

Art and wellbeing for the home & work.

Brought to you by Arts at Imperial Health Charity



SUPPORTING
THE ARTS IN
HEALTHCARE

Our **sixth** edition of tips and tricks to help you stay calm and creative during lockdown

Contents

2 Introduction

3-5 Journaling for beginners

6-7 Online creative resources

**8-12 Poetry Activity Book by
Keith Jarrett**

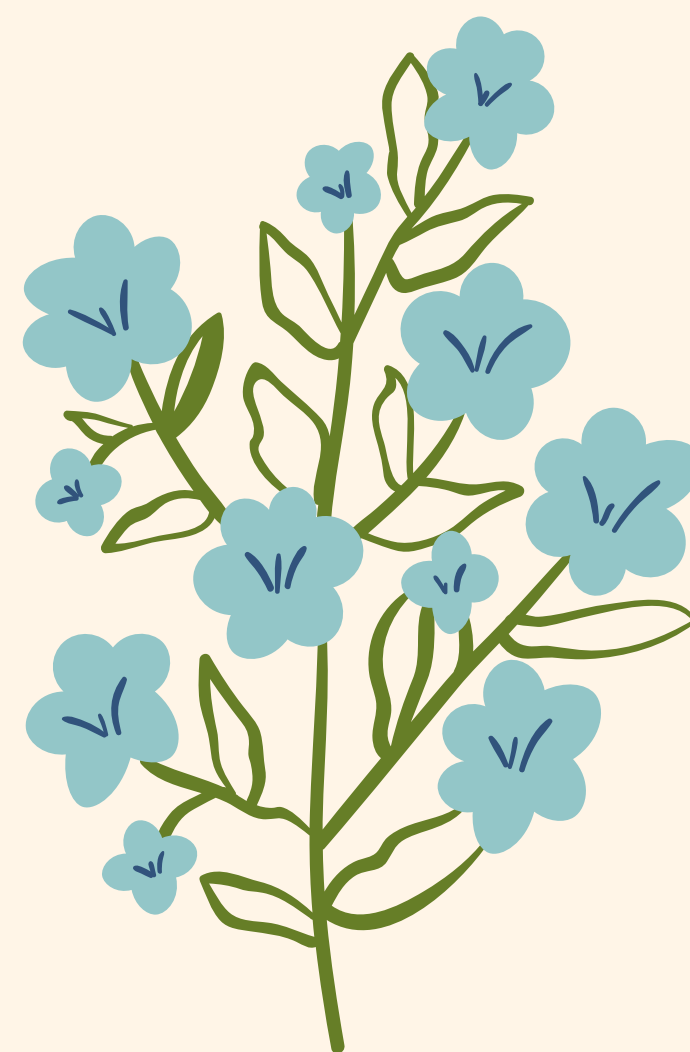
13 Bibliography and links

Introduction

This is a little guide to help you and your loved ones stay creative, entertained and calm in the home or at work. Whether you're having to work from home, need tips for on the go, or need something to aid your well-being during days off - we hope this will help you fill those moments with imaginative activities.

We believe that through this period of change it's super important to promote kindness, creativity and human connection! We hope this guide can help provide you with these three things - or at least a starting point!

*Warm wishes,
The Arts Team*



Journaling for Beginners

Journal writing can be a really creative activity as well as a reflective one that has proven positive effects on our wellbeing! It can also, however, feel time-consuming and often the positive benefits don't show themselves immediately. So, we have created an easy journaling activity that you can try just once or twice every week, or even every day, to get you started!



Concrete Journal Writing

STEP 1:

Find yourself a journal, notebook, device, or a sheet of paper you are happy using to journal onto.

STEP 2:

You can journal about absolutely anything you want! It might be about a particularly exciting or perhaps stressful thing that happened to you that day. However, you can also choose one of the following prompts to focus your creative entry around:

- Today I am grateful for...
- Things that bring me joy are...
- When I felt stressed/sad today, I... (what did you do to comfort yourself? Perhaps you couldn't comfort yourself, in which case, how do you feel about that now?)
- I'm proud of...
- Right now I want/need...

STEP 3:

Take a minute or so to think about your answers. Make a quick list of single words or phrases that come to mind in response to your prompt.

STEP 4:

The reflection of making a list of words may feel enough for you. However, if you want to push your reflection a bit further and get a little creative, use your list to inspire further words and thoughts and create a 'Concrete' image using your words. This is where you shape the words into the image of something relevant to your piece of text. See some fun examples on the next page!



Online creative resources

It can be hard to find things to keep us creative, happy and entertained when so much of our day is spent at work or at home during these difficult times. So, we've done some of the hard work for you, and found a handful of creative resources to keep you occupied, intrigued and creatively satisfied! You can find these on the following page.



(psst... click me!)

The Great Big Art Exhibition

Take part in this national online exhibition and submit your work now!

Clod Ensemble

Sign up for free movement, yoga and meditation classes for key-workers before spots fill up!

TED.com and App

Get personalised recommendations for fantastic podcasts, lectures and talks from TED

The Barbican

Read, watch and listen to a host of free performance and music-based content!

Poetry Activity Book by Keith Jarrett

Here at Imperial Health Charity, we have recently started a fantastic project with our new Poet in Residence - Keith Jarrett. Keith has been running poetry groups with a range of Imperial College Healthcare NHS Trust staff and patient groups. Alongside these workshops, he has created this simple and creative activity sheet to help you reflect, unwind, and take a moment for yourself through the form of poetry.


If you're a staff or patient at Imperial College Healthcare NHS Trust, please do send us any completed poems, as we're building an anthology of poetry collected from across the Trust. You can also request an online poetry workshop from Keith by emailing arts@imperialcharity.org.uk



BY KEITH JARRETT



TIME TO WRITE



FANCY GETTING CREATIVE
BUT NOT SURE WHERE TO
START? LOVE THE IDEA OF
WRITING POETRY BUT NEED A
BIT OF GUIDANCE? TAKE A
MOMENT OUT OF YOUR DAY TO
REFLECT AND GET CREATING
BY FOLLOWING THESE EASY
STEP-BY-STEP POETRY
ACTIVITIES CREATED BY POET
KEITH JARRETT.

IN PARTNERSHIP WITH ARTS, IMPERIAL HEALTH CHARITY.

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ACTIVITY A.

A SIMPLE EXERCISE TO GET YOU THINKING CREATIVELY IN 5 STEPS. YOU CAN SPEND 10 MINUTES DOING THIS, OR YOU CAN STRETCH IT OUT TO AN HOUR OR MORE. YOU CAN ALSO REPEAT THIS SEVERAL TIMES!

1) WHAT ARE YOU LOOKING FORWARD TO?

IS THERE SOMETHING YOU MISS DOING OR THAT YOU' RE LOOKING FORWARD TO DOING AGAIN ONCE WE' VE GOT THROUGH THE PANDEMIC? WRITE UP TO 5 THINGS.

TIP: IF YOU' RE STUCK, THINK OF SOMETHING SMALL, SOMETHING BIGGER OR MORE GENERAL, SOMETHING PERSONAL, SOMETHING RELATED TO A SPECIAL OCCASION, SOMETHING MORE EVERYDAY...

2) CHOOSE ONE

OUT OF THE THINGS YOU' VE LISTED, CHOOSE ONE TO WRITE ABOUT (YOU CAN ALWAYS REPEAT THIS WITH ANOTHER ONE LATER).

TIP: IT' S EASIER TO WRITE ABOUT AN ACTIVITY INVOLVING OTHER PEOPLE THAT LASTS MORE THAN A FEW MINUTES, IN A PLACE YOU KNOW WELL. IT' S MORE CHALLENGING TO WRITE ABOUT A BRIEF MOMENT, OR AN OBJECT.

3) IMAGINE YOURSELF THERE NOW

IMAGINE YOU ARE DOING THIS THING. SLOW DOWN TO TAKE EVERYTHING IN. WHAT ARE YOU FEELING? ALSO, WHAT ARE YOU NOT FEELING? YOU CAN WRITE DOWN BULLET POINTS OR FULL SENTENCES IF YOU WANT.

TIP: THINK ABOUT THE TEXTURES ON YOUR HANDS, FEET AND FACE AS WELL AS YOUR EMOTIONAL 'FEELING' . WE CAN FEEL IN MANY DIFFERENT WAYS - HOT, COLD, WET OR DRY. WE CAN ALSO SENSE OILY, SCALY, FLAKY AND SMOOTH TEXTURES AS WELL AS LIGHT AND HEAVINESS...

4) FIND A REPEAT LINE

ONE OF THE SIMPLEST WAYS TO BE CREATIVE IS TO REPEAT A PHRASE. USE 'WHEN THIS IS OVER...' OR CREATE YOUR OWN PHRASE, WHICH WILL BE REPEATED FIVE TIMES. DESCRIBE A FEELING/SOMETHING YOU CAN TOUCH TO COMPLETE EACH LINE, USING YOUR NOTES FROM THE LAST STEP.

TIP: DON'T TRY TO PUT THEM IN ANY ORDER. JUST THINK ABOUT WHAT FITS EACH LINE BEST. YOU CAN PLAY WITH IT LATER.

5) BECOMING A POEM

MAKE THE SUBJECT YOU'RE WRITING ABOUT THE TITLE OF THIS POEM. EXAGGERATE SOME OF THE FEELINGS AND GET RID OF THE WORDS 'FEEL' OR 'TOUCH'. CHANGE AT LEAST ONE OF THE REPEAT PHRASES, SO IT DOESN'T SOUND TOO REPETITIVE. IF YOU PREFER, REMOVE THE REPEAT LINE ENTIRELY, OR JUST KEEP IT IN THE LAST LINE.

TIP: EXPERIMENT WITH HOW IT SOUNDS BY SWAPPING WORDS AROUND. IT DOESN'T HAVE TO MAKE ABSOLUTE SENSE – BUT IT NEEDS TO 'FEEL' RIGHT. ONCE YOU'RE HAPPY WITH IT, SHARE IT WITH FRIENDS AND EMAIL IT TO (...).



EXAMPLE SHEET A.

STEPS 1-2:

(SMALL) HAVING FRIENDS ROUND FOR DINNER

(GENERAL) TRAVELING AGAIN

(PERSONAL) HUGGING MY PARENTS

(SPECIAL OCCASION) GOING CLUBBING ON MY BIRTHDAY?

(EVERYDAY) LEAVING HOME WITH LIGHTER POCKETS - NO SANITISER,
NO MASK IN A BAG ETC.

STEP 3:

WHEN MY FRIENDS ARE ROUND FOR DINNER, I WILL FEEL HAPPY AND A BIT TOO WARM WITH THE HEATING ON; THE PLATES WILL BE HEAVY WITH FOOD; I' LL FEEL FULL FROM EATING TOO MUCH. MY RIBS WILL BE ACHING FROM ALL THE REALLY BAD JOKES I' VE BEEN LAUGHING AT. MY HANDS WILL BE GREASY FROM HANDLING THE PLANTAIN CHIPS. THERE' LL BE A LOT MORE WASHING UP THAN I' VE BEEN USED TO LATELY... MY SHRIVELLING FINGERS! I MIGHT FEEL A COUPLE OF RICE GRAINS UNDER MY FEET WHEN I GET UP BECAUSE THEY' RE MESSY EATERS...

STEPS 4 & 5:

HAVING FRIENDS ROUND FOR DINNER AGAIN

WHEN THE PANDEMIC IS OVER, MY RIBS WILL ACHE FROM ALL THE DREADFUL JOKES

WHEN THIS PANDEMIC IS OVER, RICE GRAINS WILL APPEAR UNDER MY FEET

WHEN THIS PANDEMIC IS OVER, MY BELLY WILL EXPAND TO HOLD THEIR SMILES

WHEN THIS PANDEMIC IS OVER, MY GREASY HANDS WILL SHIVER AT THE WASHING BOWL

WHEN THIS IS ALL OVER, I CAN OPEN ANOTHER WINDOW

ACTIVITY B.

A SIMPLE EXERCISE TO GET YOU THINKING CREATIVELY IN 5 STEPS. YOU CAN SPEND 10 MINUTES DOING THIS, OR YOU CAN STRETCH IT OUT TO AN HOUR OR MORE. YOU CAN ALSO REPEAT THIS SEVERAL TIMES!

1) WHO DO YOU FEEL MOST CONNECTED TO RIGHT NOW OR WHO ARE YOU MOST IN TOUCH WITH?

TIP: THIS COULD BE A FAMILY MEMBER OR FRIEND, SOMEONE YOU LIVE WITH, OR EVEN A PET.

2) WHAT IS MOST IMPRESSIVE OR STRIKING THING ABOUT THEM?

TIP: YOU CAN HAVE FUN WITH THIS. THEY MIGHT HAVE A LOUD OR ANNOYING LAUGH, OR THEY MIGHT BE EXTREMELY KIND, OR BE IN NEED OF A HAIRDRESSER!

3) NOW, THE IMAGINATIVE PART...

WHAT DOES THE IMPRESSIVE/STRIKING THING ABOUT THIS PERSON FEEL LIKE? YOU CAN ANSWER THIS IN ANY WAY YOU LIKE. ADD MORE AND MORE DETAIL TO MAKE IT STRONGER.

TIP: YOU CAN THINK LITERALLY OR CREATIVELY, OR MIX AND MATCH... MY FATHER'S KINDNESS MIGHT FEEL SOFT AND FEATHERY, MY BEST FRIEND'S GLASSES MIGHT FEEL DISTANT...

4) TAKE IT EVEN FURTHER...

THINKING ABOUT THE PERSON YOU'VE CHOSEN, SEE IF YOU CAN COME UP WITH MORE IMPRESSIVE OR STRIKING THINGS AND OTHER WAYS IN WHICH YOU MIGHT FEEL THEM?

TIP: HOW ABOUT HUGGING THE SMILE OF YOUR NEIGHBOUR, OR SHAKING HANDS WITH YOUR PARTNER'S MOUSTACHE?

5) PUTTING IT ALL TOGETHER

SEE IF YOU CAN PUT ALL YOUR IDEAS TOGETHER INTO 4 OR 5 LINES. GO FOR THE IDEAS THAT MEAN THE MOST TO YOU, WHETHER THEY'RE SAD, SILLY OR STRANGE. IF YOU DARE TO, SHARE THEM WITH THAT PERSON!

EXAMPLE SHEET B.

PEOPLE I FEEL MOST CONNECTED TO: MY MOTHER, MY PARTNER, MY BEST FRIEND...

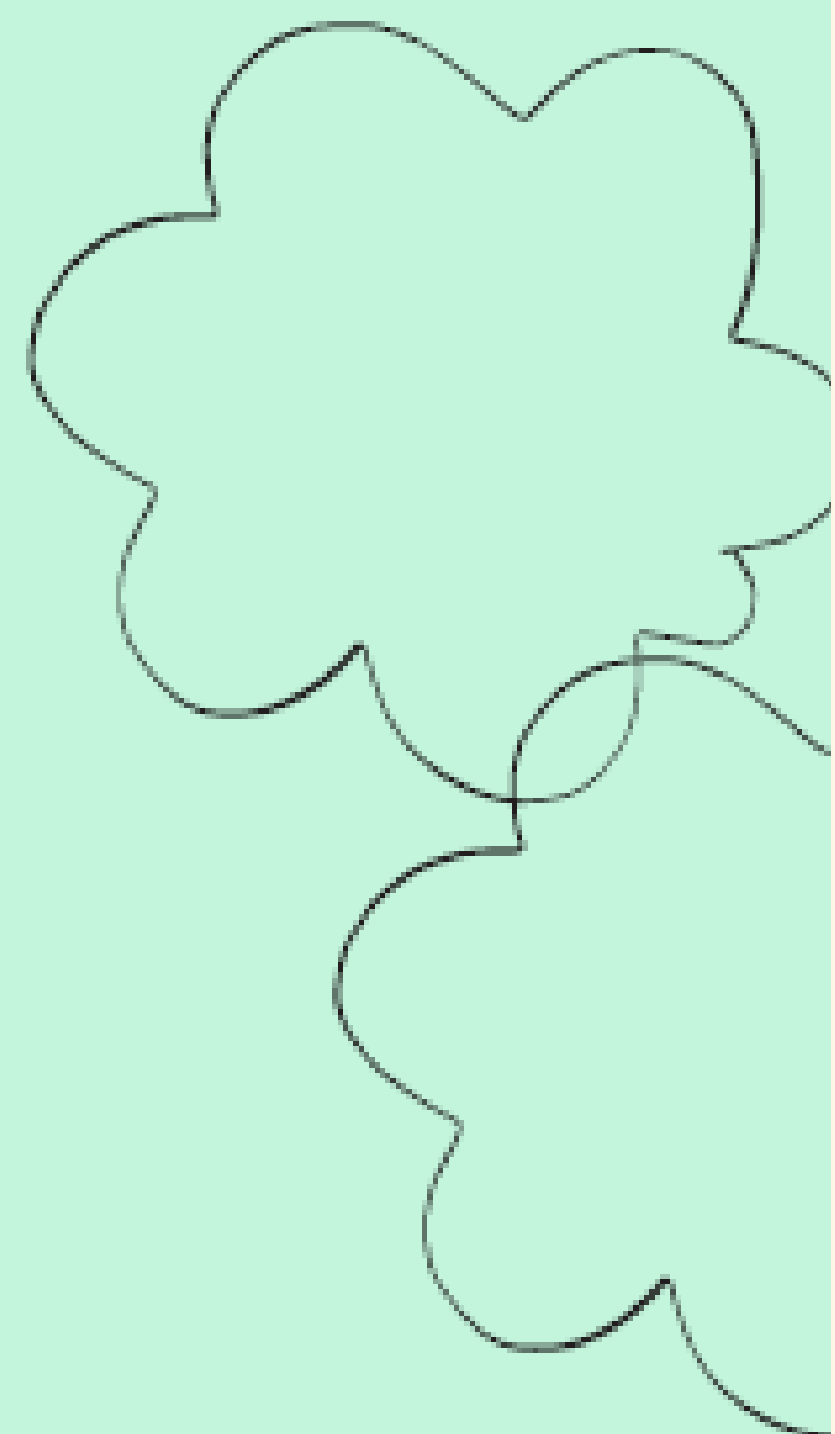
MOST STRIKING THING ABOUT MY MOTHER: HER NEED TO BE CONSTANTLY ACTIVE, HER FOREHEAD ON ZOOM CALLS, HER CONTAGIOUS SMILE, HER PHONE VOICE (WHICH IS POSHER THAN HER ACTUAL VOICE)

IMAGINATIVE LEAP: MY MOTHER'S PHONE VOICE FEELS LIKE FILTERED WATER Poured INTO VISITOR MUGS...

4-LINE VERSION*:

MY MOTHER'S PHONE VOICE
POURS THROUGH MY FINGERS, UNRECOGNISABLE
INTO THE VISITOR MUG OF THE VOICEMAIL MESSAGE
WHILE I TURN THE TAPS TO CALL BACK.

*I COULD HAVE ADDED MORE ABOUT THAMES WATER, OR ABOUT THE OTHER STRIKING THINGS I'D PICKED OUT WITH MY MOTHER - HER SMILE, OR HOW SHE'S IMPROVING HER VIDEO-CALLING TECHNIQUE! - OR I COULD HAVE MOVED ONTO ANOTHER PERSON, AND WHAT THEIR PHONE VOICE IS LIKE... PLAY AROUND AS MUCH AS YOU LIKE WITH THE THEME, AND REMEMBER IT DOESN'T NEED TO MAKE LITERAL SENSE, YOU JUST NEED TO HAVE FUN WITH IT!



Bibilography and links

Page 7:

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