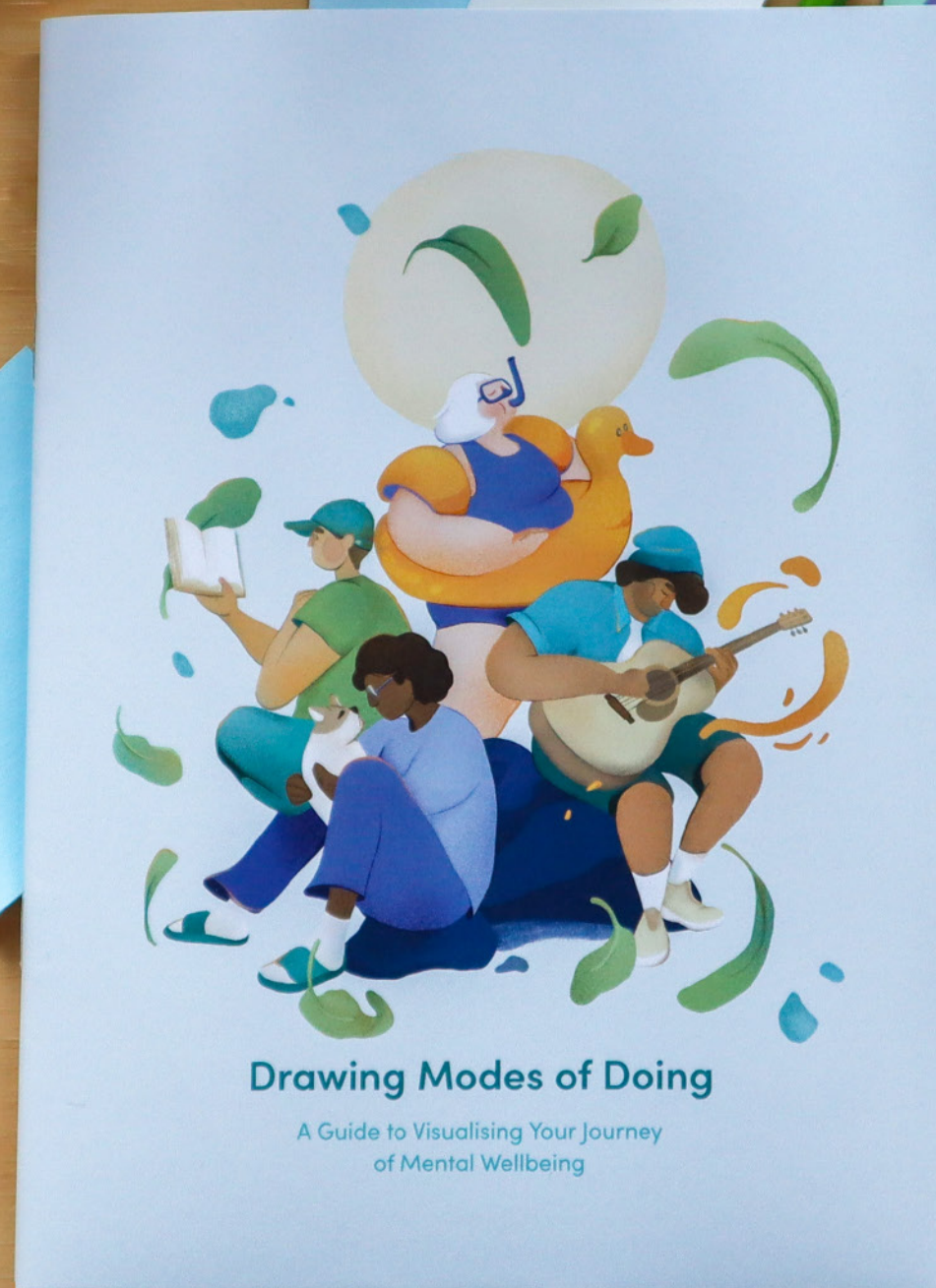


| Printed Guidebook



Drawing Modes of Doing

A Guide to Visualising Your Journey
of Mental Wellbeing



17.0 x 23.5 cm

Saddle stitch binding
300 gsm cover
115 gsm inside pages

Blue & green
accent colours

Nature & NZ native
iconography



Drawing Modes of Doing

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Kia ora



Welcome to **Drawing Modes of Doing**. This guide was designed to help you reflect on the everyday activities that fill your days and how you can use them to get into the headspace you want to be in. This can be a powerful tool for your mental wellbeing and discovering more about how to stay well.

The illustrations within this guidebook reflect the lives of a number of young adults within Aotearoa and depict their lived experiences of mental wellness.

Feel free to complete this guide at your own pace. No artistic ability is required for the activities provided, but use them as an opportunity to be reflective, mindful, and creative. If you feel extra inspired, try adding your own colour and doodles to the illustrations! This is your space.



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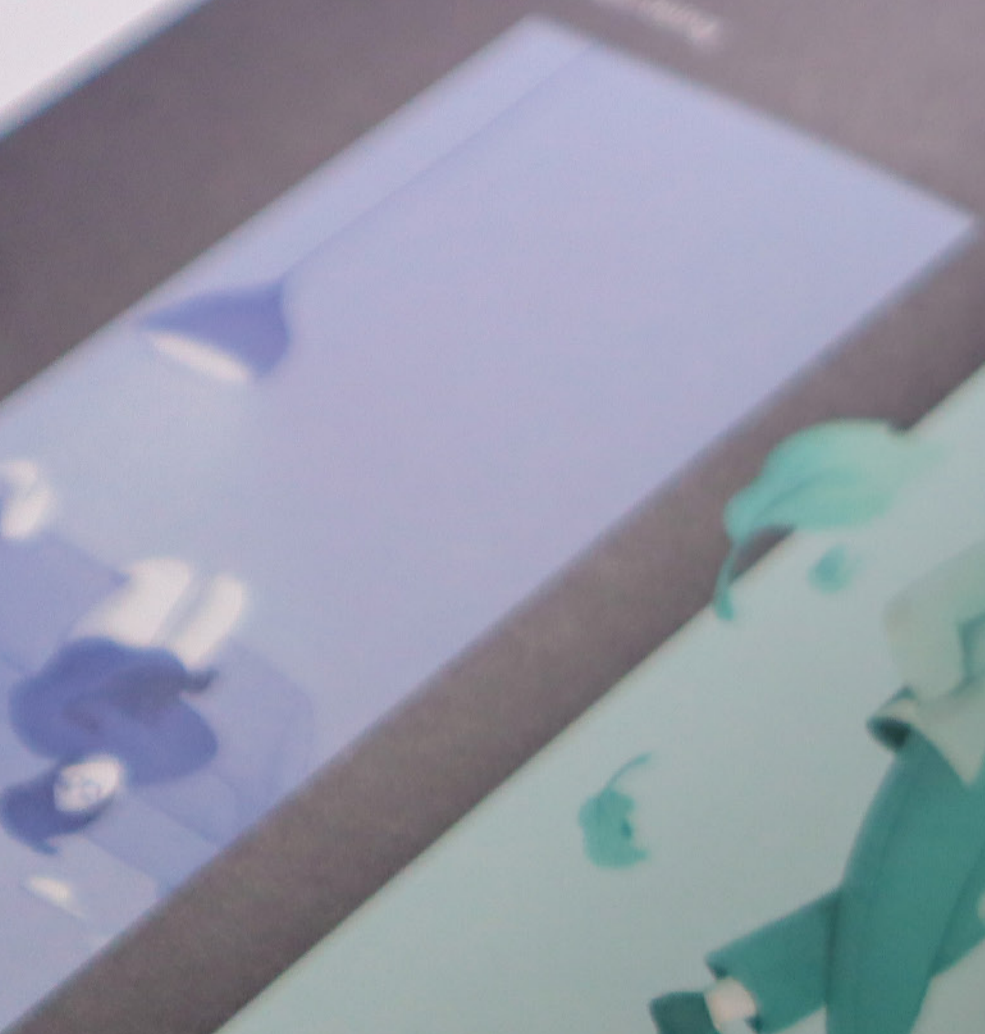
idea
itching
way to

31

3.

colouring pages

Listening



Head-dancing



Swimming



Absorbed doing



'Soft' textured rendering



Through visualising your story of 'doing,' hopefully you have
discovered something that will be helpful to take with you on
your journey of mental wellness!

Keep this guide in a safe place for your future self to find again.

Monochrome sections



“

My good days these past few weeks have been escaping on road trips for the weekends! The idea is 'no phones' but lots of swimming, skateboarding, and laughing.
-D's story

The absorbed doing mode is about finding your FLOW. Doing things in this mode can help you find strength in your uniqueness and a connection to being your most authentic self.



Young adult participant stories as feature illustration pages

an enjoyable hobby or passion...



This could be reflected in your life through a creative outlet...



or the feeling of being whisked into your own world.



‘What if they were posters?’





Bookmarks



Page numbers



Table of contents





Prototype Testing

Final Reflection

"That's me!" he exclaimed with a grin he couldn't hide. His shyness quickly faded as he chortled, pointed to a drawing of a character enjoying some good music, and looked to the cultural advisor to his left. She laughed in delight at the uncanny resemblance and exclaimed, "that is you with your headphones!" The nurse across the table beamed at me.

In between sips and handfuls of hot chips, I watched the clients from Hāpai Ora pore over the illustrations in the guidebook. I could not help but think how rewarding it was to see young adults light up and come out of their shells upon finding characters they could so strongly relate to.

The table became a highway of busy hands and bustling energy as soon as I added a box of coloured pastels to the mix. It was a colourful morning for myself, the staff, and the small group of young adults who did not seem eager to pack up at the end of the session.

A client to my left perked up when I pointed out that the guidebook could go home with him. Leaning over, another squeezed my hand. With a serious tone in her voice but smiling eyes, she whispered, "thank you so much for gifting this to us." The look she gave me is one that I will never forget.

Activity 3

In the jar, doodle or draw small things
that made you feel good today.

These could be things you saw or did,
objects, places or even people.



Modes of Doing
Visualising Your Journey
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