

A guide to Scrapbooking

Scrapbooking mixes creativity and experiences. Design pages to match memories and look back over the highlights of your year, holiday or an event in your life.

Where to start?

Not sure what you need? Starting your scrapbook is easy. Here are some suggestions on what you can use to make your own unique scrapbook.

- Scrapbook
- Pens/ pencils
- Stickers
- glue
- Photos
- Collectables (Newspaper clippings, plane tickets entry tickets, leaflets from places you've visited, wristbands etc..)



Make it unique

Creating a scrapbook can help you focus and revisit some of your favourite memories. If you have a scrapbook with a blank front cover design a front cover that represents you. You can use your favourite quotes or affirmations. Let your imagination run wild!

You can build up your collection of scrapbooking stickers, borders or backgrounds and use these to design and build your scrapbook.

What are the benefits of scrapbooking?

Reduces stress levels:

Whenever you are stressed or anxious scrapbooking is a great activity to focus your mind and assist you to calm your mind. Did you know that any creative hobby can help you reduce your anxiety and stress?

It's a form of meditation:

When creating a scrapbook page, your mind will be concentrating on the task at hand. You will be thinking of how to fit photos onto the page, how big a strip or paper should be or what colour would suit the design of the page. This means that your mind will be distracted which means that it will be giving you the needed break from worries of life and everyday demands.

Scrapbooking gives your brain a workout:

Trying to remember specific details of a photo such as how old you were or who you were with can be hard for your brain. This can help your brain stay sharp and focused.

Scrapbooking can keep your heart happy:

It's not just about bringing together the photos and paper. It allows you to revisit memories and gives you a sense of pride as you build the book up as you explore your experiences. It is also a great trip down memory lane when you look back over your scrapbook once you have finished.