

ABSTRACT

Generally, every human being in this world goes through several phases of development, both physically and mentally. The transition from the status of a student to a college student requires a series of adaptive processes and behaviors. During this process, various problems are likely to arise. In daily life, stress is a word that is often encountered, whether in the home environment, surroundings, or social settings. According to WHO in (Ambarwati, Pinilih, & Astuti, 2017) stress is a condition relatively frequently experienced by no less than almost 350 million people worldwide, and ranks fourth among global diseases. Expressive writing is one of the therapeutic options to alleviate stress. This illustrated book becomes an alternative solution in helping individuals unravel these interpersonal problems. Taking the title 'TUMPAH' (which means 'SPILL' or 'OVERFLOW'), this illustrated book serves as a vessel for expressive writing that gives each individual user the freedom as vast as the universe to inscribe writings about anything they feel and experience.

Keyword: *Stress, Expressive writing, Illustration book*