

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...

Consider a Standing desk

Working from a standing position relieves stress on the spine, promotes good posture and improves circulation and alertness. You can buy a standing desk but it isn't too difficult to build your own and you can make a custom standing desk with the perfect combination of comfort and productivity to help you work and feel better.

Find out how here:

www.wikihow.com/Make-a-Standing-Desk



TUESDAY: CONNECT...

Emotional Connections

Getting in touch with your deepest emotions, moods and passions can be hard, as we're encouraged by society to control our feelings. This exercise should help you find cathartic release when emotions are high, understand what triggers certain emotions in you and perhaps channel those feelings into a creative endeavour such as painting or writing.

Explore your emotions by finishing these sentences:

- I hate it when...
- I get angry when....
- I feel like crying when...
- I am embarrassed by...
- I feel relaxed at...
- I wish he/she/you would....



WEDNESDAY: TAKE NOTICE...

Take notice of Music

Music is mood-altering and can aid relaxation. This exercise will help you emotionally connect to music and listen to it in an active, rather than passive way. Play a piece of music without lyrics - it could be any style, such as jazz, classical or techno. play it once through, then play it again from the beginning, really listening, and write down what you see in your mind's eye: it may be particular images, as in an unfolding story; it may be feelings, sensations or colours. Concentrate on the mood, tone and feel of the music - does it feel happy, sad, frenetic, mournful? Imagine the music as a scene - what is the dominant colour, what action is taking place? be as descriptive as you can.



THURSDAY: KEEP LEARNING...

Create Bowie Poetry

David Bowie famously used a technique of cutting out unrelated words and sentence fragments, and rearranging them to create his lyrics. He claimed the unconscious intelligence that came from the pairings of ideas was a powerful tool for his compositions. Cut out words and bits of sentences from newspapers, your own writings, books, flyers or advertisements. rearrange them, ransom-note style, on some pieces of paper to create lines of poetry. When you are happy with the results, stick them in place or take a photograph to record them.



FRIDAY: GIVE...

Give Yourself a Zen Space

Most of us are spending a lot of time at home during lockdown and you may be feeling stifled by this. It can be useful to spend time creating a calm area for yourself. It could be a desk, bedroom, creative area, or even a comfy armchair in your living room. This will be your place for inviting imagination, daydreaming, working, writing or retreating. Below are a few ways to super-charge this space:

- Clear clutter and anything that does not enhance your creative energy. Dust, wipe down and organise your space regularly
- Decorate with visual items that help you feel receptive, e.g a colour that inspires/calms you
- Keep supplies stored away but within easy reach, and try to find items that feel nice to use e.g a beautiful notebook or special pen

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.



@startinsalfordart



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