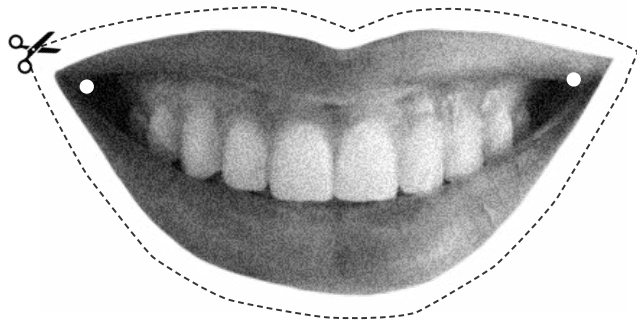
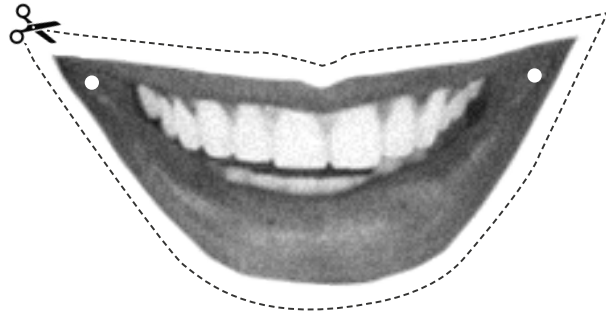
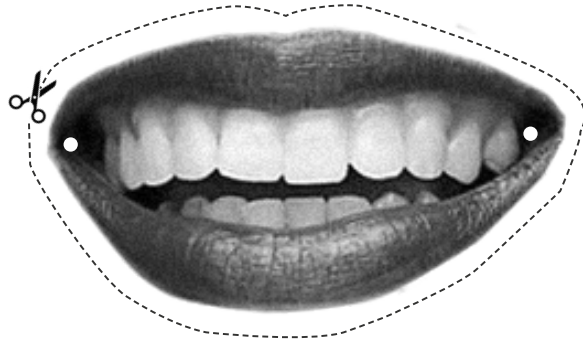


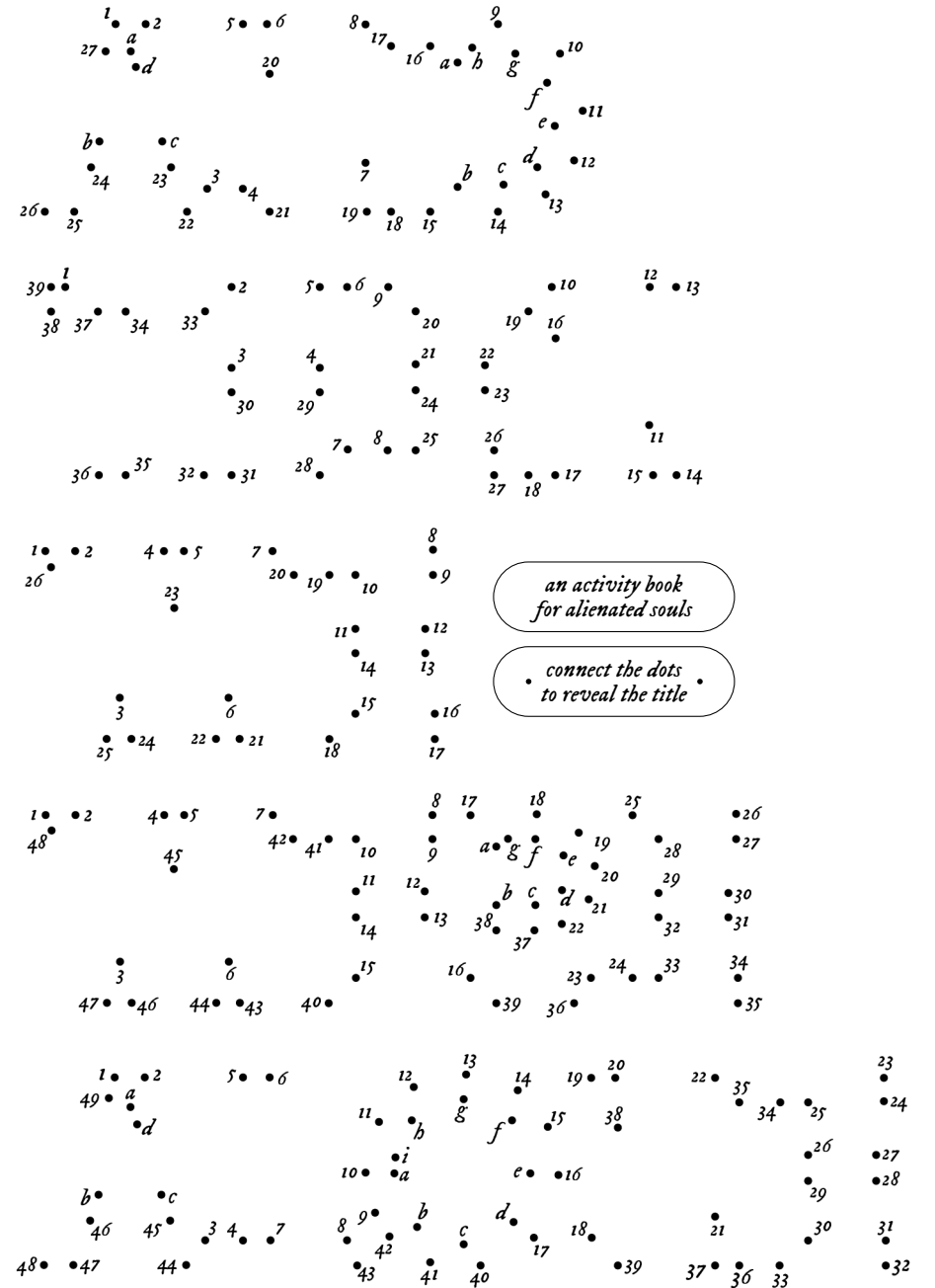
# BUILD YOUR OWN

*'Elizabeth had never been more at a loss to make her feelings appear what they were not. It was necessary to laugh, when she would rather have cried.'* - Jane Austen

*pick a fake a smile to pretend everything is ok !!*



*material needed: scissors, hole puncher, elastic*



*an activity book  
for alienated souls*

*connect the dots  
to reveal the title*

# SELF-REFLECTION

*'Suffering is one very long moment. We can only record its moods, and chronicle their return. With us time itself does not progress. It revolves. It seems to circle round one centre of pain.'* - Oscar Wilde

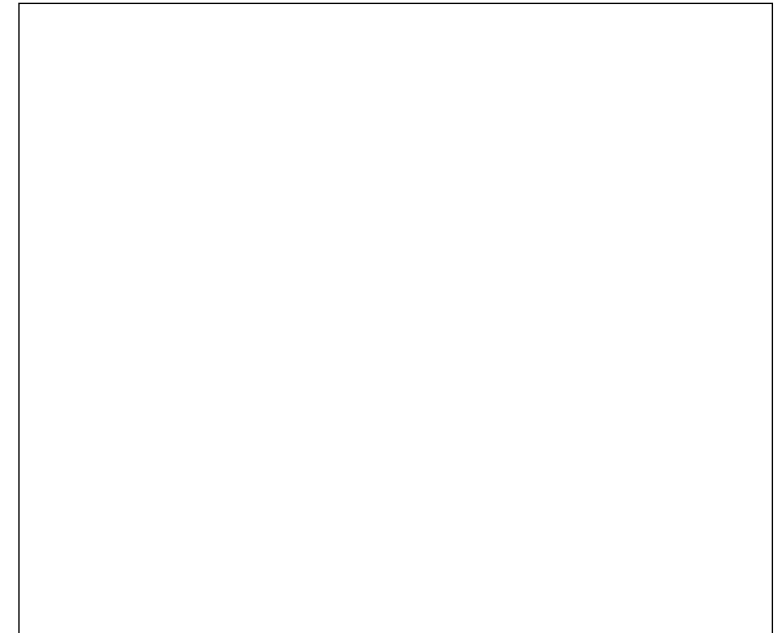
articulate your current mental state

1. write down two things that you miss

---

---

2. draw a happy memory



3. complete these sentences

I feel \_\_\_\_\_

I wish \_\_\_\_\_

I need \_\_\_\_\_

*content warning: depression, self-hate, death*

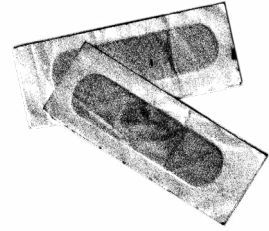
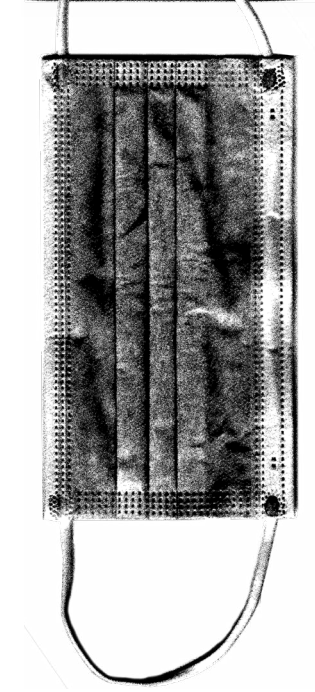
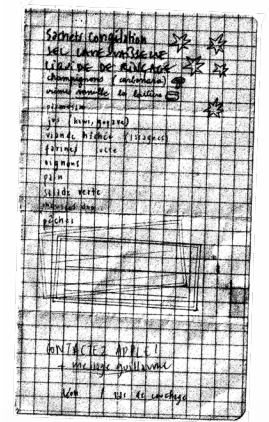
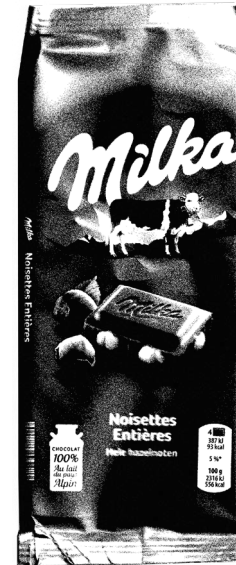
*disclaimer: no mental health professional was involved in the creation of this booklet - if you're currently struggling, seek help.*

# for SURVIVAL KIT DESPERATE DAYS

*'In a dream you saw a way to survive  
and you were full of joy.'* - Jenny Holzer

*make sure yours is complete!*

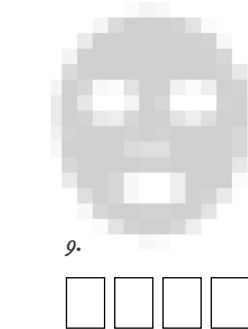
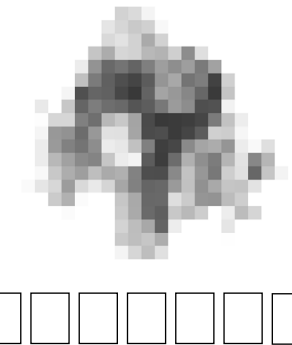
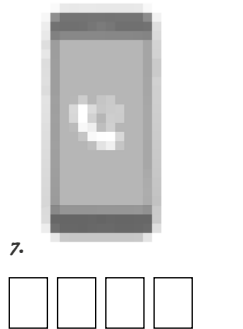
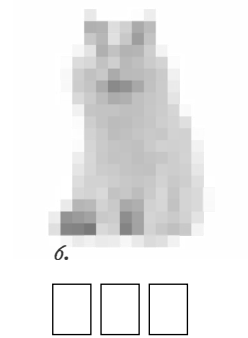
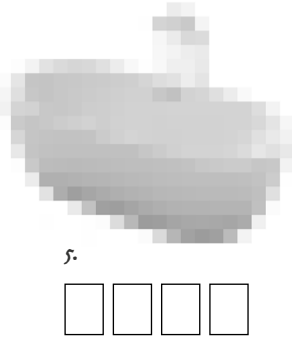
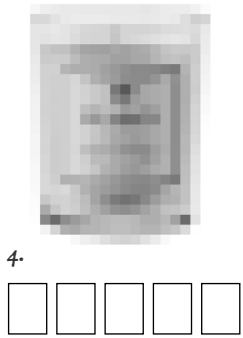
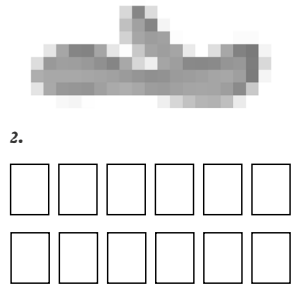
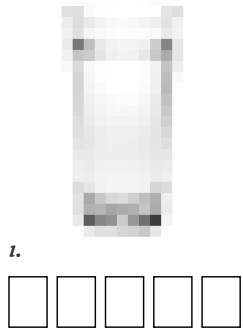
- ENDLESS NOTES**  
*scattered around the house like a million unfathomable thoughts*
- TISSUES**  
*for the occasional cold and the recurring mental breakdowns*
- A MASK**  
*for the rare moments where you find the strength to cope with the outside world*
- A BOOK**  
*you've been pretending to read for the last few weeks but actually understand nothing of*
- PLASTERS**  
*for the body*
- PAIN KILLERS**  
*for the spirit*
- AN EMPTY PACKAGING**  
*like a constant reminder of the afternoon you binged that chocolate bar*
- A PHONE**  
*whose screen time is dangerously increasing from day to day, and you refuse to acknowledge it although you've noticed...*
- \_\_\_\_\_  
 \_\_\_\_\_
- \_\_\_\_\_  
 \_\_\_\_\_



# GOOD CARE

*'Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.'* - Audre Lorde

identify these pixelated elements

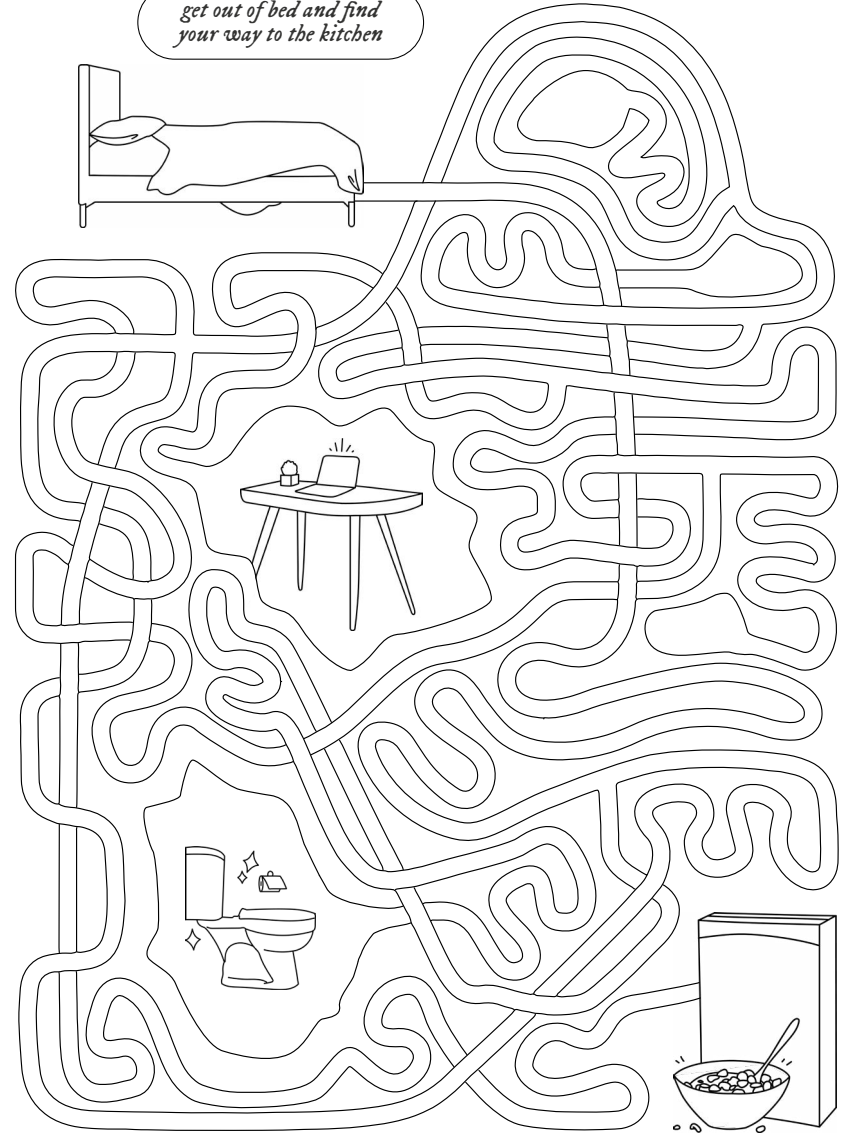


answers 1. water 2. masturbation 3. yoga 4. candle 5. bath 6. cat 7. cell 8. flowers 9. mask

# on THE RIGHT PATH

*'Tired, tired with nothing, tired with everything, tired with the world's weight he had never chosen to bear.'* - F. Scott Fitzgerald

get out of bed and find your way to the kitchen



things you like eating  
other than cereal: \_\_\_\_\_



# LAZY AFTERNOONS

*'Invention arises directly from idleness, possibly also from laziness.'* - Agatha Christie

*identify the seven differences*



*La Paresse (The Laziness), Félix Vallotton, 1896*

# WORDSEARCH

*'He had been bored, that's all, bored like most people.'* - Albert Camus

*find words and ways to cope*

- books
- smoking
- wine
- cooking
- movies
- ranting
- creating
- music
- facetime
- dancing
- napping
- walks
- exercising
- meditation
- showering

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

*are there other activities helping to keep your mind busy?*

# ANALYSIS

'We are entering the age of the infinite examination and of compulsory objectification.' - Michel Foucault

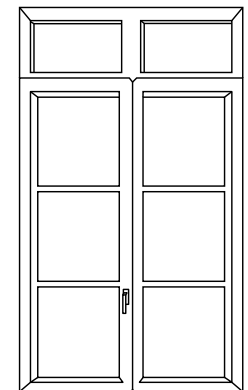
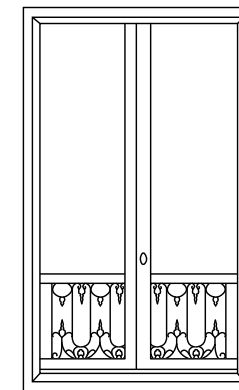
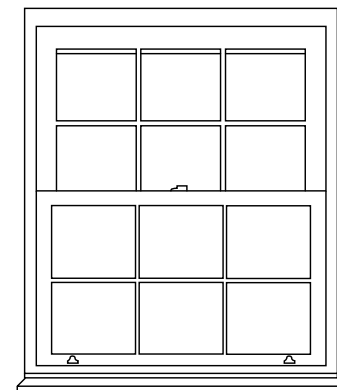
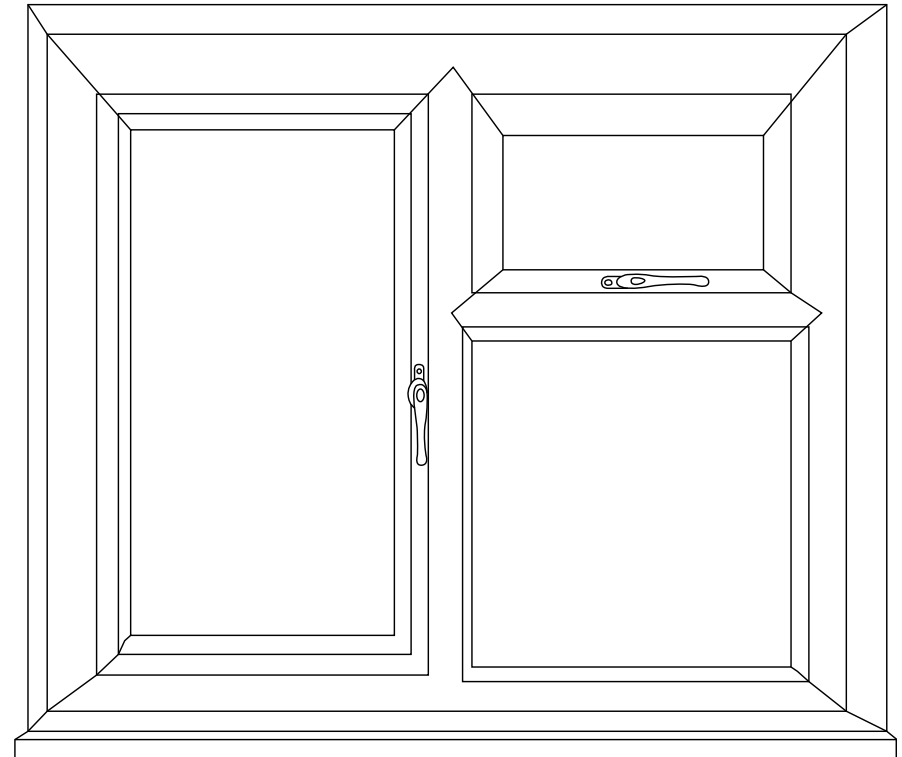
are you ok? colour the relevant options



# VIEWS OF OUTSIDE

'Set wide the window. Let me drink the day.' - Edith Wharton

draw what you see or would like to see from your window



# QUESTIONNAIRE

*'It comes so soon, the moment when there is nothing left to wait for.'* - Marcel Proust

The Proust Questionnaire is a set of questions answered by the French writer Marcel Proust.

find out which one is Proust!



- |   |                                       |                                      |  |  |
|---|---------------------------------------|--------------------------------------|--|--|
| 1. Proust<br>not balding<br>not smoking | 2. Camus<br>no bow-tie<br>no mustache | 3. Joyce<br>not smoking<br>a bow-tie | 4. St-Exupéry<br>no mustache<br>no coat collar | 5. Flaubert<br>not smoking<br>no glasses |
|---|---------------------------------------|--------------------------------------|--|--|

reflect on some of the questions

- your favourite virtue \_\_\_\_\_
- your main fault \_\_\_\_\_
- your idea of happiness \_\_\_\_\_
- your idea of misery \_\_\_\_\_
- if not yourself, who would you be? \_\_\_\_\_
- your favourite heroes/heroins in fiction \_\_\_\_\_
- the natural talent you'd like to be gifted with \_\_\_\_\_
- what is your present state of mind \_\_\_\_\_
- your favourite occupation \_\_\_\_\_
- your favourite names \_\_\_\_\_
- what you hate the most \_\_\_\_\_

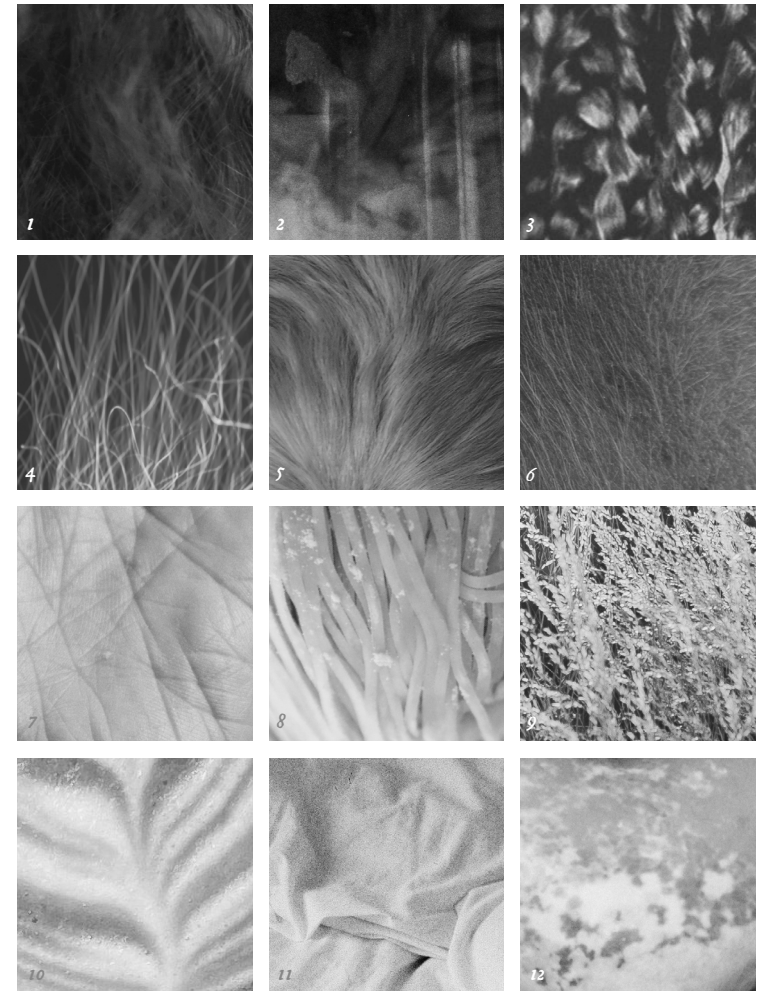
answer a. Joyce b. St-Exupéry c. Proust d. Camus e. Flaubert

# WARMTH

*'If the world seems cold to you, kindle fires to warm it.'* - Lucy Larcom

what are these details of?

clue: there are three pairs



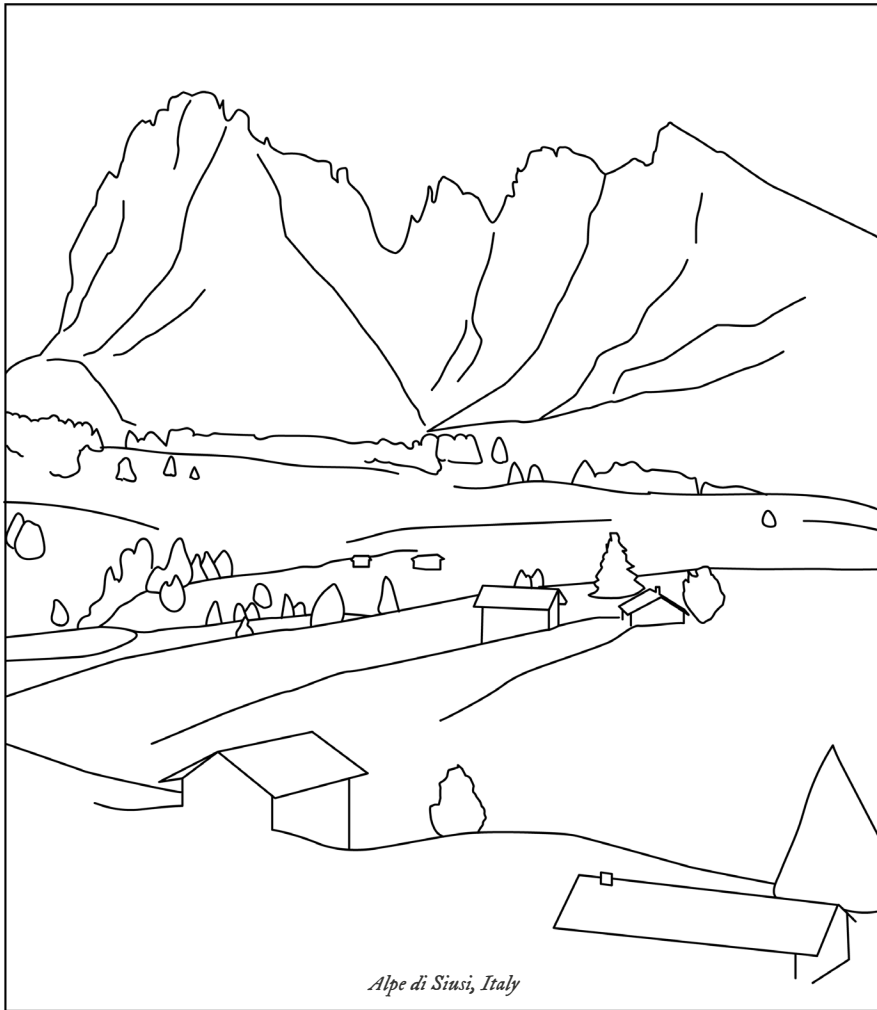
- |          |           |           |           |
|----------|-----------|-----------|-----------|
| 1. _____ | 2. _____  | 3. _____  | 4. _____  |
| 5. _____ | 6. _____  | 7. _____  | 8. _____  |
| 9. _____ | 10. _____ | 11. _____ | 12. _____ |

what brings you warmth these days? \_\_\_\_\_

# ESCAPISM

'We travel, some of us forever, to seek other states, other lives, other souls.' - Anais Nin

colour the landscape



Alpe di Siusi, Italy

where would you rather be right now?

# TEARY PLAYLIST

'Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness.' - Maya Angelou

match the artist to the song

		
	<i>Little Girl Blue, 1958</i>	
	<i>Cry Me A River, 1961</i>	
	<i>Cry Baby, 1971</i>	
	<i>For My Lover, 1988</i>	
	<i>All By Myself, 1996</i>	
	<i>Love Is A Losing Game, 2007</i>	
	<i>Summertime Sadness, 2011</i>	
	<i>Cranes in the Sky, 2016</i>	
	<i>Liability, 2017</i>	
	<i>Piel, 2017</i>	

extended playlist

- Émile recommended *Septembre, Barbara, 1965*
- Georgia recommended *Nowhere Fast, The Smiths, 1985*
- Tves-Alban recommended *The Rip Tide, Beirut, 2011*
- Marianne recommended *Youth, Daughter, 2015*
- Lili recommended *Grandiose, Pomme, 2019*
- You recommended \_\_\_\_\_



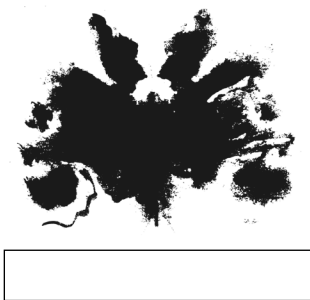
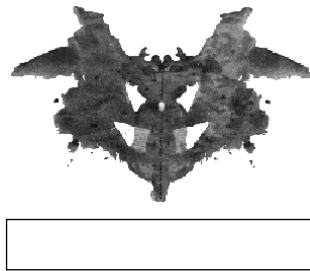
see the answers  
access the songs



# RORSCHACH TEST

*This test is exploiting pareidolia, 'the tendency of perceiving meaningful objects, shapes, or scenery in a random or ambiguous visual pattern'.*

*what do you see in these inkblots?*

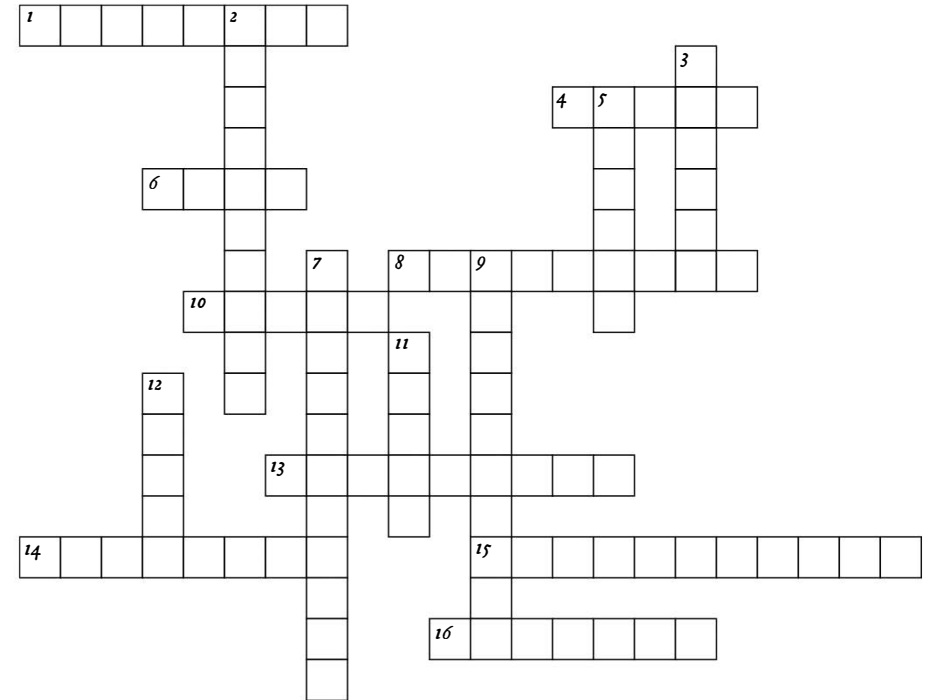


*These results mean nothing as Rorschach's theory was never proven efficient, but hopefully they gave you a pretext to reflect.*

# CROSSWORD

*'Each of us has his own rhythm of suffering.' - Roland Barthes*

*fill the puzzle with symptoms of suffering*



*horizontal*

- 1. you never seem to be able to sleep
- 4. you see no hope or positivity
- 6. your body aches for no reason
- 8. you are invaded by your feelings
- 10. you can't help but feel irritated
- 13. you insist on staying alone
- 14. you have no \_\_\_\_\_ for things
- 15. you can't focus on anything
- 16. your mind is obsessively worried

*vertical*

- 2. you forget how to care for yourself
- 3. you suffer from deep distress
- 5. your \_\_\_\_\_ is unusually high, or low
- 7. you lack \_\_\_\_\_ and despise yourself
- 9. you have no or very little energy
- 11. you are haunted by regrets
- 12. you indulge in things excessively

*which of these symptoms are you struggling with yourself?*

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16



# CRYPTED MESSAGE

*'When I cannot see words curling like rings of smoke round me  
I am in darkness—I am nothing.'* - Virginia Woolf



Audre Lorde

« black, lesbian, mother, warrior, poet »

decipher the first sentence of her wise words

●	☾	□	▬	★	★	▲	☾	▬	●	★	+		
□	w	□	□	□	□	o	□	□	□	t	□		
▬	□	∞	+	∴	☐	★	□	//	//	★	⌚	□	★
□	g	□	□	b	□	□	a	□	□	□	□	□	□
○	▲	≡	+	⬡	●	⬡	⬡	□	↑	▬	+	⬡	⬡
□	m	□	s	□	i	□	□	d	□	e	□	□	□

*'We have been sad long enough to make this earth either weep or grow fertile. I am an anachronism, a sport, like the bee that was never meant to fly. Science said so. I am not supposed to exist. I carry death around in my body like a condemnation. But I do live. The bee flies. There must be some way to integrate death into living, neither ignoring it nor giving in to it.'*

The Cancer Journals, 1980

ANSWER: I want to write rage but all that comes is sadness.

# MISSING ITEMS

*'But I miss you to the point of anguish.'* - Simone de Beauvoir

can you find things in this mess?

1. my phone

2. my mask

3. my mental stability



# THE MAZE

*'Is there no way out of the mind?' - Sylvia Plath*

escape your creative block!!



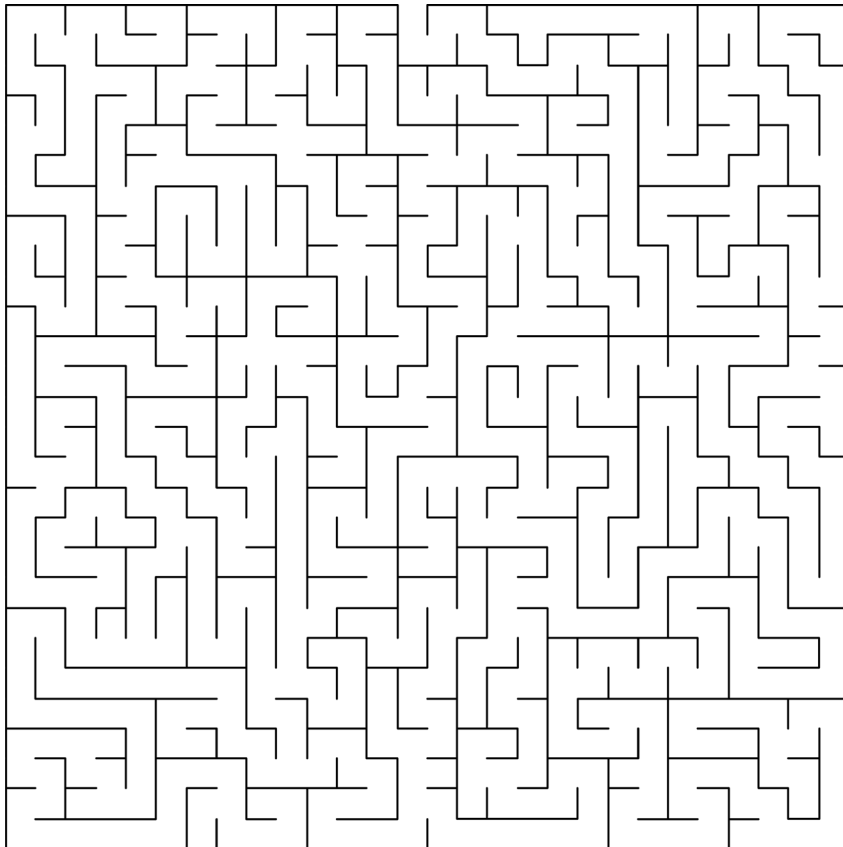
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shit-outcome3.psd



zhxagffpd.psd



version-updated-colour.psd



final-final-version-OK.psd



final-print-table-file-A4.psd

# GENERATOR

*'I have coveted everything and taken pleasure in nothing' - Guy de Maupassant*

what's your depressed name?

your first name + your last name

You are \_\_\_\_\_

what should you do tonight?

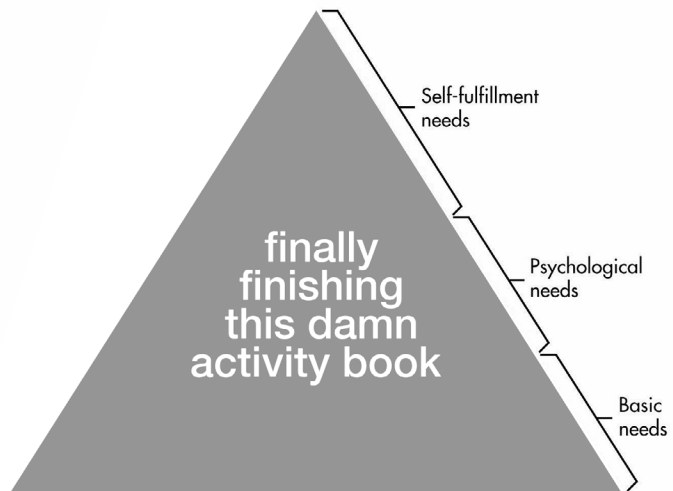
the initial of your first name + the initial of your last name + the month you were born

- A - analyze
- B - create
- C - cry to
- D - destroy
- E - explore
- F - find
- G - get inspired by
- H - feel
- I - buy
- J - become
- K - bate on
- L - laugh about
- M - make
- N - stay up all night w/
- O - tell someone about
- P - plagiarize
- Q - be moved by
- R - rant about
- S - search for
- T - think about
- U - entertain yourself w/
- V - write about
- W - fall asleep with
- X - draw about
- Y - enjoy
- Z - imagine

- A - a bad
- B - a disturbing
- C - a stupid
- D - a genius
- E - a decent
- F - a political
- G - a horny
- H - an old
- I - a new
- J - an unusual
- K - a terrible
- L - a clever
- M - a trendy
- N - an outdated
- O - a problematic
- P - an intense
- Q - a calm
- R - a pleasant
- S - a boring
- T - a comforting
- U - a difficult
- V - an exciting
- W - a funny
- X - an inspiring
- Y - a modern
- Z - a strange

- january book
- february movie
- march song
- april video game
- may article
- june essay
- july series
- august poem
- september piece of art
- october album
- november play
- december performance

Tonight, you should \_\_\_\_\_



- (p. 03) oscar wilde / *de profundis*
- (p. 04) jenny holzer / artwork
- (p. 06) audre lorde / *a burst of light*
- (p. 07) f. scott fitzgerald / *the beautiful & damned*
- (p. 08) agatha christie
- (p. 09) albert camus / *the fall*
- (p. 10) michel foucault / *discipline and punish*
- (p. 11) edith wharton / *artemis to actaeon*
- (p. 12) marcel proust / *in search of lost time*
- (p. 13) lucy larcom
- (p. 14) anaïs nin / *the diary of anaïs nin*
- (p. 15) maya angelou
- (p. 17) roland barthes / *mourning diary*
- (p. 18) virginia woolf / *the waves*
- (p. 19) simone de beauvoir / *letters à sartrre*
- (p. 20) sylvia plath / *the bell jar*
- (p. 21) guy de maupassant / his epitaph
- (p. 24) jane austen / *pride and prejudice*