes of creativity a day
with the following 5 activities:*

Colouring
Doodling
Journaling
Neurotangling
Zendoodling



1. Colouring pages

To colour has been around for ages and has been proven to be a very relaxing creative activity. No skills required.

Colour the whole design or just part of it. It is yours to do with as you please.

You can use colouring pencils, watersoluble pencils or gel pens. Or combine them.







"Challenges make
you discover
things about yourself
that you never
really knew."
Cicely Tyson

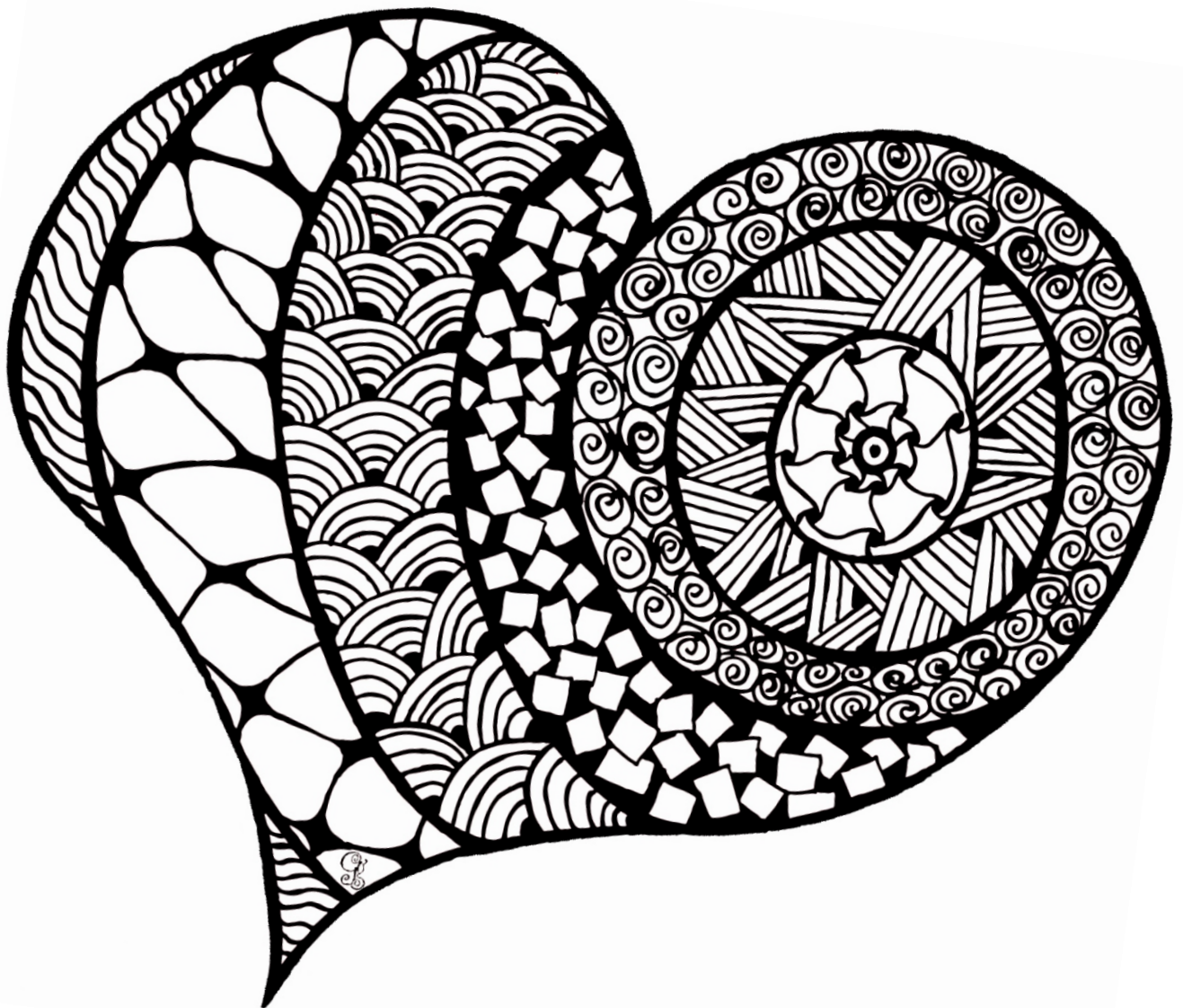


2. Doodling

On the back of the previous page, with a pen or pencil, draw a heart shape. Cover the heart with doodles.

What is doodles? It is any free-form patterns that can be repeated like circles, spirals, lines, curves, blocks, etc. Doodling requires no thinking, no skills. Just scribble.

See the sample below.





i dont have
to be
perfect
i just have
to be
me



3. Journaling

Writing is also a creative activity.

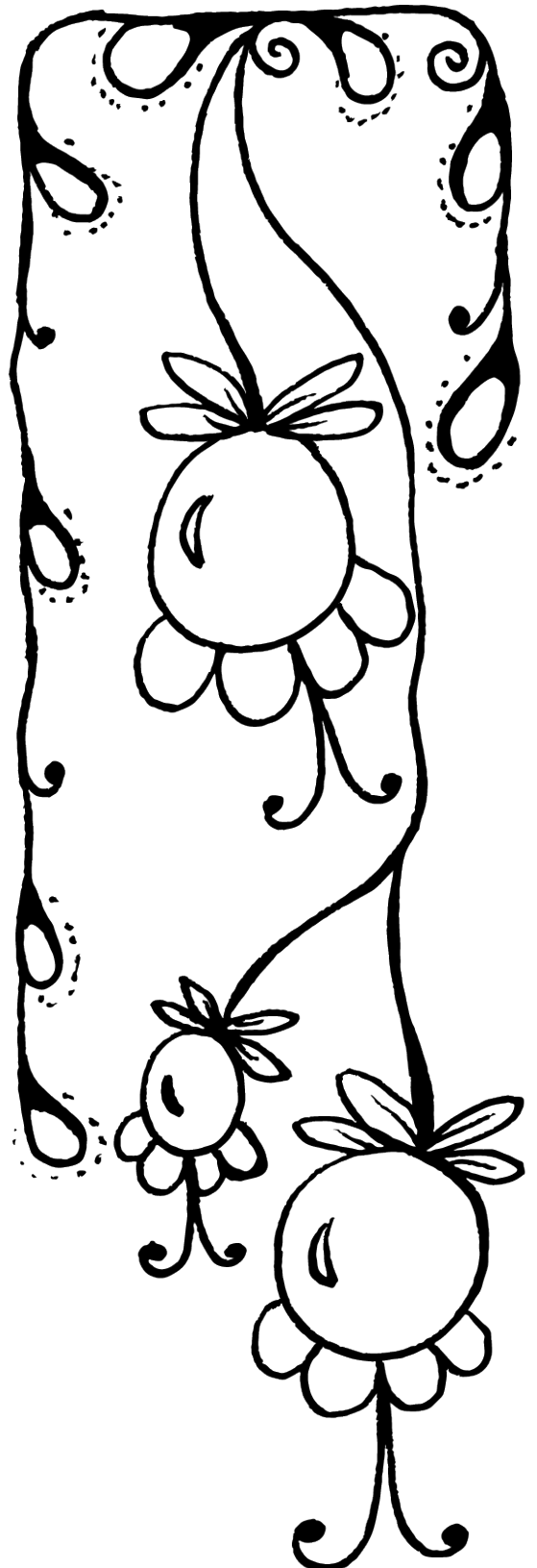
And Journaling is a very therapeutic exercise to get rid of all the negative emotions, of feeling overwhelmed, to let go of frustrations, problems, pain and sadness.

It's a way to get all of that out of your system. And by writing about your problems, a solution may just come to mind.

If you're not used to it, it can be difficult to start. But start small. Start with how you felt today. And go from there.

If you are angry with someone, if someone has hurt you with their words, write it down, write them a letter. Be honest. You don't have to give it to that person. It can be for your eyes only. And when you are done, you can cover it with a beautiful picture, or paint over it.

And you can add images and doodles to your journal page.





Don't give up
just because
things
are
hard.



4. Neorotangling

This is where Neorographic Art and Doodling are combined.

You will need a pen to draw with, a clean sheet of paper (work on the back of the previous page) and colouring pencils or watercolour paint (optional).

Steps:

1. With a pen, start anywhere on the edge of the page, and cover the whole page with one continuous line, making circles and curves, and end on the edge. There is no right or wrong way to do this.
2. Now add shapes like circles, squares, rectangles and / or triangles, making sure they cross some of the existing lines.
3. Now make 2 horizontal lines and 2 vertical lines. They can be curvy or straight.
4. Make all the sharp corners round and colour them in.
5. Do you see a shape in all the lines? It's okay if you don't.
6. You can now colour in the shape if you saw any. Or the whole page. or leave it as it is.
7. Doodle in all the areas you want. You can fill just a couple, or the whole thing.

Image 1 - the steps

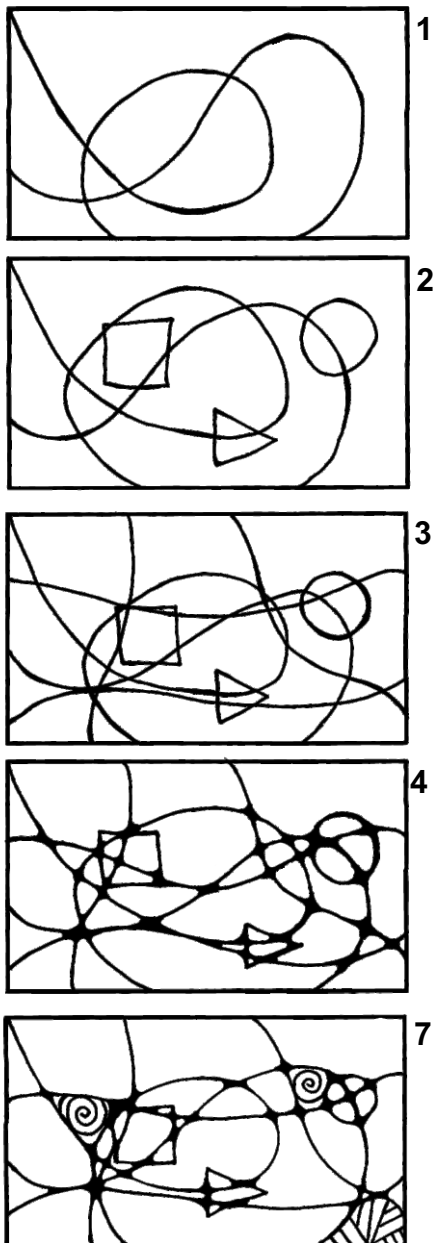
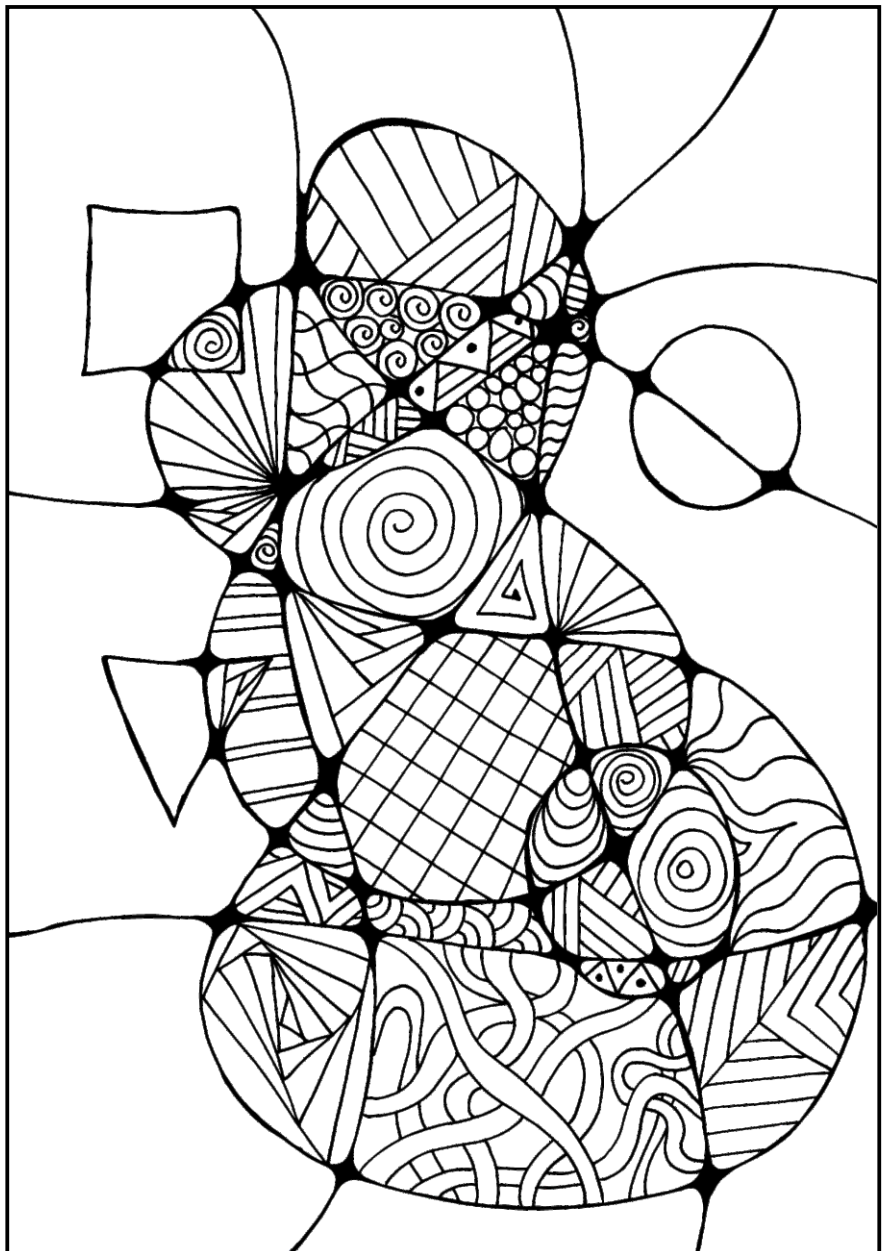


Image 2 - my sample





“Do not compare
yourself
to others.

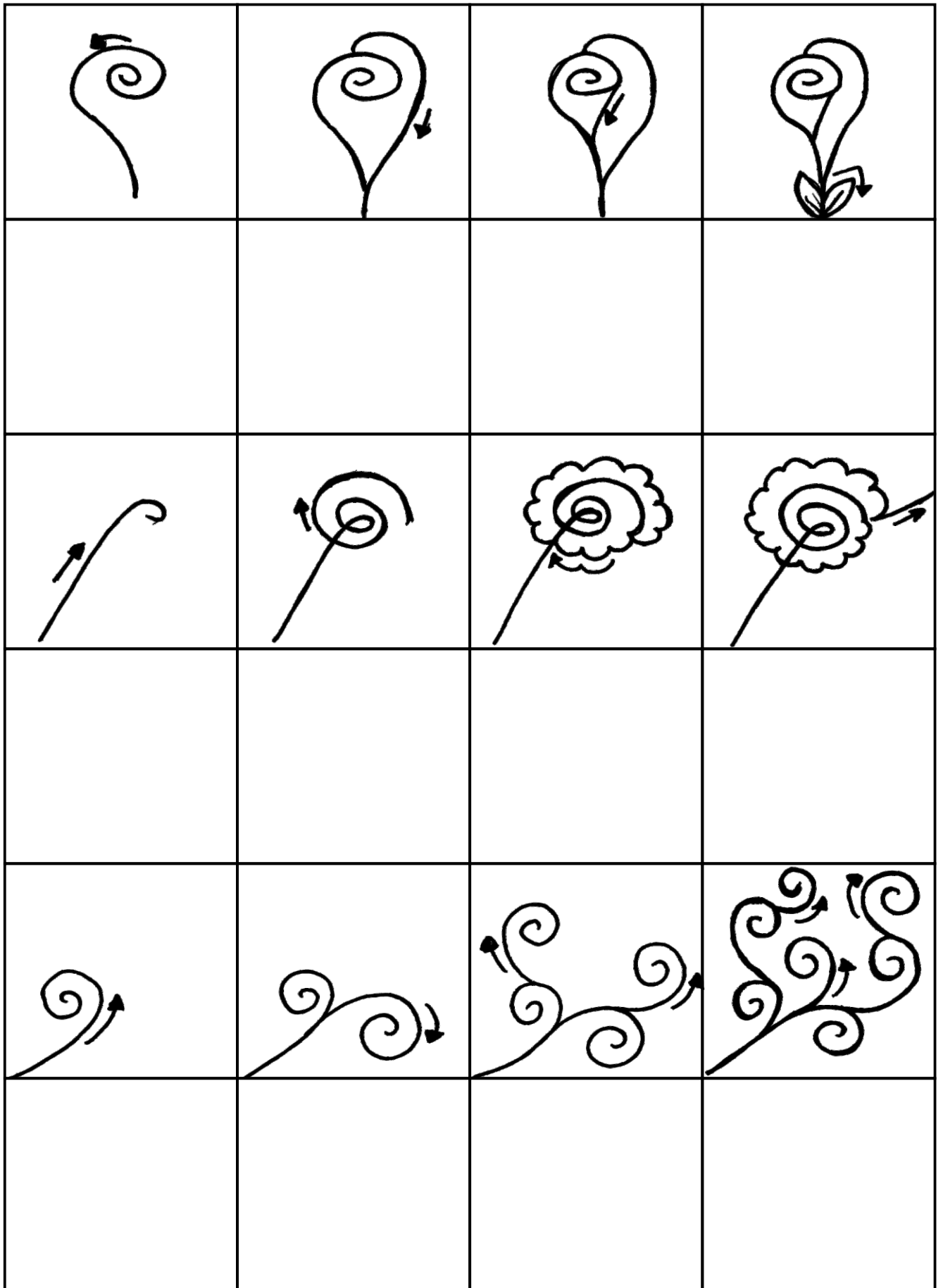
If you do so,
you are insulting
yourself.”

Taylor Swift



5. Zen-Doodling

Turn your doodles into something more.
Follow these easy steps, and you can turn a plain spiral,
into a flower.



6. Other activities that will help you to relax

There are various other
activities you can do
to relax.

Any craft activity (mosaic,
sewing, knitting, crochet, etc.)
but also to fiddle in the garden,
to go for a walk, to listen to music (and dance while you do),
to bake, to read a book, are just a few.

Find something you like to do, and try to do
that on a regular basis. Even 30 minutes a day,
is more than enough. Or once a week.

I recently started doing junk art journaling.
I can still use my craft materials, just on a smaller scale,
and combined with journaling, that is very good
for my soul.



Suggested next step:

1.If you want to continue the road with me, I offer you the following as a package deal:

* **Zendoodle 101 Mini Course** (pdf-file)

5 lessons to show you the basics of Zendoodling, with a workbook (pdf-file) filled with tangles and strings. *“Taking a couple of minutes a day, with only pen and paper, I will show you how you can get rid of your stress.”*

* **De-Stress Journal**, A4 pdf-version

This journal contains tangles to learn, zendoodles to create, pages to colour, blank pages to fill with whatever you want, as well as lined pages to journal / write on. *All-in-one stress relieve product.*

All of this for only R395.

Send me an email or whatsapp to order.

Compiled by

Ink & Exhale with Gigi

a branch of



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