

Love Thyself!

✨ ZINE WORKSHOP ✨

with Imogen Dall, zinester & author of Burnout Survival Kit!

What are zines and why would anyone make one!?

Short for magazine or fanzine, a zine ("zeen") is basically just a self-published booklet. What makes them fun is that they are often deliberately DIY in aesthetic and reproduced on a photocopier, so they're something almost anyone could create! Over time, zines have become a popular way for small/marginalised voices to make themselves heard and build creative communities together. Your zine might connect you to lovely people who feel exactly like you do!

◆ Carbon zine?

A completely individual handmade zine, sometimes used as the base for photocopying.

◆ Zine fairs?

Fun events where you can buy or trade zines! E.g. Small Press Day, BCZF...

◆ Distros?

Individuals or small groups who catalogue and distribute zines, sometimes for no profit. E.g. Active Distro, Pen Fight Distro, Rabbits Road Press...

◆ Zine printers?

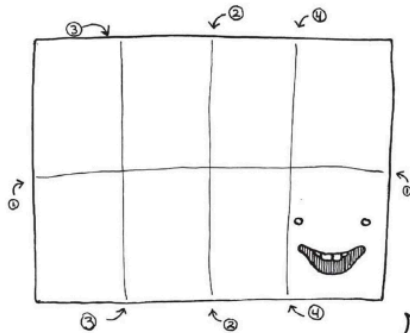
Companies that specialise in zine printing. E.g. Mixam, Newspaper Club, Hato Press...

◆ Risograph, or Riso?

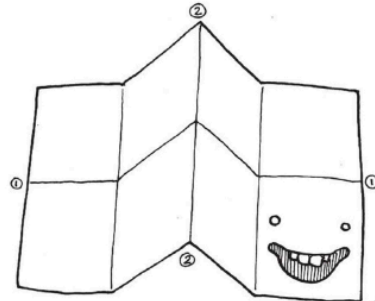
A Japanese colour photocopier that cheaply imitates mimeographic printing (looks like stencils or screenprinting), popular for its colourful aesthetic and interesting effects.

✨ LET'S MAKE A SELF-CARE ZINE! ✨

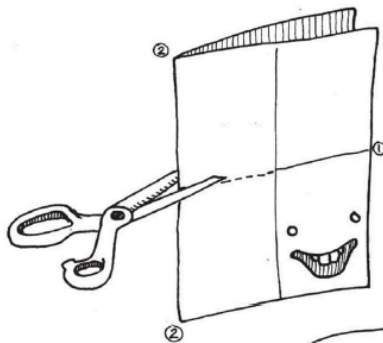
Grab a piece of A4 or A3 paper, scissors and something to write/draw with!



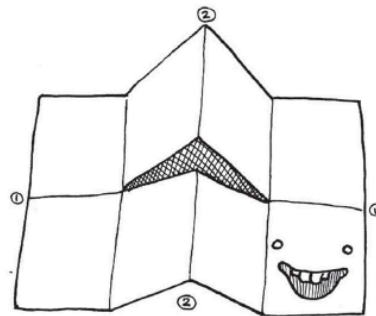
first fold a piece of paper into 8 equal parts



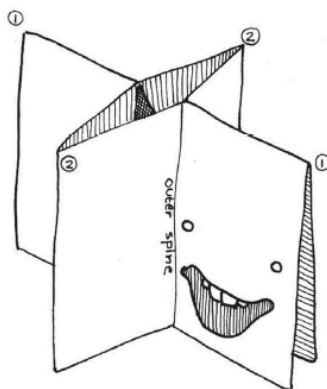
fold the creases forward & backwards until they aren't stiff



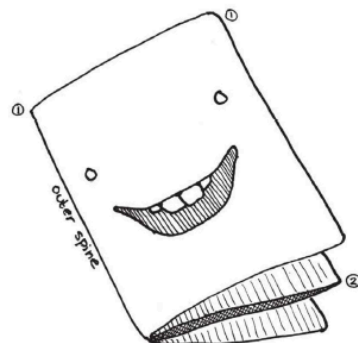
fold in half along crease #2 and cut halfway into the center, along crease #1



separate the points along crease #2, while folding the paper in half along crease #1



YOU'RE DOIN' GREAT!



at this point all of the pages should fold together into a small 8 page zine!

✨ FRONT COVER ✨

What's in a name?

Think of a personal title for your zine that will remind you to pick it up in a stressful moment.

Would it work well with an illustration, some collage, or some big pretty typography?



INSIDE PAGES

What are the things that make you feel cared for?

Here are some ideas to get you started! You could have one self-care prompt per page, or three prompts on three double-page spreads. No idea is too big or too small!

An affirmation.

I am enough.
I can get through this.
I am not too old and there's
still time.
That negative voice is not
mine.

2

A deep breath.

Unclench my jaw.
Relax my neck.
Take one full minute to
breathe.
My stretches.

3

My favourite treats.

My dream cup of tea.
That quick easy recipe that
always cheers me up.
The perfect bath.

4

My favourite activity.

Yoga? Walking? Singing?
The books/films/songs that
nourish my soul.
What am I grateful for?

5

A few Zs.

My wind-down routine.
My pampering routine.
My meditation routine.

6

A bit of nothing!

Permission for some
unstructured time.
Permission to "waste" time.
Permission to do nothing.

7

What about the back page?

You could sign it off with your name, or create a cover design that wraps around to the back!

INSPIRATION & TECHNIQUES



Clean black-and-white design on colour paper. Pens and markers work great!



Colour paper with colour ink (e.g., Riso ink!)

Unusual folding, like these concertina booklets!



Classic collage aesthetic



Cute typography ideas from bullet journals

