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17

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42

If we find fewer than 42 cubes used in Brazil, we should question why some of the 42 possible cubes were being used. If we find more than 42 cubes used in Brazil, we should question either our source or fundamental rules of mathematics, such as 2 plus 2 equalling 4.

The largest dimension of the cube of Brazil, 42, is a cube with the same dimensions (42x42x42).

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42

For example, the phrase "you and me" in Brazil looks like this:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42

Notice that the only two words within a word are separated by a little bit of space: a larger space is essentially a word with no word itself to read between words.

There is the hint of the cube in Latin Brazil: it is, at least as it appears in the letters of the Latin alphabet. Latin Brazil also showed cubes for letters with some words, common in French, but that there is no cube of 42, which is not used in French. (Don't worry. The letter will show up eventually.) At this point, only 22 of the 42 possible cubes have been examined for cubes of 42.

For example, you'll discover that the three cubes of Brazil showed above the cubes of 42. (Don't worry if you don't see any of the four words in the cube, either.)



Papers

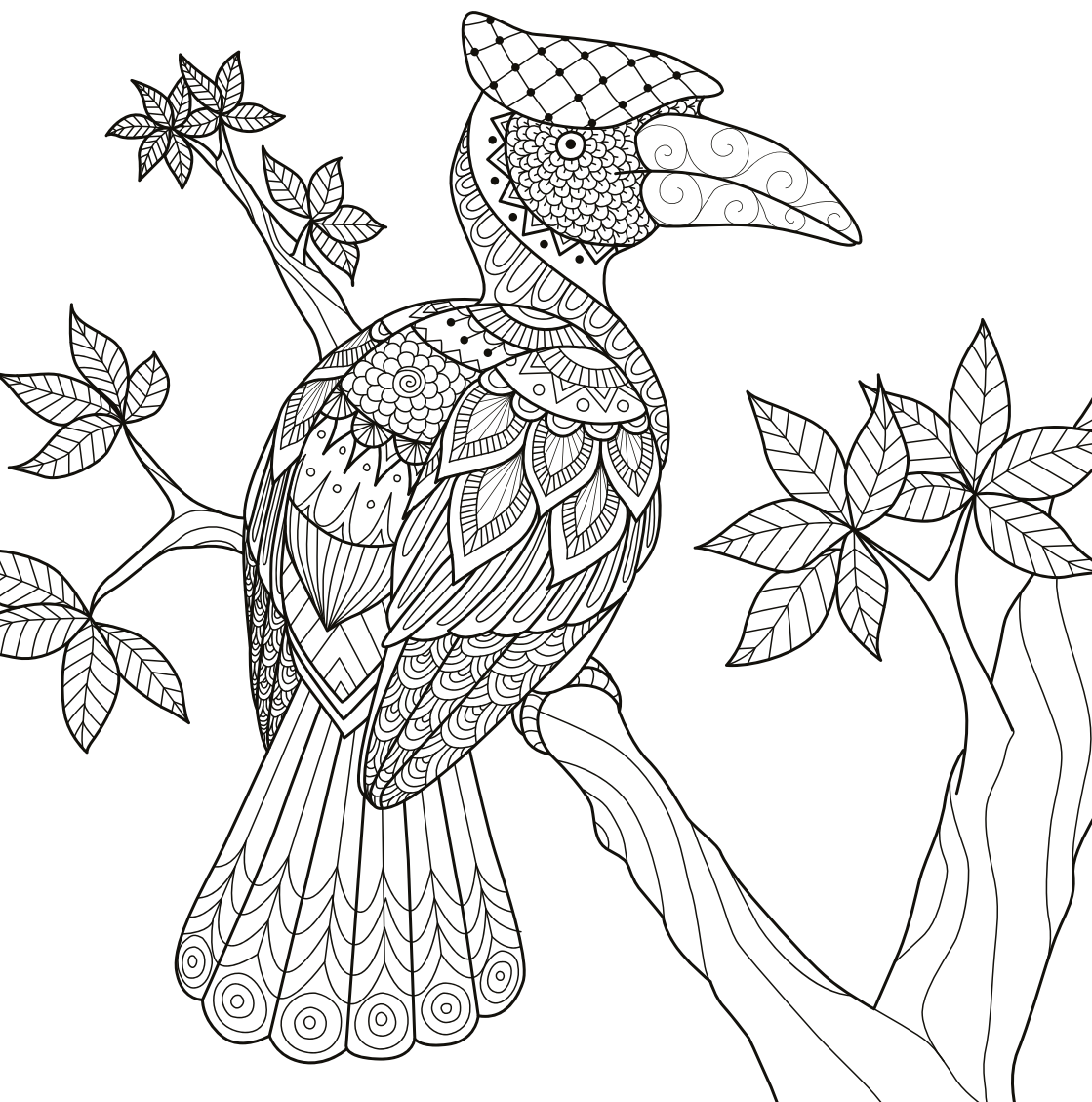
Well-being
Notebook



#hereforyou

Colouring while relaxing

What comes to your mind when you think of meditation?
Yoga poses, breathing, and peace, right?
But did you know there is another exciting form of
meditation? Mandala colouring!







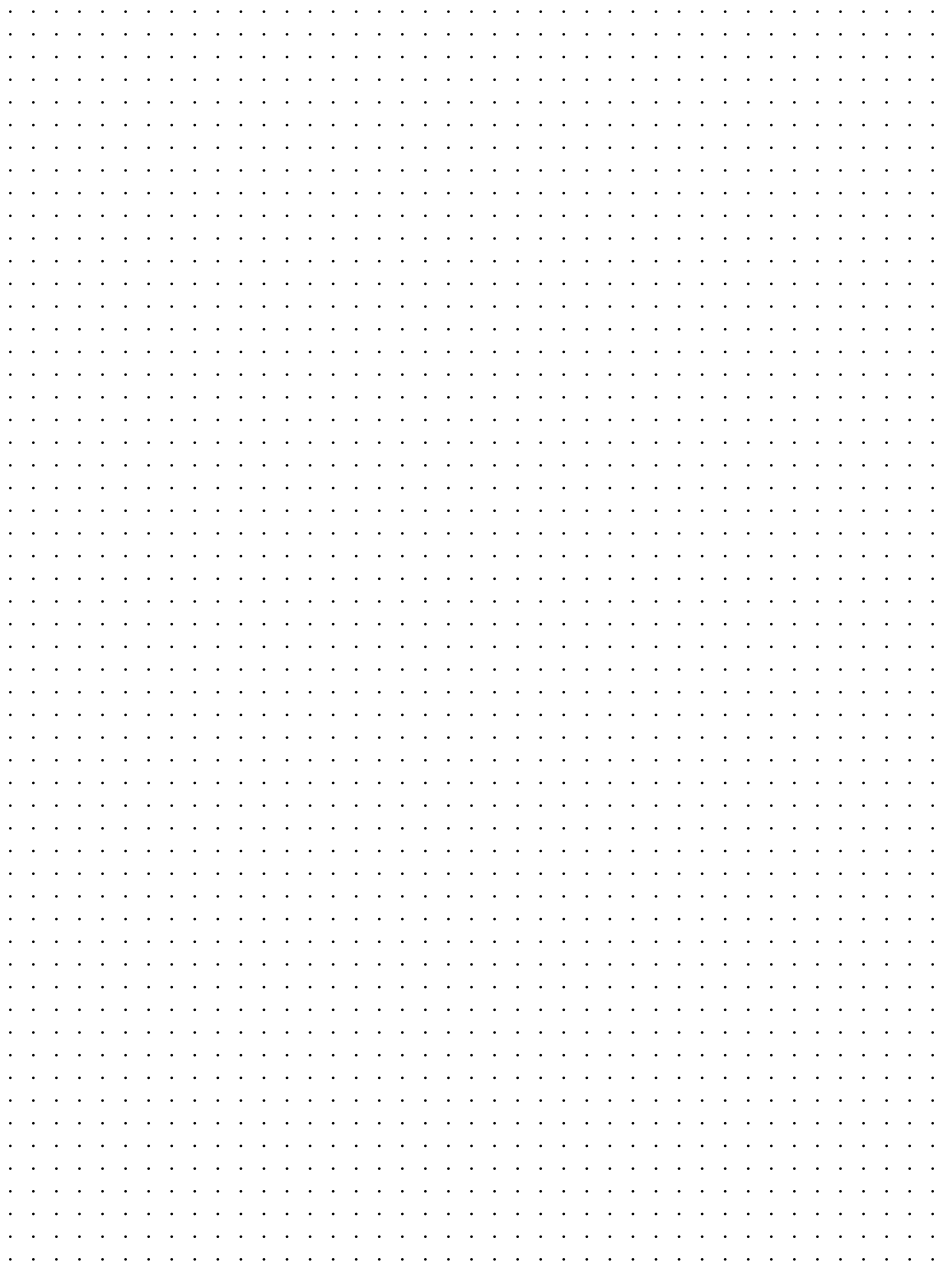
Papers

#hereforyou

Your Creative Space

Dot grid

Multi-purpose space for sketching, jotting down thoughts, and writing notes.



Pleasant Activities Tip Sheet

Research¹⁻² has shown that ratings of mood improve if you add some pleasant activities to your routine. Here is a strategy to use pleasant activities to manage stress and add some fun to your life

- 1 Plan for at least one pleasant activity per day, even if just a few minutes long
- 2 The activity should not be for someone else - it should be designed to give you joy
- 3 If you can't do something you used to enjoy, think about a good replacement

Aim for gentle pleasures, like taking a walk in a favourite place, listening to music, or journalling

Mix it up! Variety is the spice of life

Simplify - look for simple pleasures that don't require a lot of preparation or money

If you have trouble coming up with activities, think about what you enjoyed in the past

Here are some examples of pleasant activities that some have chosen, but remember to focus on what you enjoy:

- ☐ Read a good book.
- ☐ Go for a bike ride.
- ☐ Visit the Arboretum.
- ☐ Play a board game with friends.
- ☐ Go to a yoga class.
- ☐ Call a friend.
- ☐ Go for a walk.
- ☐ Sit outside and watch for birds or wildlife.
- ☐ Check the rankings of your favourite sports team.
- ☐ Draw or colour.

1. Lewinsohn, P.M., Munoz, R.F., Youngren, M.A., & Zeiss, A.M. (1986). Control your depression (2nd ed.). Englewood Cliffs, NJ: Prentice-Hall. 2. Antonuccio, D.O. (1998). The coping with depression course: A behavioral treatment for depression. The Clinical Psychologist, 51(3), 3-5.

Self-Care Tips



Self-care means taking time to do things you enjoy.

Usually, self-care involves everyday activities that you find relaxing, fun, or energizing. These activities could be as simple as reading a book, or as big as taking a vacation.



Self-care also means taking care of yourself.

This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.



Make self-care a priority.

There will always be other things to do, but don't let these interrupt the time you set aside for self-care. Self-care should be given the same importance as other responsibilities.



Set specific self-care goals.

It's difficult to follow through with vague goals, such as "I will take more time for self-care". Instead, try something specific, such as "I will walk for 30 minutes every evening after dinner".



Make self-care a habit.

Just like eating one apple doesn't eliminate health problems, using self-care just once won't have much effect on reducing stress. Choose activities that you can do often, and that you will stick with.



Set boundaries to protect your self-care.

You don't need a major obligation to say "no" to others - your self-care is reason enough. Remind yourself that your needs are as important as anyone else's.



A few minutes of self-care is better than no self-care.

Set an alarm reminding you to take regular breaks, even if it's just a walk around the block, or an uninterrupted snack. Often times, stepping away will energize you to work more efficiently when you return.



Unhealthy activities don't count as self-care.

Substance use, over-eating, and other unhealthy behaviours might hide uncomfortable emotions temporarily, but they cause more problems in the long run.



Keep up with self-care, even when you're feeling good.

Doing so will keep you in a healthy routine. Plus, self-care might be part of the reason why you're feeling good!

Daily mood tracker

Today I feel:

- | | | | |
|---------------------------------|----------------------------------|---------------------------------|-------------------------------|
| <input type="radio"/> grateful | <input type="radio"/> satisfied | <input type="radio"/> lonely | <input type="radio"/> annoyed |
| <input type="radio"/> happy | <input type="radio"/> productive | <input type="radio"/> sad | <input type="radio"/> tired |
| <input type="radio"/> proud | <input type="radio"/> calm | <input type="radio"/> depressed | <input type="radio"/> _____ |
| <input type="radio"/> motivated | <input type="radio"/> powerful | <input type="radio"/> angry | <input type="radio"/> _____ |

Why do I feel this way?

Three goals for this day

- ① _____
- ② _____
- ③ _____

Mood AM



Energy level AM

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Stress level AM

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Mood PM



Energy level PM

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Stress level PM

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩



Positive experiences today

- ☐ success at work
- ☐ meeting with friends
- ☐ time for family
- ☐ excursion
- ☐ sports activity
- ☐ good weather
- ☐ time in nature
- ☐ delicious food



Negative experiences today

- ☐ failure at work
- ☐ dispute
- ☐ criticism
- ☐ exclusion
- ☐ loneliness
- ☐ bad weather
- ☐ bad food
- ☐ fears



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