



HEALING CORNER CATALOG

Welcome to the Healing Corner JIU Dream Blue Library. This catalog is designed to help you find resources that support your journey of self-healing and well-being. We provide a diverse collection that covers various aspects of self-healing, from self-development to relaxation and stress management.

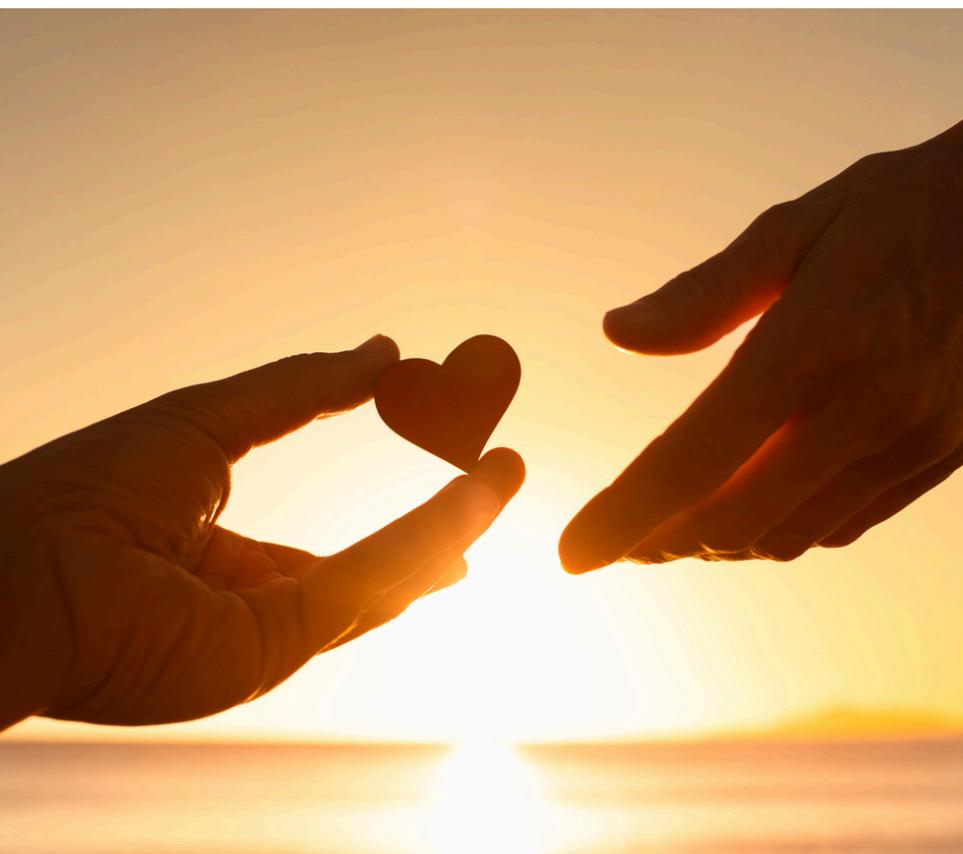


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PURPOSE

The purpose of the Healing Corner in the library is to provide a space and resources that support the mental, emotional, and spiritual health of visitors.



Specifically, the Healing Corner aims to:

- Promote self-care and well-being.
- Provide access to information and resources on various aspects of self-healing.
- Create a calm and supportive environment for relaxation and reflection.
- Offer programs and activities that facilitate self-healing.

CONTENTS



How to Heal

The process of self-healing, or healing, is a personal journey that is unique to each individual. There is no exact formula, but some general steps can help.



Journaling & Colouring

Journaling and coloring are two creative ways to relieve stress. Journaling and coloring offer a simple yet effective escape from the hustle and bustle of modern life.





Games

Games in the Healing Corner help create a pleasant atmosphere and support the emotional recovery process.



Music Relaxations

Relaxation music, with its soft melodies and calming rhythms, has long been recognized as an effective tool for relieving stress and anxiety.



HOW TO HEAL

Online Life Guide

SELF HEALING TIPS



1 Forgive yourself

While it's important to take notice of our own mistakes and learn valuable lessons from them, it's equally important that we be gentle and forgiving towards ourselves. If you think you made a stupid decision, laugh it off instead of beating yourself up.



2 Ask yourself

Asking yourself good questions help you process your thoughts and emotions, and gain clarity. What is it that you need to let go of? Which part of you needs love and care at the moment? Which part of you is holding you back from healing and moving on?





3 Attention to yourself

Pay attention to your thought patterns. Try to catch yourself early when you start to drift into negative and disempowering thoughts, such as blaming, resentment, misassumptions and dwelling into painful memories.



4 Mindfulness

Make efforts to bring more consciousness into the everyday things that you do. Enjoy your shower, enjoy your meals, enjoy the sunlight, breath fresh air, smell flowers, listen to the birds, feel gratitude for a loved one, you name it.





5 Me Time

No matter how busy your life is, take out some time of the week for yourself. It could just be a couple of hours on the weekend. Immerse yourself in things that have a healing and relaxing effect on you.

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Self-healing is a deep personal journey, in which a person focuses on emotional, mental, and spiritual recovery from past wounds or trauma.

• **Calm Down Technique**



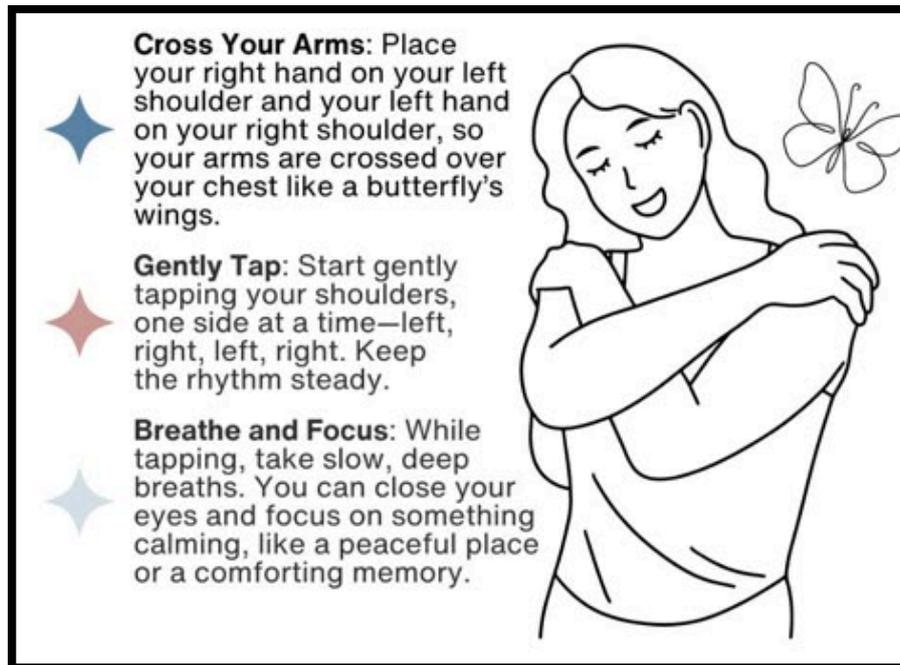
Anger is a powerful emotion and can be very destructive if not managed properly.
 Therefore, you need to know the right way to manage your anger.

• **Coping with Sadness**



Sadness is not something taboo. When you feel deeply sad, allow yourself to feel and accept that emotion. It's okay to cry and let it out. Then, take your time to rise again - slowly but surely.

- **Butterfly Hug Technique**



When you feel like you're not okay, try giving yourself a hug. Take slow, deep breaths until you start to feel calm again. Then gently remind yourself that everything will be okay.

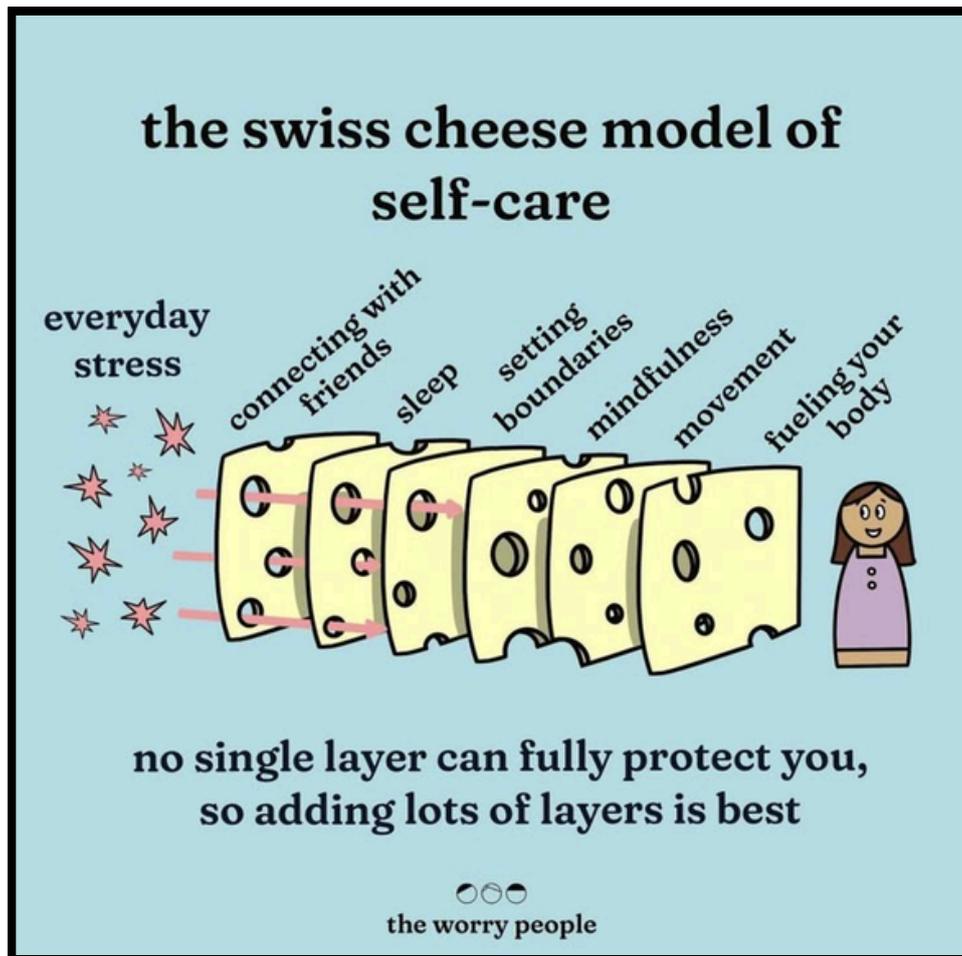
• **Burned Out**



"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You can't serve from an empty vessel."

- Eleanor Brownn

- **Self-care**



Self-care is not just a trend, but a basic need for well-being. When we take good care of ourselves, we are better equipped to face life's challenges, build healthy relationships, and enjoy every moment to the fullest.

- **Unsafe**



Feeling unsafe is a complex and often disturbing emotional condition. Therefore, we need to know how to fix it.

• **How to Be an Emotionally Safe Person**

**AN EMOTIONALLY
SAFE PERSON..**

 @mytherapytribe

Seeks clarity before making assumptions.

Takes responsibility + apologizes for their wrongdoings.

Listens to understand without becoming defensive.

Allows you to speak without interrupting.

Asks for a time out instead of shouting or stonewalling (walking away).



You are worthy and you are enough. No matter what others say, you are more than enough.

• **Feeling Bad**



"Sometimes, feeling bad isn't a sign of weakness; it's a sign of being human."
 - Unknown

• **Manage Your Overthinking**



"You can't control everything. Sometimes you just need to relax and have faith that things will work out. Let go a little and just let life happen." - Kimi Raikkonen

• Letting Go



Don't be afraid to start over this time you're not starting from scratch. You're starting from experience.

WHICH CHAIR ARE YOU sitting in today?



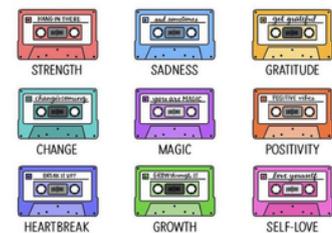
No matter what happens, always choose gratitude at the end of the day.

MUSIC HEALING PLAYLIST



- "Anganku Anganmu" - Isyana feat Raisa
- "Beranjak Dewasa" - Nadin Amizah
- "Bersamamu" - Tulus
- "Cermin" - Hindia
- "Diri" - Tulus
- "Hal Indah Butuh Waktu untuk Datang" - Idgitaf
- "Hatimu Sama" - The Overtunes
- "Hitam putih" - Fourtwnty
- "Jiwa yang Bersedih"- Chea Indrawari
- "Kidung Abadi" - Chrisye
- "Lekas" - Tulus
- "Manusia Kuat" - Tulus
- "Membasuh" - Hindia
- "Pegang Tanganku" - Nosstress
- "Pelukku untuk Pelikmu" - Fiersa Besari
- "Rehat" - Kunto Aji
- "Resah" - Payung Teduh
- "Ruang Sendiri" - Tulus
- "Runtuh" - Feby Putri feat Fiersa Besari
- "Secukupnya" - Hindia
- "Selalu Ada di Nadimu" - BCL
- "Sementara" - Float
- "Semua ini untuk apa?" - Donne Maula
- "Senyumlah" - Andmesh Kamaleng
- "Si Lemah" - RAN
- "Si Paling Mahir" - Raisa
- "Sulung" - Kunto Aji
- "Sudah" - Ardhito Pramono
- "Start" - Aviwkila
- "Tanda" - Yura Yunita
- "Takut" - Idgitaf
- "Tenang" - Yura Yunita
- "Tetap Baik" - GoodFriends
- "Tutur Batin" - Yura Yunita
- "Untuk Hati yang Terluka" - Isyana Sarasvati
- "Untuk perempuan yang sedang di pelukan" - Payung Teduh
- "Usik" - Feby putri
- "Yang Patah Tumbuh, Yang Hilang Berganti" - Banda Neira

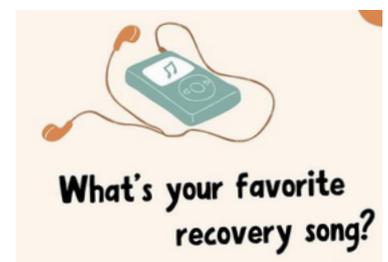
WHICH MIX DO YOU NEED TO HEAR?*



MUSIC HEALING PLAYLIST



- "Ain't No Mountain High Enough" - Marvin Gaye, Tammi Terrell
- "Brave" - Sara Bareilles
- "Bad Day" - Daniel Powter
- "Beautiful" - Christina Aguilera
- "Beautiful Day" - U2
- "Best Day of My Life" - American Authors
- "Born This Way" - Lady Gaga
- "Dancing Queen" - ABBA
- "Dare You to Move" - Switchfoot
- "Don't Be So Hard on Yourself" - Jess Glynne
- "Don't Stop Believin'" - Journey
- "Don't Worry Be Happy" - Bobby McFerrin
- "Fight Song" - Rachel Platten
- "Fix You" - Coldplay
- "Good Life" - OneRepublic
- "Good to Be Alive" - Andy Grammer
- "Happy" - Pharrell Williams
- "I Can See Clearly Now" - Jimmy Cliff
- "It's Getting Better" - Mama Cass
- "Let it Be" - The Beatles
- "Lose You To Love Me" - Selena Gomez
- "Make Someone Happy" - Jimmy Durante
- "Nice to Meet Ya" - Niall Horan
- "No Tears Left to Cry" - Ariana Grande
- "Oh Happy Day" - The Edwin Hawkins Singers
- "Scars to Your Beautiful" - Alessia Cara
- "Shake" - MercyMe
- "So What" - Pink
- "Stay Alive" - Jose Gonzalez
- "Thank U, Next" - Ariana Grande
- "This Is Me" - Keala Settle
- "Unstoppable" - Sia
- "Walking on Sunshine" - Katrina & The Waves
- "What a Wonderful World" - Louis Armstrong
- "What Makes You Beautiful" - One Direction
- "Who Say" - Selena Gomez & The Scene
- "Why Me Lord" - Gaither Vocal Band
- "You Say" - Lauren Daigle



MUSIC HEALING PLAYLIST



Classical music (e.g., works by Debussy, Satie, or Chopin)



- Andante spianato in G Major, Op. 22
- Arabesque No. 1 & 2
- Berceuse in D-flat major, Op. 57
- Clair de Lune
- Études
- Grossiennes
- Gymnopédies
- Nocturnes
- Pieces Froides (Cold Pieces)
- Preludes
- Reverie
- Suite bergamasque
- Trois Sarabandes
- Vexations
- Waltzes

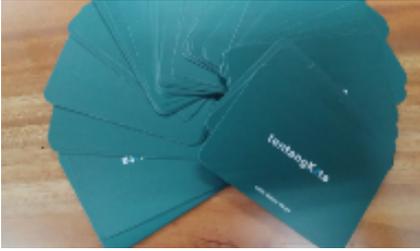


Ambient music (e.g., works by Brian Eno or Stars of the Lid)

- Ambient 1: Music for Airports
- And Their Refinement of the Decline
- Apollo: Atmospheres and Soundtracks
- Avec Laudenum
- Discreet Music
- Lo-fi hip-hop music
- Music for Films
- New age music (e.g., works by Enya or Yanni)
- Perdu dans la Givre
- Solo piano music
- The Tired Sounds of Stars of the Lid



GAMES

No	Games Name	Picture	Used in Library	Take to Home	Returned
1	So... a collection of questions for deeper discussions		Yes	Yes	Yes
2	ICEBREAKER: DEEPER TALK		Yes	Yes	Yes
3	Tentang Kita: edisi Rekan Kerja		Yes	Yes	Yes
4	TruthOrDare -LEMARISENJA		Yes	Yes	Yes
5	TALK N CHILL: Edisi Bestie		Yes	Yes	Yes
6	Obrolan -kita-: -EDISI HAL RANDOM-		Yes	Yes	Yes
7	Obrolan -kita-: -EDISI PASANGAN-		Yes	Yes	Yes

GAMES

No	Games Name	Picture	Used in Library	Take to Home	Returned
8	Obrolan -kita-: -EDISI MOMEN NGUMPUL-		Yes	Yes	Yes
9	ULTIMATE WEREWOLF-: -Deluxe Edition		Yes	Yes	Yes
10	Expression Puzzle Building Block		Yes	Yes	Yes
11	Guess who I am? TEBAK SIAPA SAYA		Yes	Yes	Yes
12	UNO show 'em NO MERCY		Yes	Yes	Yes
13	BALANCE BLOCKS		Yes	Yes	Yes
14	Coloursoft Pencils (A)		Yes	No	Yes

GAMES

No	Games Name	Picture	Used in Library	Take to home	Returned
15	Pencils Colours (B)		Yes	No	Yes
16	Color Pencils (C1)		Yes	No	Yes
17	Color Pencils (C2)		Yes	No	Yes
18	Color Pencils (C3)		Yes	No	Yes
19	Color Pencils (C4)		Yes	No	Yes
20	Color Pencils (C5)		Yes	No	Yes
21	Color Pencils (C6)		Yes	No	Yes

GAMES

No.	Games Name	Picture	Used in Library	Take to home	Returned
22	Color Pencils (C7)		Yes	No	Yes
23	Oil crayons (D)		Yes	No	Yes
24	Oil crayons (E)		Yes	No	Yes
25	Color Pencils (F)		Yes	No	Yes
26	Earphone		Yes	No	Yes
27	Journaling Paper		Yes	Yes	No
28	Coloring Paper		Yes	No	Yes
			Yes	Yes	No

HOW TO BORROW

The librarian will check the completeness of the items before lending them



Requesting permission to borrow games



The librarian will explain the borrowing deadline and borrowing regulations



After checking and verifying, the librarian will record the borrower's name and the type of item borrowed on the borrowing form



When returned, the librarian will re-check the completeness of the borrowed game



Games in the "**Take Home**" category may be taken out of the library, with a maximum borrowing period of 1 day on weekdays and 3 days on weekends.



The fine for late return of the game is Rp. 1000/day/game borrowed

HOW TO BORROW

- Journaling Paper
- Coloring Paper

Requesting the desired type of paper (drawing paper or journaling paper)



The librarian provides the desired paper along with supporting equipment (Headphones/Pens/Coloring pencils)



After checking and confirming the items, the librarian will record the borrower's name and the type of item borrowed on the borrowing form



The librarian will explain the borrowing deadline and regulations



Once used, the drawing paper and journaling paper will become the property of the user

HOW'S YOUR FEELING TODAY?

<u>HAPPY</u>	<u>SAD</u>	<u>ANGRY</u>	<u>DISGUSTED</u>	<u>AFRAID</u>	<u>SHOCKED</u>
<input type="checkbox"/> Satisfied	<input type="checkbox"/> Embarrassed	<input type="checkbox"/> Jealous	<input type="checkbox"/> Nauseous	<input type="checkbox"/> Terrified	<input type="checkbox"/> Astonished
<input type="checkbox"/> Relieved	<input type="checkbox"/> Empty	<input type="checkbox"/> Upset	<input type="checkbox"/> Fed up	<input type="checkbox"/> Nervous	<input type="checkbox"/> Fooled
<input type="checkbox"/> Carefree	<input type="checkbox"/> Disappointed	<input type="checkbox"/> Hate	<input type="checkbox"/> Annoyed	<input type="checkbox"/> Anxious	<input type="checkbox"/> Fascinated
<input type="checkbox"/> Peace	<input type="checkbox"/> Pity	<input type="checkbox"/> Furious	<input type="checkbox"/> Bored	<input type="checkbox"/> Tortured	
<input type="checkbox"/> Proud	<input type="checkbox"/> Guilty	<input type="checkbox"/> Jealous	<input type="checkbox"/> Tired	<input type="checkbox"/> Wary	
<input type="checkbox"/> Lucky	<input type="checkbox"/> Lonely	<input type="checkbox"/> Offended		<input type="checkbox"/> Doubtful	
<input type="checkbox"/> Grateful	<input type="checkbox"/> Miserable			<input type="checkbox"/> Helpless	
<input type="checkbox"/> Enthusiastic	<input type="checkbox"/> Displaced				

**you can choose one or more by checklist the box or coloring it*

Why do you feel that way?

How do you deal with those feelings?

How should you handle it properly?

Your feelings are valid. Your exhaustion is real. And you are still valuable, even in moments of vulnerability. Your emotions are not exaggerated. It's okay if today feels hard. You don't have to be strong all the time. You're simply a human being, doing your best to carry an invisible burden.

