

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

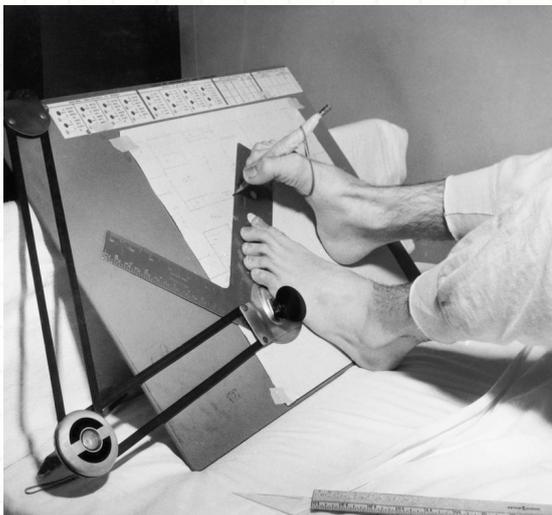
NEWSLETTER

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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...

Get Creative with some Assistive Tools

Assistive tools can help people with varying level of mobility paint and draw but are a fun and active way for anyone to create.

1. Put paper on the floor and attach a pencil to the end of a long stick. Hold the end and draw. Play with length and pressure.
2. Hold a pencil between your toes and give foot drawing a go. Sellotape a sponge to your foot and walk around on your paper.
3. Attach a pen to a piece of string. Put some paper on the floor and swing it around to 'dangle draw'.
4. Put holes in a plastic bottle and fill with paint and water. Hold over paper whilst moving around.
5. Mix washing up liquid with paint and blow at paper. Watch the bubbles pop and splash colour.



TUESDAY: CONNECT...

Make a Sense Memory

This exercise is used by actors in order to get in touch with an imaginary backstory of a character and make it become real to them and the audience. They then recall their memory and tune in to the 'truth' and emotions of their character. Here you will be doing it with an authentic memory of your own.

Draw a place that you remember from your childhood - a holiday spot, a room or outdoor space. What did it look like? How did it feel? What did it smell like? Was it hot or cold and how hot or cold was it? Was it snowing or raining or did you feel the sun beating down? What sound could you hear - bees buzzing or birdsong? Use your 5 senses to describe all the visual details and physical sensations of the place.



WEDNESDAY: TAKE NOTICE...

Notice your Breath

The word 'inspiration', with its overtones of divine guidance, has its roots in 'inspirare', the Latin for 'breathe into', and this breath meditation will help you calm your thoughts, increase awareness and create a space for inspiration. Close your eyes and breath in through your nose for a count of four, feeling your lungs fill and your belly expand. Hold for a count of four, feeling your breath in your throat. Exhale through your mouth for a count of six. If your mind strays, return to focus on your breath. Repeat six times.



THURSDAY: KEEP LEARNING...

Learn to Find the Silver Lining

Everyone has a rain-cloud day, but if your own personal storm cloud seems to be following you around, try answering these 5 questions. They may help you find the silver lining.

On the left side of some paper, draw a rain cloud and label it with your problem. Make it as stormy and dark as you feel, with lightning bolts or raindrops. On the right side, draw a sunny blue sky with fluffy white clouds. Ask yourself these questions and add them to the picture:

- What can I learn from this?
- How can this positively affect me?
- How will this help me on my life's journey?
- What idea or opportunity does this give me?
- How does this make me stronger?



FRIDAY: GIVE...

Give Yourself an Energy Boost with Scent

According to recent studies, the smell receptors in your nose communicate with your amygdala and hippocampus, the brain's centres for emotions and memories. Although the German poet Friedrich Schiller apparently found he worked most creatively to the smell of rotting apples, the scents of lemon, orange, mint and rosemary are recognised as aromatherapy stimulants that could help energise you. Hold an orange or lemon in your hands. Feel the texture, shape and weight of it, and breathe in the citrusy smell.

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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