



*Presents*

# BECOMING A DIGITAL WARRIOR

A guide to help you navigate the digital world with confidence, wisdom with the values of Sikhi.



LOTTERY FUNDED

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**ARTS COUNCIL  
ENGLAND**

# CREATIVE WARRIOR

A resource for young Sikh/Panjabi women

Empowering young women to use creative art inspired by Mai Bhago as a tool for mental wellbeing.

Ask a parent or guardian to help you scan the code to learn more about Mai Bhago



## The Warrior Within - Mental Health & Resilience

Mai Bhago was not just a fighter on the battlefield, she was a leader, a protector, a fighter and a warrior of the mind & spirit. Her story teaches us about courage, resilience and standing strong in the face of adversity.

Today, young Sikh Panjabi women face different battles: mental health challenges, social media pressures and underrepresentation in creative industries. Like Mai Bhago, we must develop the strength to navigate these challenges with confidence, discipline and self-belief.

This toolkit is inspired by Mai Bhago's warrior mindset and applies her wisdom to the modern world. It is designed to help you:

### GOALS FOR THE TOOLKIT



-  Protect your mental health in a world of social media pressures
-  Build self-confidence and believe in your voice and creative potential
-  Navigate challenges in the creative industry as a young Sikh/Panjabi woman
-  Use creativity as a tool for self-expression and empowerment

No matter where you are on your journey, you are already a warrior. Your strength, voice, and creativity have the power to shape the world around you!



# WHY THIS TOOLKIT?

Social media can be a powerful tool for connection, creativity, and learning—but it also comes with risks. Young women today face increasing pressure from unrealistic beauty standards, cyberbullying, and the need for constant validation through likes and followers.

## Modern-Day Battles Include:

**Mental Health Impact** - seeing carefully edited, unrealistic images online can lead to self-doubt, anxiety, and stress. The constant comparison to others can make you feel like you're not good enough—even when most of what you see online isn't real.

**Digital Overload** – Endless scrolling, negative comments, and online drama can take a toll on mental wellbeing—causing exhaustion, anger, and frustration.

**Pressure to Perform** - The push for likes and social approval can sometimes lead to oversharing or taking risks that wouldn't feel comfortable in real life.

Despite these challenges, social media can be a space for empowerment. The key is to use it with intention—as a place to express yourself, share your creativity, and connect with supportive communities.

## This guide will help you:



Stay safe and confident online



Build resilience against negativity



Use creativity as a tool for mental wellbeing



Develop a positive relationship with social media

Inspired by Mai Bhago's strength and wisdom, this toolkit will give you the tools to navigate social media and life's challenges like a modern-day warrior—with courage, confidence, and self-respect.



# WARRIOR MINDSET

What We Want to Create is a Warrior Mindset for Mental Wellbeing:

A warrior is not just someone who fights battles—they are resilient, disciplined, and mentally strong. Like Mai Bhago, you can develop a warrior mindset to protect your mental health, confidence, and emotional strength.

## Here's how to cultivate your Creative Warrior Mindset:

**Naam Simran & Meditation:** Just as Mai Bhago connected with her faith, grounding yourself through meditation or Gurbani can help manage stress.

Scan to listen to the Mool Mantar



### Try this!



Chant Waheguru or listen to a Shabad to focus your mind. Even 5 minutes a day can help reset your thoughts.

**Sangat (Support System):** Every warrior needs a community of like-minded people who uplift and inspire them. Seek out positive friendships, mentors and in the space of the Guru.

### Try this!

Make a list of 3 people (friends, family, or online communities) who inspire and encourage you. Stay connected to them.

I'm inspired and encouraged by...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



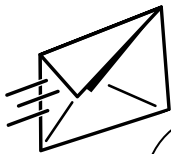
# WARRIOR MINDSET

## Here's how to cultivate your Creative Warrior Mindset:

**Self-Belief:** You belong in any space you choose. Don't let doubt stop you. Showing yourself compassion and not being hard on yourself. You are enough and have the ability to reinvent yourself however you want to.

### Try this!

Write a letter to yourself as if Mai Bhago were speaking to you. What would she say to encourage you?



To \_\_\_\_\_

From,  
Mai Bhago



# WARRIOR MINDSET

## Here's how to cultivate your Creative Warrior Mindset:

**Journaling for Strength:** Write about your struggles and victories, just like warriors document their battles.

### Try this!

Write about a challenge you overcame. How did you push through? What did you learn?

● What was the challenge?

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● How did you push through?

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● What did you learn?

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# MINDSET THROUGH ART

The Creative  
Warrior Path

Art has the power to build resilience, inspire, and strengthen. Whether it's writing, painting, music, film, creativity allows us to express emotions and process experiences.

Despite immense talent, many young Sikh/Panjabi women face barriers in creative fields:

**1**

## **Lack of Representation:**

Few Sikh/Panjabi women in mainstream creative industries.

**2**

## **Family & Community Expectations:**

Pressure to choose 'safe' careers.

**3**

## **Self-Doubt:**

e.g. my works not good enough. Having self believe in your ability and skillset

## **How to Overcome Them (Mai Bhago Style!):**

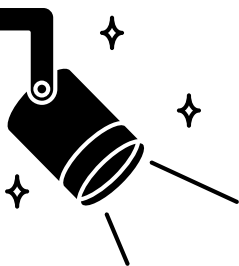


**Lead the Way:** Like Mai Bhago led warriors, be a trailblazer in your field.

**Find Your Sangat:** Connect with Sikh/Panjabi creatives through social media and events.



**Be Fearless:** Apply for that opportunity. Share your work. Own your talent. Join a club/volunteer. Believe in your ability. You don't have to be the best, participating and being present is just as worthwhile.



**Don't shy away, standout!**



# EXERCISES TO EXPLORE

Creative outlets  
for wellbeing

**1. Writing** (Poetry, storytelling, journaling) – Channel emotions into words. Hand write Gurbani. Keep a book to fill in with 'Waheguru' this is also a form of meditation.

Try freewriting for 10 minutes about your emotions. See what flows! or write/list words to describe your emotions.

A large graphic of a spiral-bound notebook. The notebook is oriented vertically with the spiral binding on the left side. It features 15 horizontal lines for writing. The entire notebook graphic is enclosed within a dashed-line border.



# EXERCISES TO EXPLORE

Creative outlets  
for wellbeing

**2. Music** – Express yourself through sound. Music is key within Sikhi. Gurbani talks about singing Wahegurus praises. Kirtan. Learn an instrument.



Play a music track (perhaps a Shabad) listen to the words/sounds.

How did the music make you feel?

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Chant the mool mantar or a line of a Shabad repeatedly.

Write and reflect on the meaning to help you connect more deeply to what you are chanting:

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Now do it along to something you are listening to!



# EXERCISES TO EXPLORE

Creative outlets  
for wellbeing

**3. Visual Arts** (Drawing, painting, photography) – Use colors and visuals to communicate feelings. Capture Vahugurus creation.

Use paper, Play-Doh, drawing or modelling clay and sculpt something that represents a current feeling or thought. Express how you are feeling using any medium like, paint, clay, paper etc.



## Think About It

Mai Bhago was a warrior, leader, and inspiration. She showed bravery and strength. Can you create an image or sculpture that represents courage in your own life?

**Your Turn!**



*Draw, sketch, or jot down your ideas here!*



# EXERCISES TO EXPLORE

Creative outlets  
for wellbeing

## 4. Performance Arts (Theatre, spoken word) – Build confidence and tell your story

Group Activity: Plan and create a short scene about dealing with emotions, using body language and expressive words/dialogue to convey emotion.

Date/Time - When is your scene set?

Where is your scene set?

What is the main story about?

How will you use body language in your scene?

What emotions are the actors dealing with?

Examples of expressive words/speech to include:



Think:

What stories do other people want to hear about?

What type of stories are interesting to you?



# COLOURING PAGE



# SOCIAL MEDIA

## SOCIAL MEDIA HAS BOTH GOOD AND BAD SIDES...

### GOOD

- ✓ Helps you stay connected with friends
- ✓ Discover new interests
- ✓ Learn cool new things
- ✓ Place to express yourself
- ✓ Find support from like-minded people

### BAD

- ✗ It can be distracting
- ✗ Can affect mental health
- ✗ Comparing yourself to others
- ✗ Exposed to negativity
- ✗ Exposed to misinformation

The key is to use it wisely—enjoy the good parts but set limits to avoid the bad!

Once you see or hear something, you cannot unsee or unhear it. So be careful of what you expose yourself too. Gurbani teaches us this in Anand Sahib.



# CORE VALUES of a digital warrior on social media

## THE DIGITAL WARRIOR MINDSET

Being a warrior today means knowing how to protect your mind, identity, and wellbeing — especially online.

Inspired by Mai Bhago's discipline, courage, and leadership, this section supports you in building healthy digital habits and staying safe on social media.

### CORE VALUES

1

**Courage** – Speak up against cyberbullying, harmful content, and misinformation. Don't stay silent when something feels wrong.

2

**Discipline** – Use social media with intention and purpose. Set time limits to stay in control, not consumed.

3

**Self-Respect** – Protect your privacy and uphold your dignity online. Know your boundaries.

4

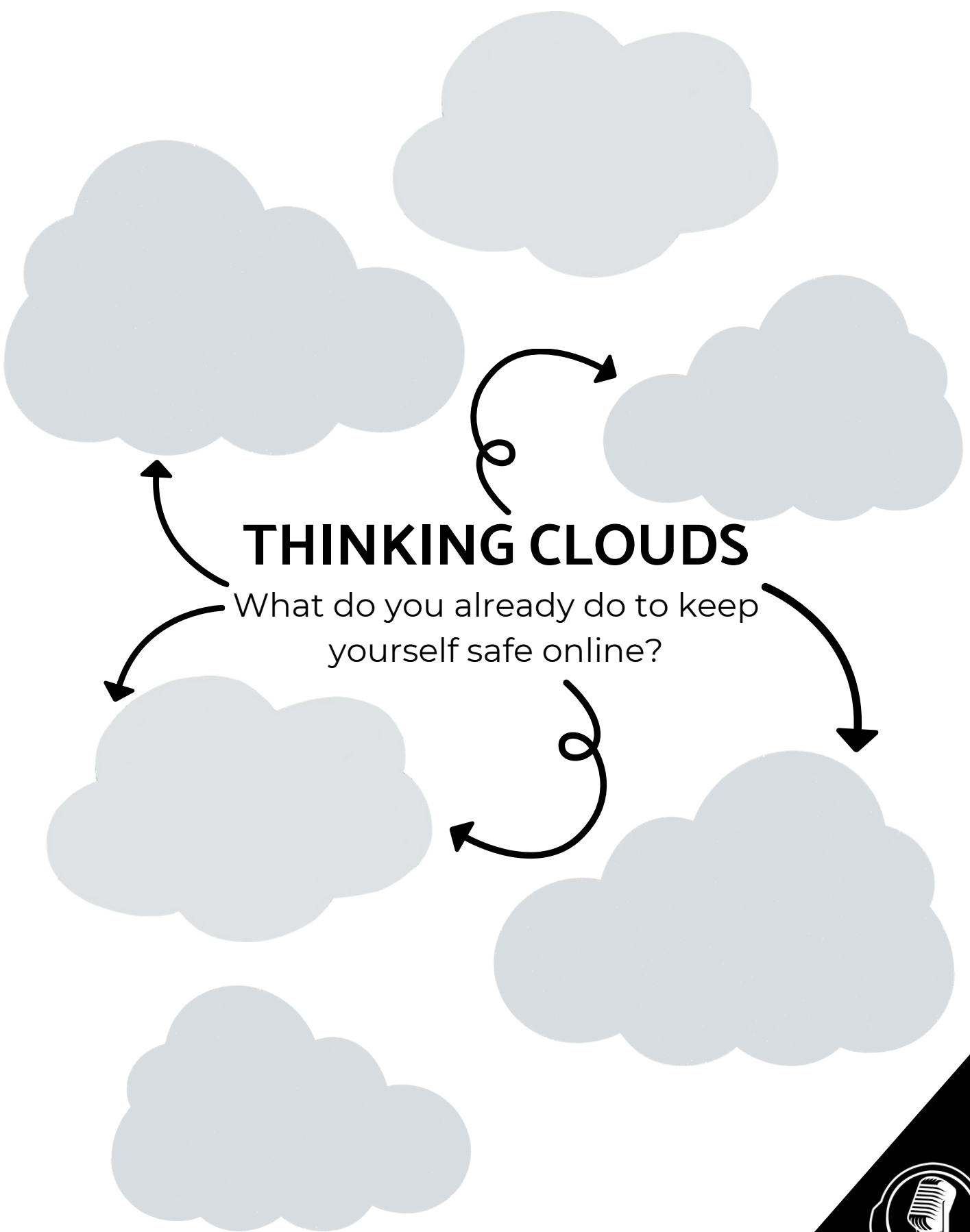
**Leadership** – Use your digital presence to uplift others, share positivity, and inspire change.



# STAYING SAFE ONLINE

## THINKING CLOUDS

What do you already do to keep yourself safe online?



# SOCIAL MEDIA GUIDELINES

Be a digital warrior

## 1. PROTECT YOUR DIGITAL IDENTITY

START  
HERE

Keep personal information (like your address, school, and phone number) private.

Use strong passwords and enable two-factor authentication.

Think before you post—what you share online can stay there forever. Set your accounts to private and only connect with people you know and trust.

Never share your passwords.

If something feels unsafe or uncomfortable, talk to a trusted adult immediately.

FINISH



Limit your screen time—Mai Bhago trained with focus, and so can you.

Follow accounts that make you feel inspired and supported, not judged or anxious.

Take breaks from social media to reconnect with real-life activities, nature, or creative outlets.

If you come across harmful content or fake news, report it—don't share it.

If someone is unkind or threatening, block them and move on. You don't owe anyone a response.

## 2. SET BOUNDARIES AND STAY IN CONTROL





# EXPLORE! Digital Warrior Scenarios

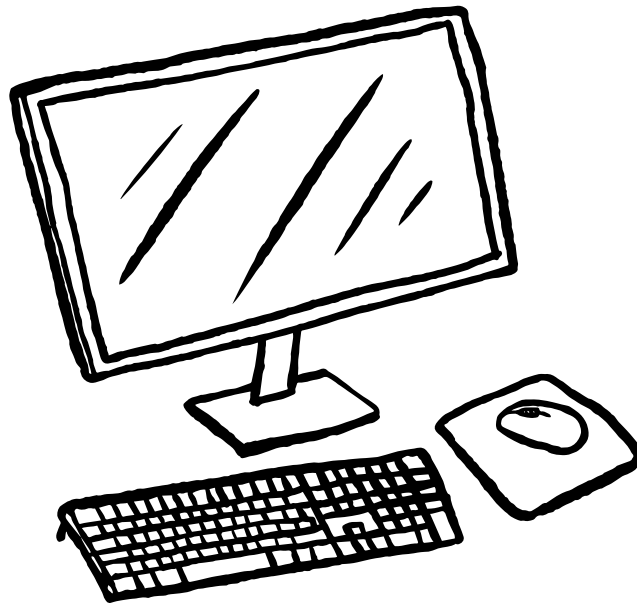
Print or write down the following examples and use them for discussion or reflection:

## Scenario 1:

Gurpreet gets a message from someone she doesn't know, asking for personal information.

## Scenario 2:

Simran sees a picture of an influencer and starts feeling insecure about her own appearance.



## Scenario 3:

Shaan shares her location and school name publicly on a post.

## Scenario 4:

Amrit receives a mean comment on her post and doesn't know how to respond.



# DISCUSSION TIME

Ask yourself, a friend, or a parent/guardian:

● What is the danger in this situation?

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● What should the person do to stay safe?

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● Have you experienced something similar? What did you learn?

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# PARENTAL & GUARDIAN SUPPORT

## Supporting Your Daughter Online

Parents and guardians play an important role in helping young women stay safe and confident online.

Use this checklist to see how you can support them:



## Keeping Safe Online

- Encourage open conversations – Talk about social media use without judgment or blame.
- Teach critical thinking – Help her recognise when something is unrealistic, toxic, or untrue.
- Set healthy digital boundaries – Support balanced screen time and model positive online behaviour.
- Monitor respectfully – Stay involved without invading privacy. Focus on support, not control.
- Be a safe space – Let her know she can talk to you about anything she sees or experiences online
- Be aware of emoji meanings - Emojis are often used creatively to refer to different things



# EMOTIONAL WORKPLAN

Creating an emotional plan can help children manage social media anxiety effectively. Below is a worksheet designed to guide children through understanding and coping with their feelings related to social media use.

## SOCIAL MEDIA ANXIETY EMOTIONAL PLAN

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

### Feelings

**Identify your feelings:** How do you feel when using social media?

*Check all that apply*

- Happy
- Excited
- Anxious
- Jealous
- Left Out
- Frustrated
- Other: \_\_\_\_\_

### Anxiety

**Recognise Physical Signs of Anxiety:** Anxiety can affect your body.

Do you experience any of these when using social media?

*Check all that apply*

- Stomach aches
- Headaches
- Fast heartbeat
- Sweating
- Feeling shaky
- Other: \_\_\_\_\_

### Triggers

**Identify Triggers:** What situations on social media make you feel anxious?

*Check all that apply*

- Seeing friends hang out without you
- Receiving negative comments
- Not getting enough likes
- Comparing yourself to others
- Feeling pressure to post
- Other: \_\_\_\_\_

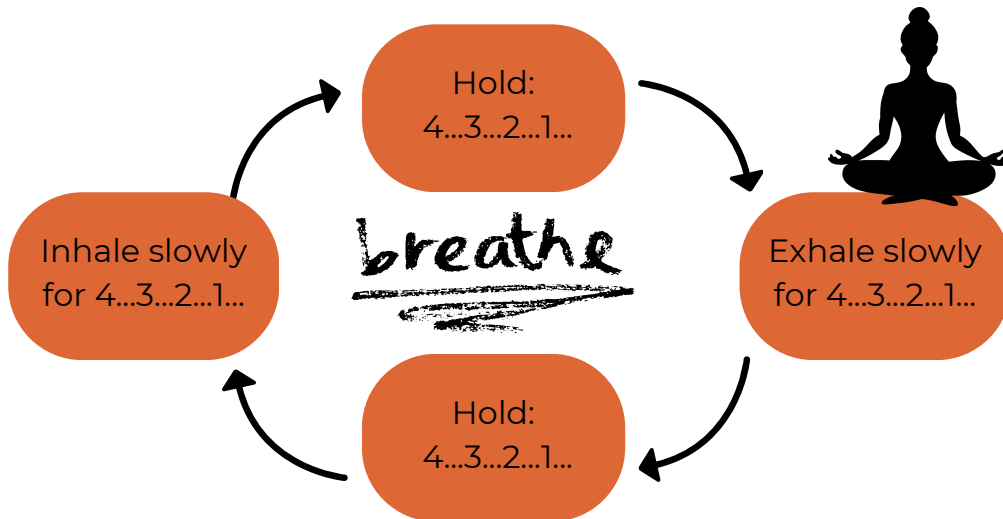


# EMOTIONAL WORKPLAN

## COPING STRATEGIES

When you feel anxious, try these strategies:

1. Repeat this deep breathing exercise



2. Positive Self-Talk: Write down a positive statement you can tell yourself:



“  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_”

3. Limit Screen Time: Set a timer for social media use and take breaks.

I will use social media for \_\_\_\_\_ minutes a day



I will take a break every \_\_\_\_\_ minutes

4. Engage in Offline Activities: List three activities you enjoy without screens:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_



# EMOTIONAL WORKPLAN

5. Seek Support. Who can you talk to about your feelings? List their names:

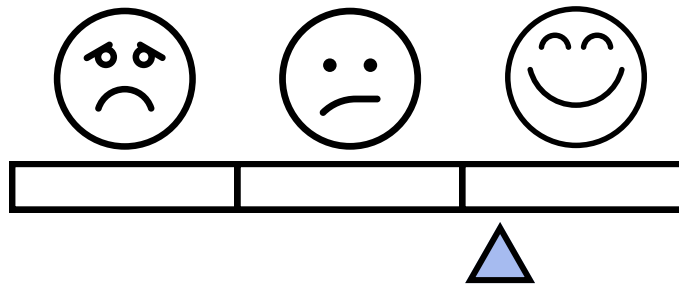
Parent/Guardian: \_\_\_\_\_

Teacher/School Counsellor: \_\_\_\_\_

Friend: \_\_\_\_\_

Other: \_\_\_\_\_

6. Create a Positive Social Media Experience. Set personal goals for a healthier social media use:



I will follow accounts that make me feel

\_\_\_\_\_

I will unfollow or mute accounts that make me feel

\_\_\_\_\_

7. Reflect. After using social media, take a moment to reflect



Did I stick to my goals?

How do I feel now?

What can I do differently next time?

# FINAL MESSAGE

Mai Bhago didn't let fear, pressure, or distraction stop her from standing strong. In today's world, you too can be a warrior — confident, mindful, and empowered.

Your creativity is your power. Your voice matters. Use your digital presence with strength and intention.

**Be the warrior Mai Bhago would be proud of.**



**Podcast  
Host/Manager**

**Ricky Bhandal**



**Designer**

**Jordan Francis**



**Project  
Coordinator**

**Alira Arts**

A special thank you for the cover artwork painting 'Mai Bhago and the Chaali Muktey' by Kanwar Singh.



Scan here for the full artwork

A key acknowledgment to Aaronvir Chahal for the graphic design of The Bhandwagon Podcast

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If you have any feedback on this workbook, please contact Ricky Bhandal at [bhandwagon@gmail.com](mailto:bhandwagon@gmail.com)

## PODCAST PARTNERS:

SEWA JAGPAL  
APNA PHOTOGRAPHIC STUDIOS

mahirs  
experience



**THE BHANDWAGON**  
PODCAST

# SUPPORT & RESOURCES

Childline (UK) – 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

YoungMinds (UK) – Text YM to 85258  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

NSPCC (UK) – 0808 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

The Cybersmile Foundation  
[www.cybersmile.org](http://www.cybersmile.org)

Sikh Helpline – Confidential support for  
Sikh youth | [www.sikhhelpline.com](http://www.sikhhelpline.com)

Sikh Your Mind – Mental health support  
for Sikhs | [www.sikhyourmind.com](http://www.sikhyourmind.com)

Creativity Works – Support for young creatives  
in the arts | [www.creativityworks.org.uk](http://www.creativityworks.org.uk)