Oct 2019

PARSA Wellness Week

Vol. 1

Self-care vs. Motivation

Contributors

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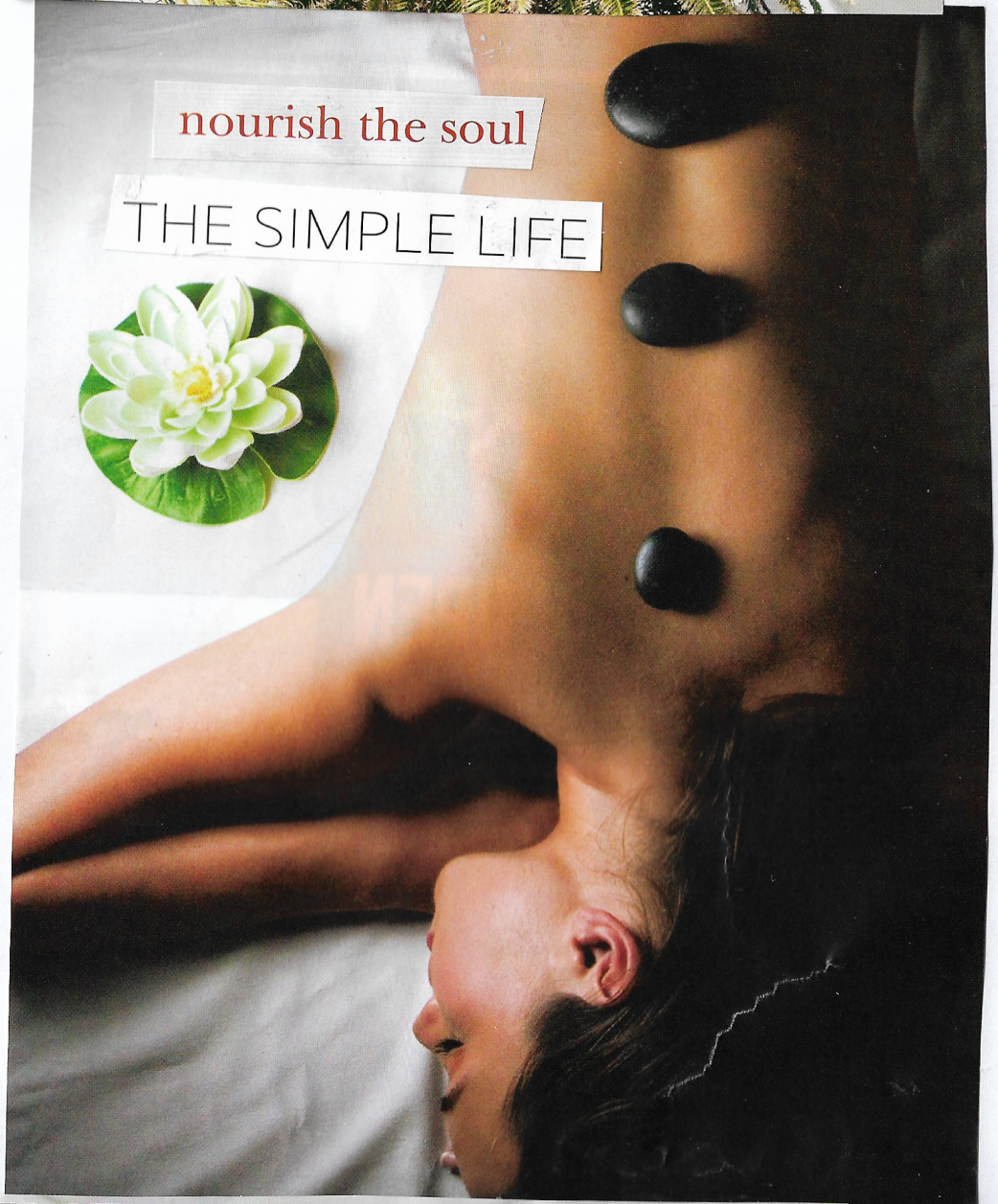
ESCAPE

nourish the soul

THE SIMPLE LIFE



THE PERFECT FINISH

EDITORIAL

Welcome to the first ed of Maxie.

Maxie is a person with a face of character, determination, or nerve.

I made the 2ie in collaboration with postgraduate students @ Australian National University who are very determined (and full of nerves of a different kind) as they face the end of year exams and write their theses.

I wish all students everywhere luck with their exams and research goals.

Thankyou PARSA for giving me the opportunity to run my first 2ine-making workshop.

Ta,
Nicole Holy

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WINNING COMBO

Work-life balance for academics

IT'S TIME TO DISCONNECT

HOT TIP

oma therapy

Stress less...

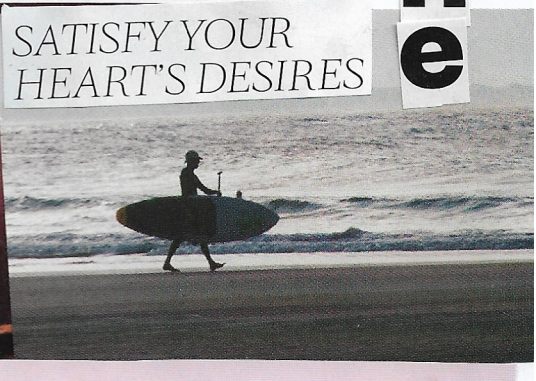
DESIGN YOUR JOURNEY.

I LOVE More fun

TO RECONNECT

with this *smart, refreshing simplicity,*

SATISFY YOUR HEART'S DESIRES



Breathe

BE INSPIRED

TALK TO

YOU'RE INVITED...

Shining a light

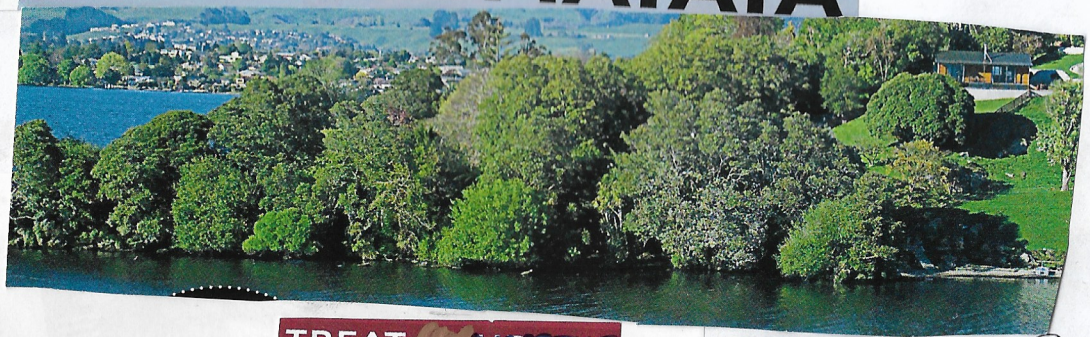
It's a trip worth taking,

amour

Just chill...

"THE CONSISTENT QUALITY

HAKUNA MATATA



Yes, I would like to TREAT MYSELF

About 250 times hotter than a jalapeño, the Naga King Chili was even used in a weapon made by the Indian military.

EAT WELL

More than a Chili

Be Happy

Be Healthy

Mood

Eat well

Drink well

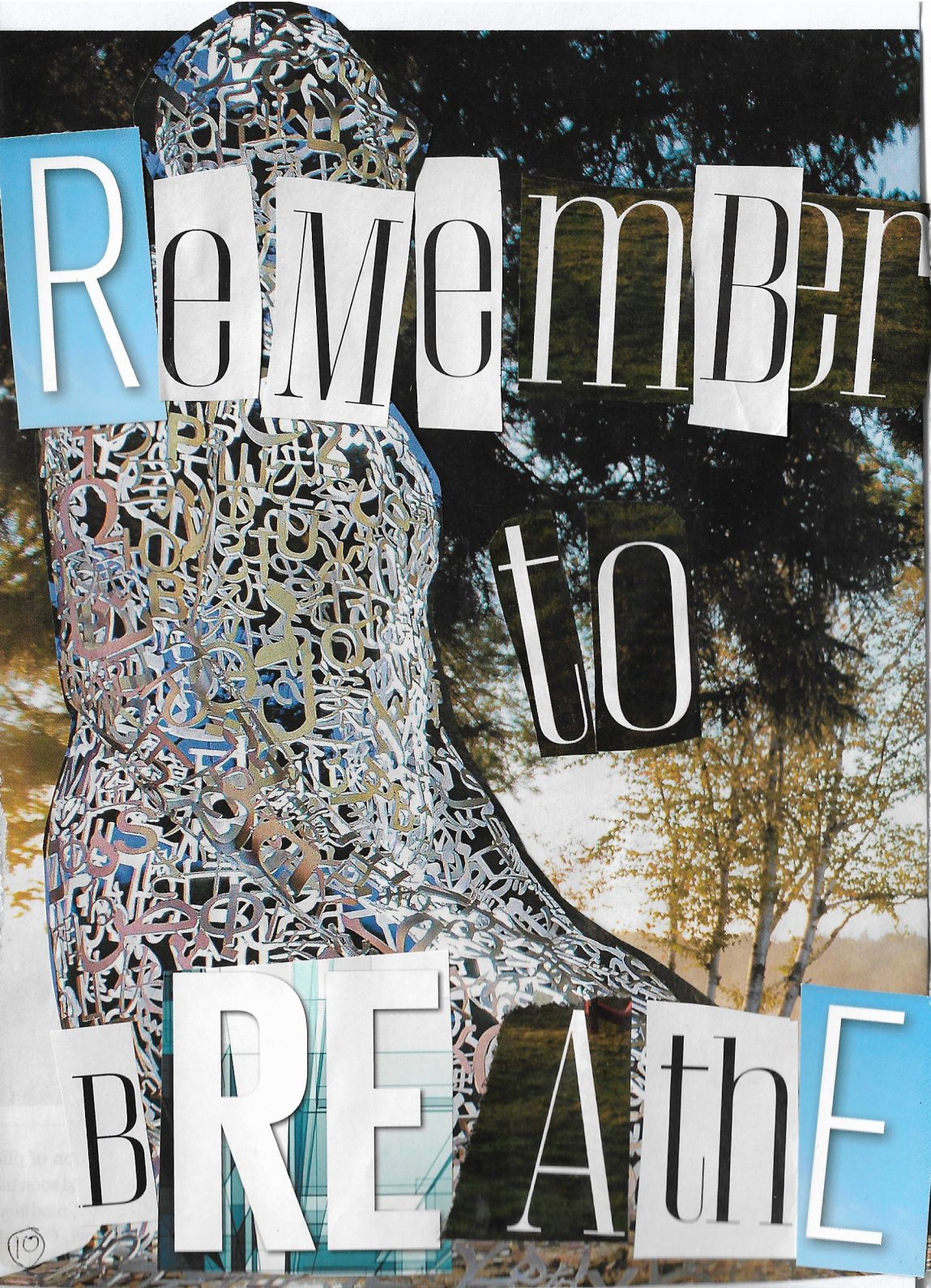
salt

LUXURY

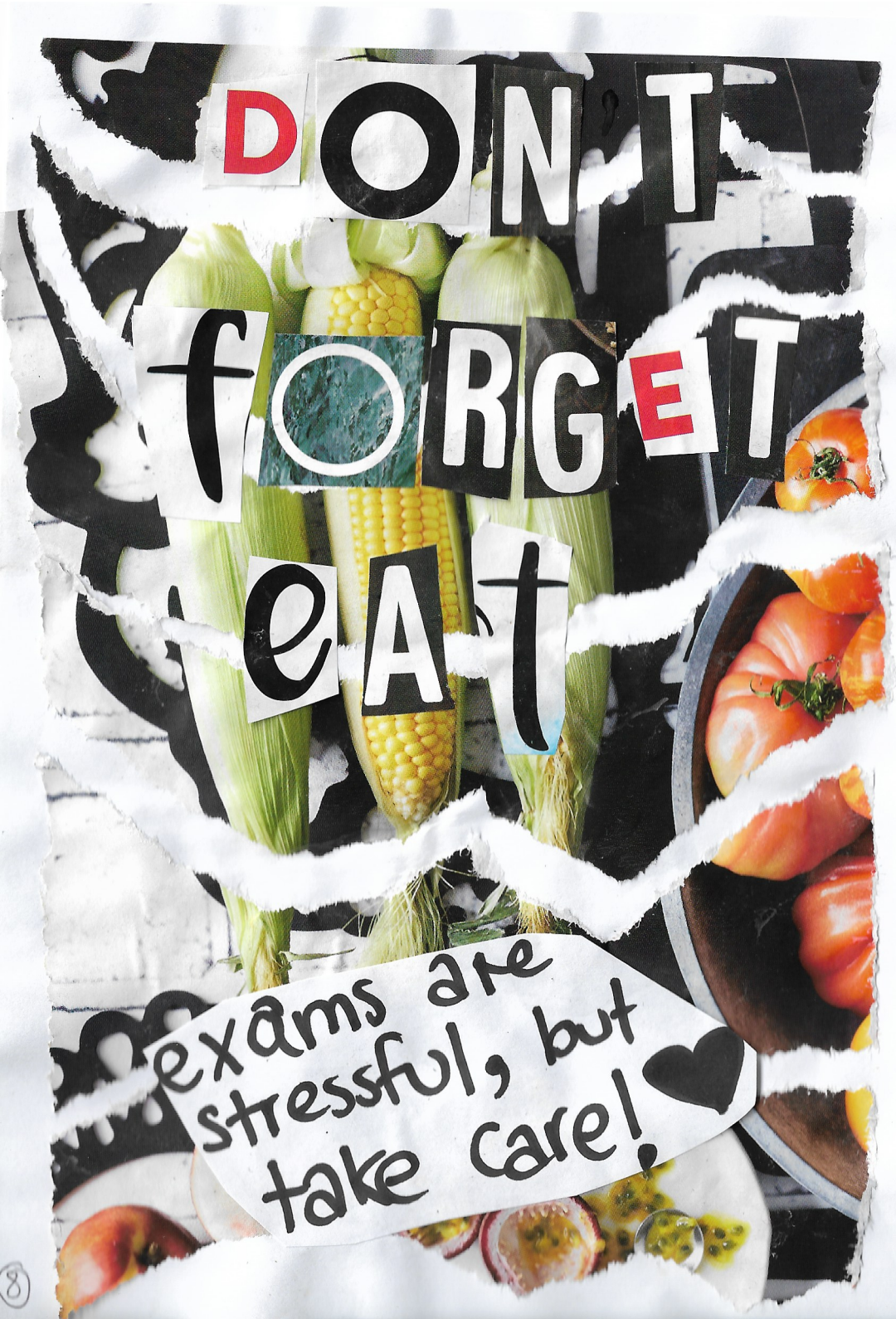
I need to...

love myself more

Believe in my abilities


Remember to
BREAthE

"I'm interested in the relationships people have with themselves [redacted] like how people perceive themselves in relation to how [redacted] they interact with the world [redacted]
I believe in [redacted] self- [redacted] relationships which [redacted] consist of [redacted] pain, happiness, love, communication, [redacted]
delicious.com.au 121


DONT
forget
eat
exams are stressful, but take care!

TRAVEL LIFE in a
How about Southeast Asia?