



Key Advice

Preparatory assignment

Life as a young adult can be intense. You juggle studies, work, social life, professional and personal growth—and all of that while navigating a world in transition. In the upcoming activity, you'll explore this complexity with your peers in a playful yet meaningful way.

To get started, you'll need to bring at least five objects with you. Collect these objects inspired by this saying: *'Something Old, Something New, Something Borrowed, Something Blue, and Something Not Blue.'*

Each object has symbolic meaning:

- **Something Blue**

Represents a stressful situation to you. This can be anything from personal anxiety to academic pressure, world news or social expectations. It doesn't have to be blue, but it can be.

- **Something Not Blue**

Stands for something that you feel or experience as positive stress (eustress): excitement, motivation or a strategy that helps you navigate pressure.

You could view 'Blue' and 'Not Blue' as representing the extremes of the stress spectrum. However, most situations in life are much more nuanced, involving both negative and positive emotions and experiences of 'stress'. Think of things you are extremely nervous about, but turn out to be valuable and uplifting, or the ups and downs of all types of relationships.

- **Something Old, New and Borrowed**

These three objects symbolise the mix of emotions and challenges that fall somewhere in between the extremes. Use your imagination.

There's no "right" interpretation. We're curious to see how *you* make meaning of these.

Preparation guidelines

- Bring at least five physical objects.
- Choose items that are small, easy to carry and not too precious or fragile. You'll need to take them back home after the workshop.
- Bring a notebook and pen – no digital note-taking during this activity.