

DO YOU SMELL SOMETHING
BURNING?



DEAL WITH IT....

LET'S TALK ABOUT MEMES AND EMOTIONS

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Fab Lab Ísafjörður, Iceland

FAB
ACADEMY
|||||●|||

SUDENT BOOTCAMP



WHEN DOES SPRING START?



I Live in Ísafjörður



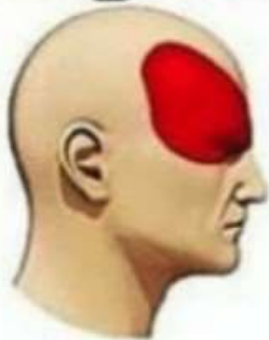
Have you seen the sun?

Only two months ago...



Types of Headaches

Migraine



Hypertension



Stress



Being on week 12
and still not having
any idea for final project



A Simple Mental Health Pain Scale

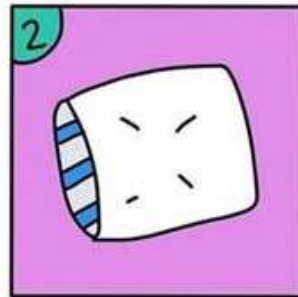
thegracefulpatient.wordpress.com

- MILD**
- 1** Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
 - 2** You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
 - 3** Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.
- MODERATE**
- 4** Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
 - 5** Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
 - 6** You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.
- SEVERE**
- 7** You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
 - 8** You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.
 - 9** You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
 - 10** The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

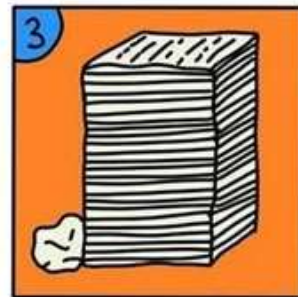
TYPES OF TIRED



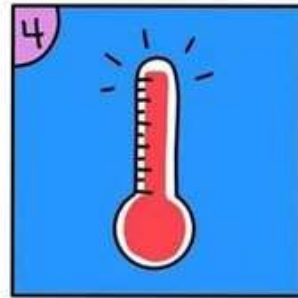
Dazed



Exhausted



Overworked



Fed up



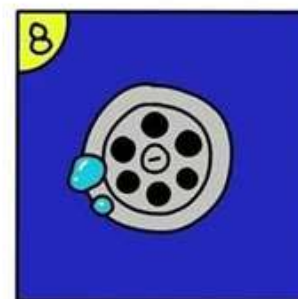
Burned out



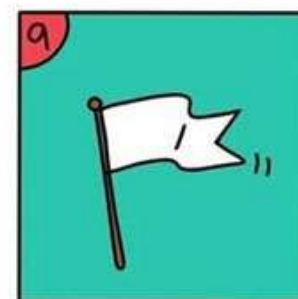
Apathetic



Broken



Drained



Defeated

@introvertdoodles

7 TYPES OF REST YOU NEED





Brain Waves

BETA

14 - 30 Hz



Awake, normal alert consciousness

ALPHA

9 - 13 Hz



Physically and mentally relaxed, awake but drowsy

DELTA

Below 4 Hz



Deep (dreamless) sleep, loss of bodily awareness

THETA

4 - 8 Hz



Reduced consciousness, deep meditation, dreams, light sleep, REM sleep

GAMMA

30 Hz and above



Heightened perception

THE MOOD METER

Enraged	Stressed	Shocked	Surprised	Festive	Ecstatic
Fuming	Angry	Restless	Energized	Optimistic	Excited
Repulsed	Worried	Uneasy	Pleasant	Hopeful	Blissful
Disgusted	Down	Apathetic	At ease	Content	Fulfilled
Miserable	Lonely	Tired	Relaxed	Restful	Balanced
Despair	Desolate	Drained	Sleepy	Tranquil	Serene

HIGH ENERGY



LOW ENERGY

UNPLEASANT



PLEASANT



MY MOOD DURING
FAB ACADEMY

ALSO MY MOOD DURING
FAB ACADEMY

Every possible emotional overlap in Inside Out

Joy and Sadness make melancholy. But what do the other emotions add up to?

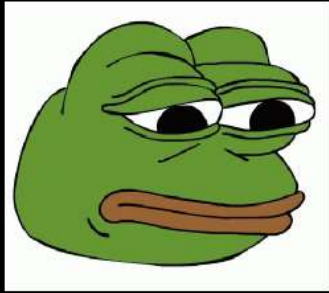


SOURCE: Photos from Disney/Pixar

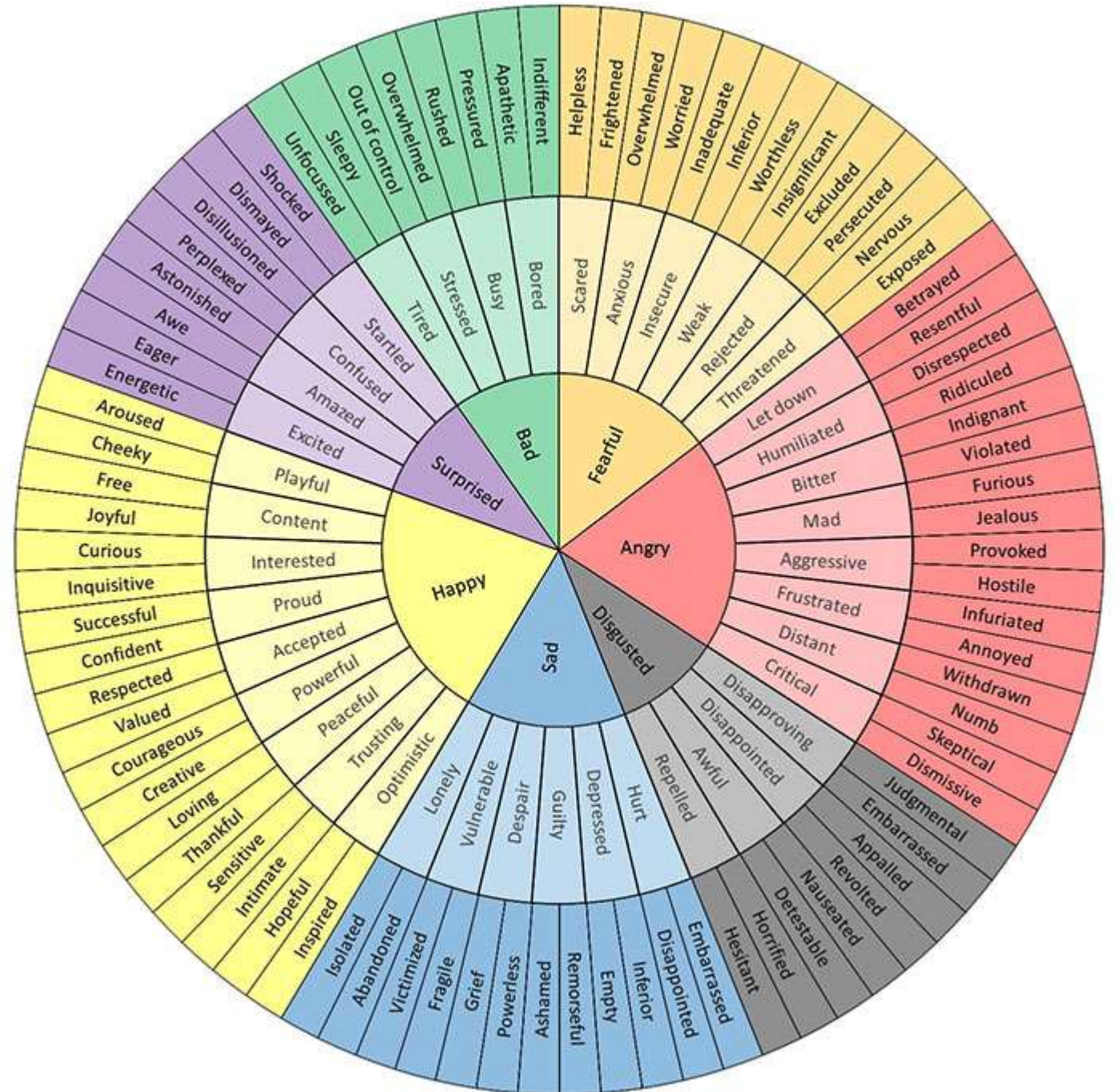
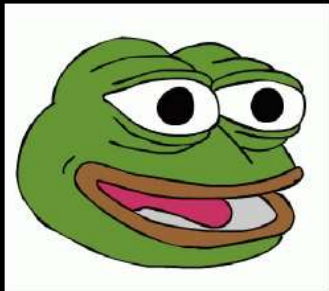
Vox

The Emotion Wheel

Leaving instructors
2024 bootcamp



Remembering the 2024
meme channel



Meme Academy last year 189 memes

chat.academany.org/fabacademy-2022/channels/meme-academy

Channels

2022 FabAcade...
Find channel


FAVORITES
Meme Academy

CHANNELS
instructors bootcamp 2023
image compression gang
Class: Computer-Aided D...
Class: Project manageme...
Global Open Time
General
Node: Ísafjörður
Regional: Europe
Off-Topic
Staff & Instructors

DIRECT MESSAGES
eltercerlugar
francisco
quentin.bolsee
sylvaindenis
lucianaa
julian
henk.buursen
arni.bjornsson, quentin.b...
adrian.torres
babken.chugaszyan
Invite Members

Meme Academy
38
https://imgflip.com/memetemplates

ADDICTS BEFORE AND AFTER



hanndoddi 22:59
Commented on hanndoddi's message: Image Pasted at 2022-7-6 11-25.png
I'll be back next year!

July 12, 2022

ricardo.marques 15:37

John Moynes
@JohnMoynes

Rage Against the Machine never specified what type of machine they were furious with but I reckon it was probably a printer.

Write to Meme Academy

Info Meme Academy
Favorited Mute Add People Copy Link
Share how your week is going using memes.
https://imgflip.com/memetemplates
https://imgflip.com/memetemplates
ID: 513cr3exh3y1pket6s8pkbzyya
Notification Preferences
Members 38
Pinned Messages 0
Files 115

A meme is a cultural piece of media that is shared online, often with the intention of invoking certain emotions, such as being humorous.



ALL THE DOCUMENTATION
AND WORK I HAVE TO DO

FIRST WEEK



GIT

Fab academy
student

AFTER WEEK 15



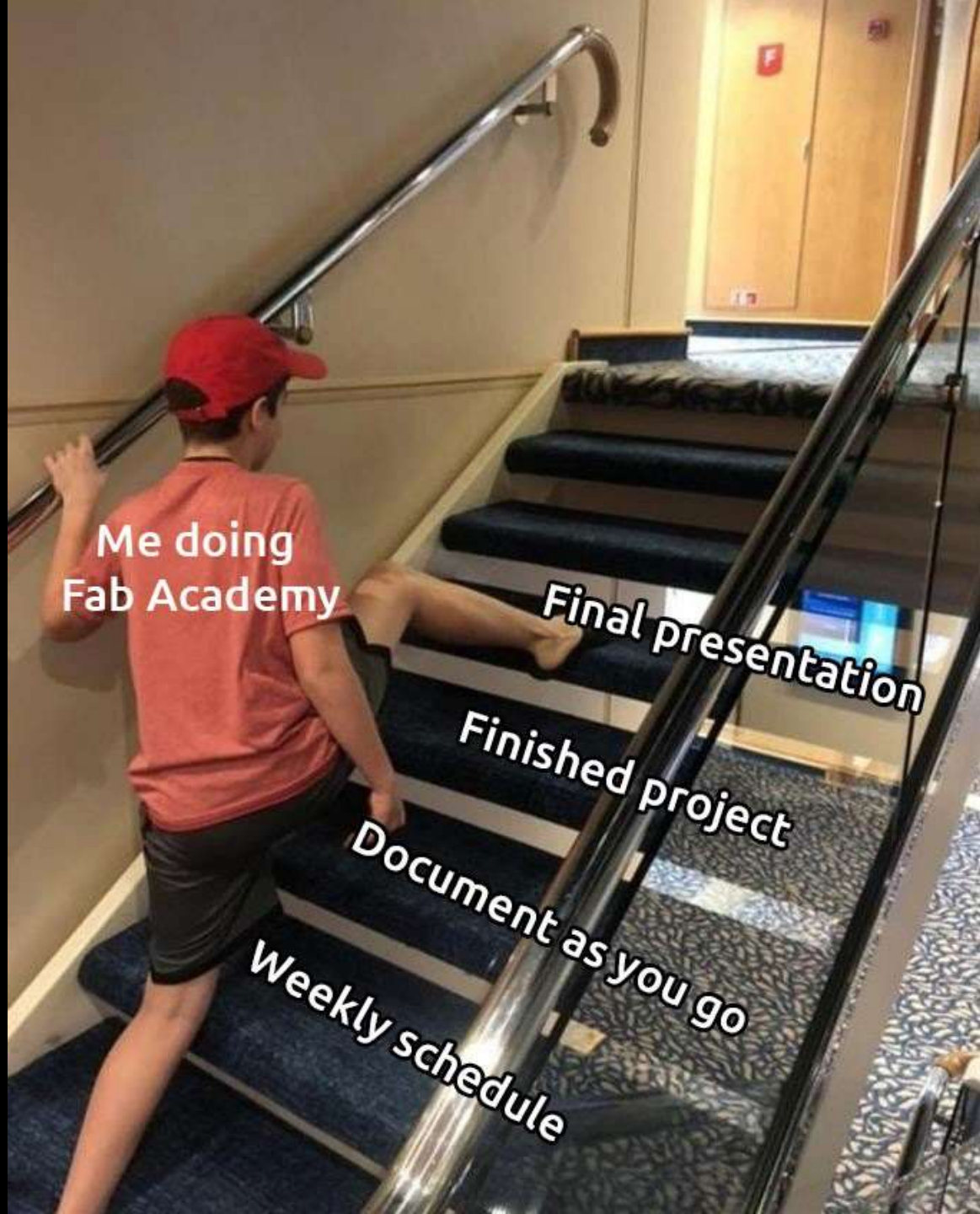
Fab academy
student

GIT



*Global Open Time

Literally everyone * attending



Me doing
Fab Academy

Final presentation

Finished project

Document as you go

Weekly schedule



Old School > Axe



New School > CNC

Me showing the new student in the fab academy
how to do things I don't even know
how to do myself



INSTRUCTOR STUDENT

DID YOU COMPRESS YOUR PHOTO?

THE MEGABYTE HUNTER

We got some work to do

V 3.0?



I HAVE THE POWER

V1.0



I HAVE THE PROGRAMMER

V 2.0





Þórarinn Bjartur
Breiðfjörð

**FAB
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