

#FIGHT NOVEMBERBLUES

A MENTAL HEALTH PROJECT



Edition of 2023 Theme: Values

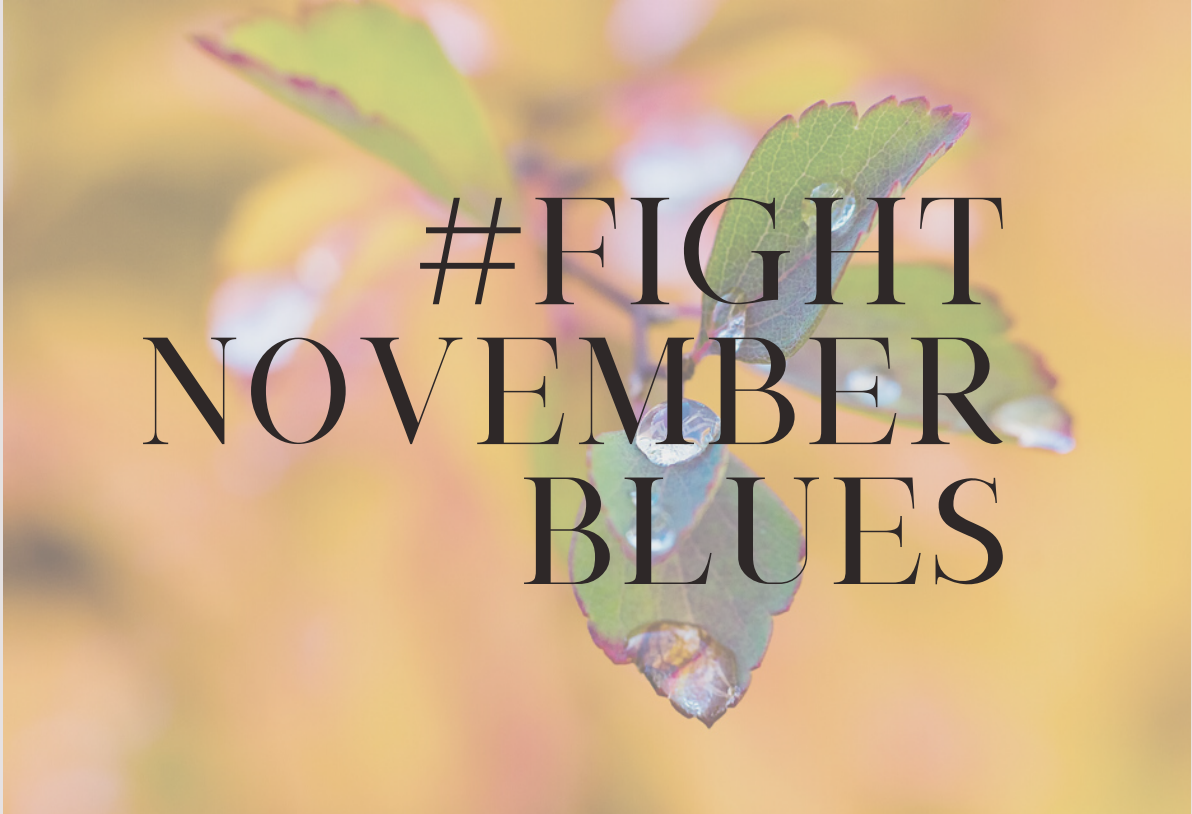
anmatotangle



#fightnovemberblues

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#FIGHT NOVEMBER BLUES

WELCOME

#FIGHTNOVEMBERBLUES

Autumn is here and the so-called “gray season” is beginning in Germany. In autumn and winter, increased melatonin is released while people's serotonin levels decrease at the same time. This can lead to fatigue and listlessness. But November also invites us to reflect on ourselves and get more in touch with ourselves again. That is exactly the goal of the daily impulses, which consist of an occasion for reflection and a drawing idea.

DAY AFTER DAY

The theme for 2023 is “Values”, because especially in the darker seasons it is good for us to reflect on our values. They guide our actions and give us support in difficult times. A value-oriented life stands for satisfaction and inner balance.

In the workbook you have the opportunity to record your thoughts on the reflection questions every day and also stick your tile on them. This creates a small album full of works of art and valuable thoughts that can give you courage and strength. Thinking is particularly good when drawing, because then the subconscious has time to allow important impulses to come into consciousness.



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#FIGHTN OVEMBER RBLUES

1. NOVEMBER

On the first of November, **peace** is the focus of our reflection.

What does peace mean to you?
How can you find peace within yourself when peace outside is so uncertain? How can you create peace within yourself?

MY TILE AND MY THOUGHTS:



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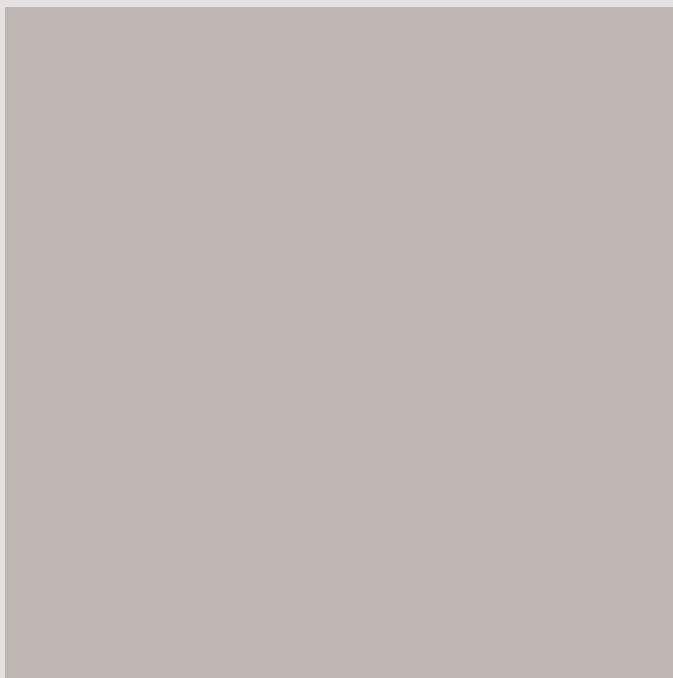
#FIGHTN OVEMBER RBLUES

2. NOVEMBER

On the second of November we will focus on **integrity**.

How important is it to you to live according to your principles? How do you recognize integrity in yourself and others? Which values are important to you?

MY TILE AND MY THOUGHTS:



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#FIGHTN OVEMBE RBLUES

3. NOVEMBER

On the third of November, **generosity** will be the focus of our reflection.

What can you be generous with? How do you feel when you can give generously? Do you find it easy to receive the generosity of others?

MY TILE AND MY THOUGHTS:



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4. NOVEMBER

On the fourth of November we will focus on **helpfulness**.

How important is it for you to help others and thereby serve others? How much meaning does this give your life? How important do you think helpfulness is for society?

MY TILE AND MY THOUGHTS:



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#FIGHTN OVEMBE RBLUES

5. NOVEMBER

On the fifth of November, **loyalty** will be the focus of our reflection.

What value does loyalty have for you? What does it mean to be true to yourself, to someone else, or to an idea/value? What difference does loyalty make in your world?

MY TILE AND MY THOUGHTS:



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6. NOVEMBER

On November 6th we'll be exploring **curiosity**.

What does it mean to you to start your day with curiosity every day?

What would it be like if you met every person with openness and curiosity over and over again?

MY TILE AND MY THOUGHTS:



TANGLE:
NIPA

[HTTPS://WWW.MUSTERQUELLE.
DE/N/979-NIPA.HTML](https://www.musterquelle.de/n/979-nipa.html)

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7. NOVEMBER

On November 7th, **objectivity** will be the focus of our reflection.

What gift does objectivity have in store for you? What does it mean to you to change perspectives and look at things from a meta perspective?



TANGLE:
OOF

[HTTPS://WWW.MUSTERQUELLE.
DE/1022-OOF.HTML](https://www.musterquelle.de/1022-oof.html)

MY TILE AND MY THOUGHTS:



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8. NOVEMBER

On November 8th, we will focus on **trust.**

What does trust mean to you? What does it actually mean to trust life? How well do you manage to trust yourself? And what would change if you trusted yourself unconditionally?

MY TILE AND MY THOUGHTS:



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9. NOVEMBER

On November 9th, **honesty** will be the focus of our reflection.

What if, starting today, everyone were honest with themselves and others?

Would that lead to more joy or more pain in the world?



TANGLE:
EMINGLE

[HTTPS://WWW.MUSTERQUELLE.
DE/E/476-EMINGLE.HTML](https://www.musterquelle.de/e/476-emingle.html)

MY TILE AND MY THOUGHTS:



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10. NOVEMBER

On November tenth we will focus on **compassion.**

What is the difference for you between pity and compassion? What characterizes true compassion for you? What does it invite you to do?

MY TILE AND MY THOUGHTS:



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11. NOVEMBER

On November eleventh, **awareness** is the focus of our reflection.

What does it mean for you to consciously go through your day and your life? What distinguishes conscious moments from automated actions?

MY TILE AND MY THOUGHTS:



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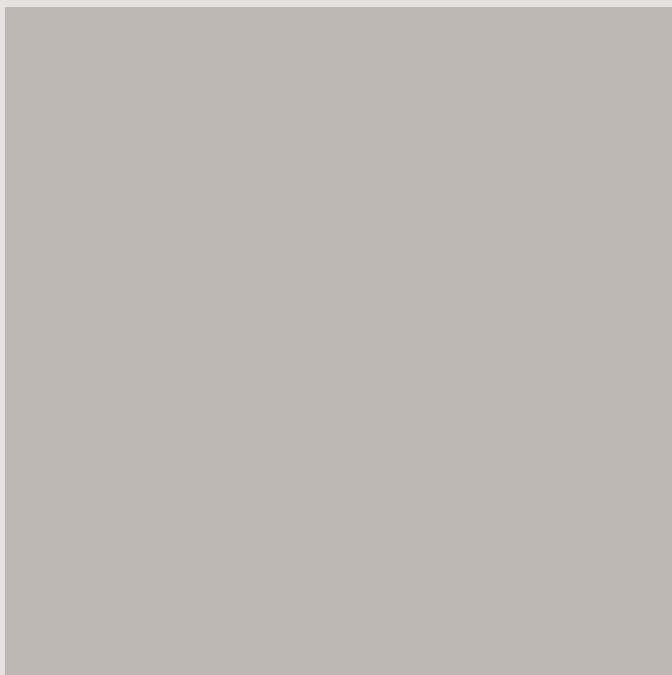
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12. NOVEMBER

On November twelfth we will focus on **development.**

What developments can you see in your last week? Which ones in the last month or last year? What price do you pay for your self-development?

MY TILE AND MY THOUGHTS:



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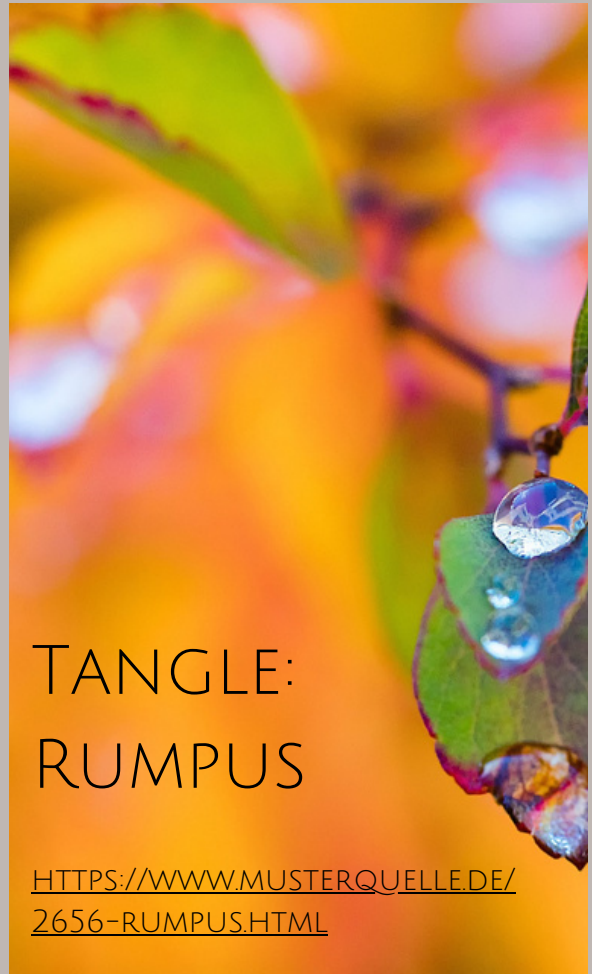
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13. NOVEMBER

On November thirteenth, **rest** is the focus of our reflection.

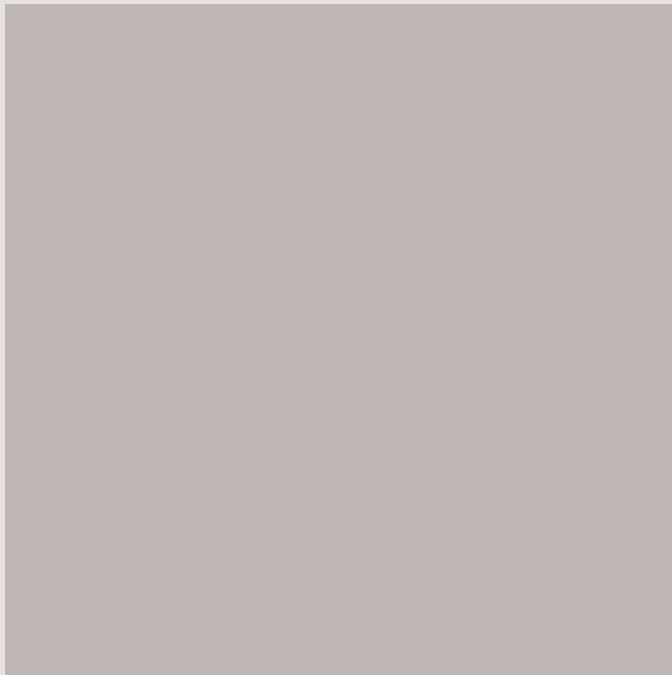
What gives you peace? What comes from rest for you? How can you invite even more resting into your life?



TANGLE:
RUMPUS

[HTTPS://WWW.MUSTERQUELLE.DE/
2656-RUMPUS.HTML](https://www.musterquelle.de/2656-rumpus.html)

MY TILE AND MY THOUGHTS:



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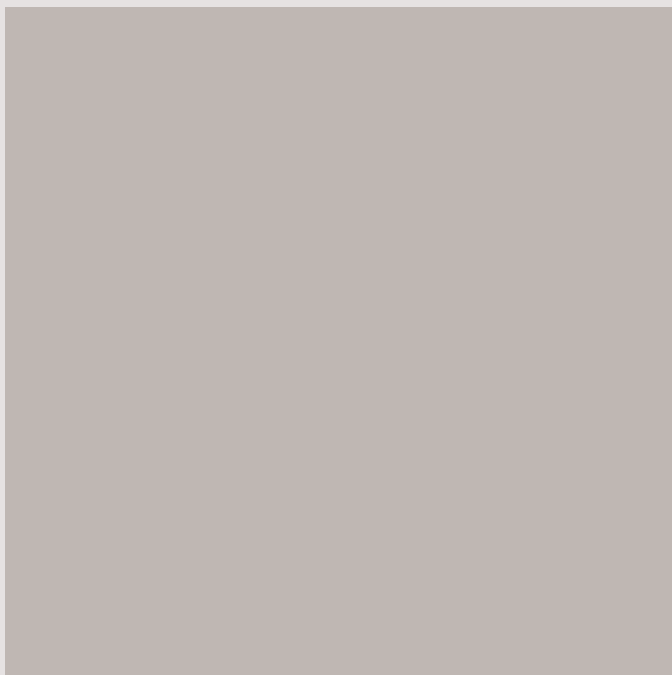
14. NOVEMBER

On the fourteenth of November we will be dealing with **encounters**.

To what extent can encounter be a value for you? How much space do you allow for encounters in your life?

What do they gift you with? Who or what else would you like to meet?

MY TILE AND MY THOUGHTS:



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15. NOVEMBER

On the fifteenth of November,
liveliness is the focus of our reflection.

Do you know the feeling of being truly
alive? What moments have these
been in your life? What made her so
special?



TANGLE:
LOCAR

[HTTPS://TANGLEPATTERNS.COM
/2023/08/HOW-TO-DRAW-
LOCAR.HTML](https://tanglepatterns.com/2023/08/how-to-draw-locar.html)

MY TILE AND MY THOUGHTS:



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16. NOVEMBER

On the sixteenth of November we will focus on **independence**.

What gift does independence offer you? What do you want to be independent of? From what thoughts, habits or people?



TANGLES:
UMBLE

[HTTPS://WWW.MUSTERQUELLE.
DE/1515-UMBLE.HTML](https://www.musterquelle.de/1515-umbles.html)

MY TILE AND MY THOUGHTS:



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17. NOVEMBER

On November 17th, **simplicity** is the focus of our reflection.

What is the magic of simplicity for them? What appeal and invitation does it have in an increasingly complex world? What can you keep simple?

MY TILE AND MY THOUGHTS:



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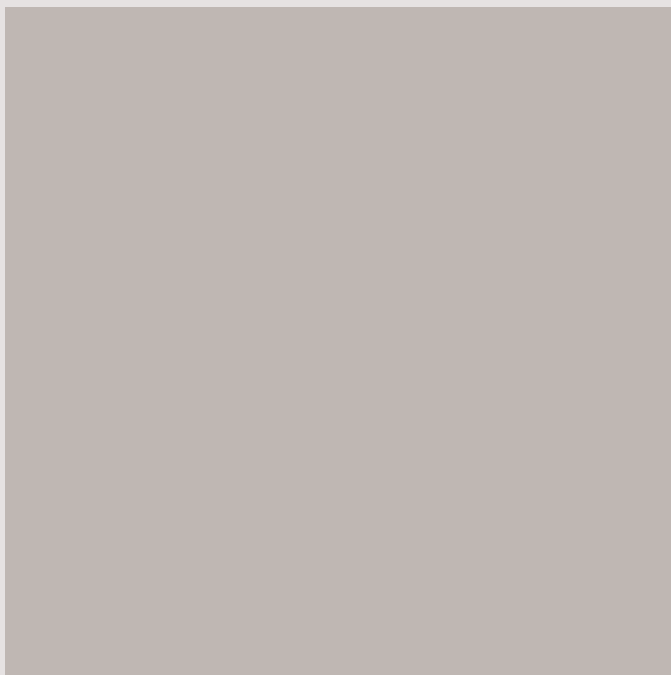
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18. NOVEMBER

On the eighteenth of November we deal with **security**.

How important do you place security?
In which areas of your life do you want to feel safe? What exactly does security mean to you? How do you know that you are safe?

MY TILE AND MY THOUGHTS:



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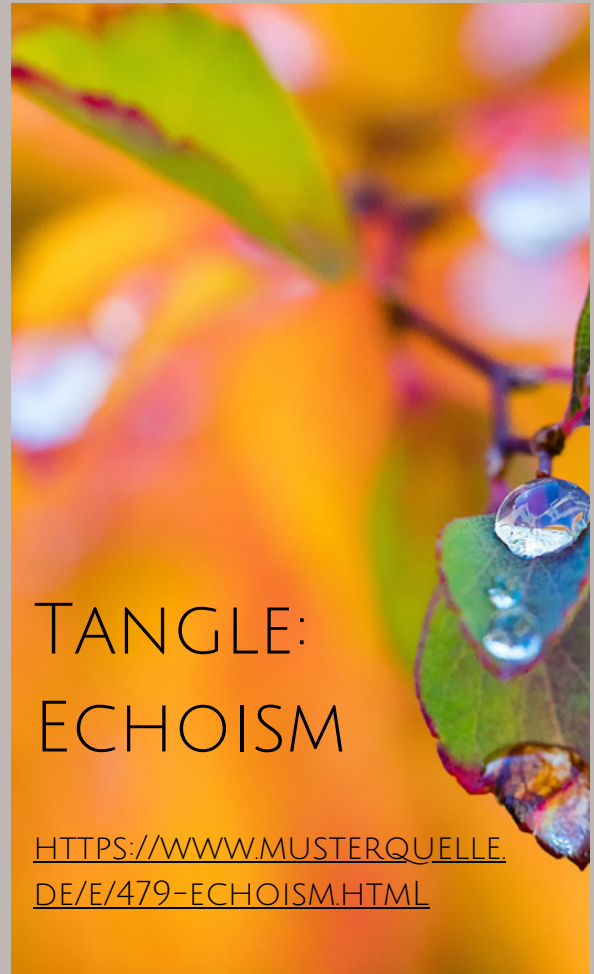
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20. NOVEMBER

On the twentieth of November we will focus on **effectiveness**.

What does effectiveness mean to you?
How can it help you make good decisions? When do you use your time effectively?



TANGLE:
ECHOISM

[HTTPS://WWW.MUSTERQUELLE.
DE/E/479-ECHOISM.HTML](https://www.musterquelle.de/e/479-echoism.html)

MY TILE AND MY THOUGHTS:



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21. NOVEMBER

On the twenty-first of November, **closeness to nature** will be the focus of our reflection.

What power does a closeness to nature hold for you? How can it serve as a resource for you? How can you integrate a connection to nature as a value into your life?

MY TILE AND MY THOUGHTS:



TANGLE:
NOOM

[HTTPS://WWW.MUSTERQUELLE.
DE/2479-NOOM.HTML](https://www.musterquelle.de/2479-noom.html)

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22. NOVEMBER

On November twenty-second we will focus on **tolerance**.

What value does tolerance have for you as an individual and what value does it have for a society? How can you implement tolerance in your relationships and encounters?

MY TILE AND MY THOUGHTS:



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23. NOVEMBER

On the twenty-third of November, **aesthetics** will be the focus of our reflection.

What value does aesthetics have in your life? What do you consider aesthetic? What would change in your life if aesthetics were a value for you?

MY TILE AND MY THOUGHTS:



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24. NOVEMBER

On November twenty-fourth we deal with **lightness**.

What is the difference between ease and comfort for you? When do you make things difficult for yourself in life and why? Where can you allow more lightness?

MY TILE AND MY THOUGHTS:



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25. NOVEMBER

On the twenty-fifth of November,
harmony is the focus of our reflection.

What value does harmony have for
you? When and in what environment
is harmony particularly important to
you and when should it be neglected?

MY TILE AND MY THOUGHTS:



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26. NOVEMBER

On the twenty-sixth of November we will focus on **relaxation**.

How much relaxation do you allow yourself? How would your life change if you integrated relaxation as a value into your life?



TANGLE:
ENNIES

[HTTPS://WWW.MUSTERQUELLE.
DE/475-ENNIES.HTML](https://www.musterquelle.de/475-ennies.html)

MY TILE AND MY THOUGHTS:



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27. NOVEMBER

On the twenty-seventh of November, **authenticity** will be the focus of our reflection.

How authentic do you choose to be?
Where are you taking yourself back?
In what environment are you really you? What does it take for you to show even more of yourself?

MY TILE AND MY THOUGHTS:



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28. NOVEMBER

On the twenty-eighth of November
we deal with **love**.

What if you asked every decision what
love would do? How would your
decisions change then? How does love
manifest itself in contrast to fear?

MY TILE AND MY THOUGHTS:



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29. NOVEMBER

On November twenty-ninth, transparency will be the focus of our **reflection.**

How transparent are you with yourself and with others? Where are you aware of your motivations and communicate them transparently to yourself and others?

MY TILE AND MY THOUGHTS:



TANGLE:
TOODLES

[HTTPS://WWW.MUSTERQUELLE.
DE/2657-TOODLES.HTML](https://www.musterquelle.de/2657-toodles.html)

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30. NOVEMBER

On the thirtieth of November we will focus on **humor**.

What would change in your life if you didn't take things so seriously? And if you could laugh at yourself too? How much space would be created if humor were your value?

MY TILE AND MY THOUGHTS:



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ABOUT ME

I am Anna-Maria Meinhardt, CZT-EU 1 and an enthusiastic Zentangle teacher. I have already supported a number of projects, such as editing the 2nd German edition of the Primer, accompanying and teaching during the CZT-EU seminars 3-5 as well as my own projects with my small company anmatotangle and now more than 2500 people in my classes.

Find out more:

www.anmatotangle.de



I also love constantly designing new tiles with great mosaic possibilities. These are available alongside original Zentangle tiles in the anmatoshop.

www.anmatoshop.de

Mental health is one of the core topics I work on in mentoring and coaching.

More on this:

www.anmato.de

@anmatotangle

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THANKS TO _____

At this point, my thanks go especially to you because you have accompanied me over the last 30 days. Thank you for persevering and participating!

Another big thank you goes to the hard-working team at Musterquelle around Ela and Tom Rieger, who have been collecting this wonderful treasure trove of patterns for us tangles for many years, adding to it and designing it in such a way that inspiration is possible at the touch of a button. Thanks for that!

Feel free to PM me with your findings and tag me on social media so I can like your works.

Thank you for the trip! I hope these were touching and insightful days for you!

All the best, Anna-Maria.

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