

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

NEWSLETTER

Start Inspiring Minds www.startinspiringminds.org.uk

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KEEPING US CONNECTED

Welcome to the new edition of Start's Five ways to Wellbeing newsletter.
Sharing daily inspiring activities to keep your mind and body healthy during lockdown.



MONDAY: BE ACTIVE...

Bubble Wrap Stomp Painting

We've all been having more things delivered during lockdown and that means lots of bubble wrap! If you haven't already used it to pop away your stress, try some bubble wrap stomp painting! This is a fun and active thing to do for kids and big kids alike. All you need is a big sheet of paper (or tape several smaller pieces together on the back), 1-3 colours of poster paint, bubble wrap and tape. Simply tape the bubble wrap to your feet, apply some paint (about a tablespoon-full is enough as you don't want things to get too slippy) and stomp away! The bubble wrap will pop as you stomp in a very satisfying way. Apply more paint as you go.



TUESDAY: CONNECT...

Build more Meaningful Connections

During lockdown, many of us have been making use of social media, emails, and video and phone calling, to stay connected to friends and family, but it can be hard to have meaningful conversations this way. This week, try the following tips to help:

- Trade self-consciousness for interest in the other person. Be in a conversation rather than putting on a performance. This is a version of emotional altruism—and altruism is a “healthy defense.”
- Develop empathy by listening, observing, learning, and asking questions. Be curious.
- Understand that there is something ubiquitous, primal, and timeless about the need for a true friend and that deep friendship heals. Science says so.



WEDNESDAY: TAKE NOTICE...

Step back!

As an art tutor, I always ask people to take a step back from their creative activities as they work because it's the best way of noticing what's really happening and gaining perspective. If you just stay up close to your work until you finish, it's hard to notice where improvements can be made or when to stop. Here are my top tips for noticing more as you create:

- Regularly step back from your work as you go. If you can, leave the room and look at something else. Even making a cup of tea will help. If you can't do that then at least lean back or look out of a window.
- If you are working on a portrait, take it to a mirror and look at the mirror image. This helps you to notice where improvements need to be made.



THURSDAY: KEEP LEARNING...

Visit a New Virtual Exhibition

The White Cube gallery has a new online exhibition for you. Introductions: Antonia Showering. The gulf between accurate recollection and false memory is explored in the richly toned and layered paintings of Antonia Showering. Combining elements of her cultural heritage with personal experience, the paintings' fluid forms, both figurative and abstract, point to the deeply-subjective nature of representation.

Find it here: <https://whitecube.viewingrooms.com/viewing-room/43-introductions-antonia-showering/>



FRIDAY: GIVE...

Give some thought to those affected by Suicide

there's still tickets left for the third annual Vigil of Remembrance for World Suicide Prevention Day on the evening of 10th September. The vigil is in remembrance of those that we have lost to suicide, but also in support of those that have lost their loved ones to suicide. A pop up drive-in cinema will be erected with an inflatable screen with wireless headsets in the car park off Partington Lane, behind Swinton Civic Centre. The vigil will include speakers, poets, musicians, a roll of remembrance being read and a minutes silence in memory of those we have lost to suicide.

7.30pm~Gates Open for 8.00pm Start

For tickets, go to <https://driveinvigil.eventbrite.co.uk>

ideas and inspiration welcome!

We would like you to get involved!

If you have any self care tips or creative ideas to share that may help others during this time please email sarah@startinspiringminds.org.uk and we will add them to future newsletters, and be sure to visit our YouTube channel and Instagram page for more ideas.



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