

Art and wellbeing for the home & work.

Brought to you by Arts at Imperial Health Charity



Imperial Health Charity

SUPPORTING THE ARTS IN HEALTHCARE

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

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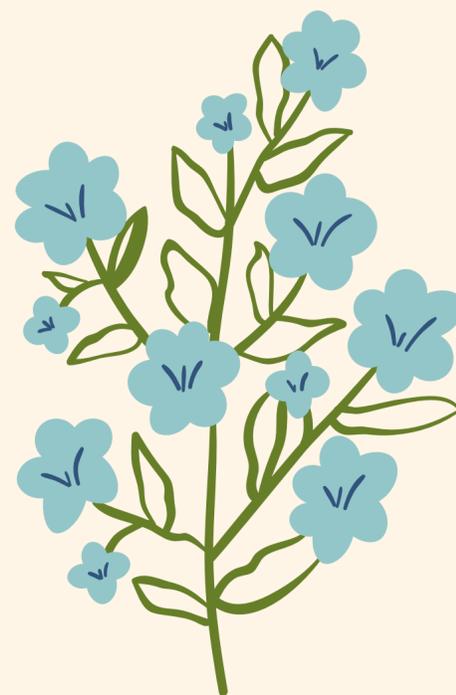
11 Bibliography and links

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*



Record, Reflect and Track

Human beings have been recording our feelings for centuries, whether through song, poems or art. Especially during times like these, finding ways to document our daily emotions can be a cathartic process for many.

It can help us understand our own reactions, triggers and patterns with more clarity, which can help lower levels of stress in itself.

We have just a few useful tools and ideas to help anyone get started in plotting their thoughts and feelings!



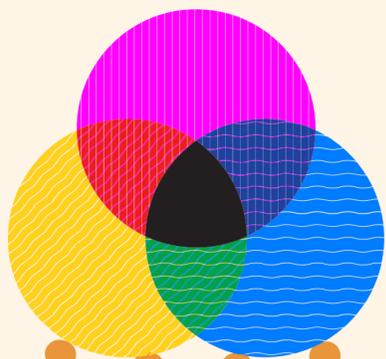
'Today I'm' is a free mood diary app with a visual twist. Pick from a range of emotions to create a visual thought map everyday, and track your happiness and stress levels over time.



Challenge yourself to write just 10 words at the end of everyday! These might be in the style of poetry, single words in a mind map or just a summary of your day! Set a reminder to do it each evening, and use it as time to reflect for yourself.

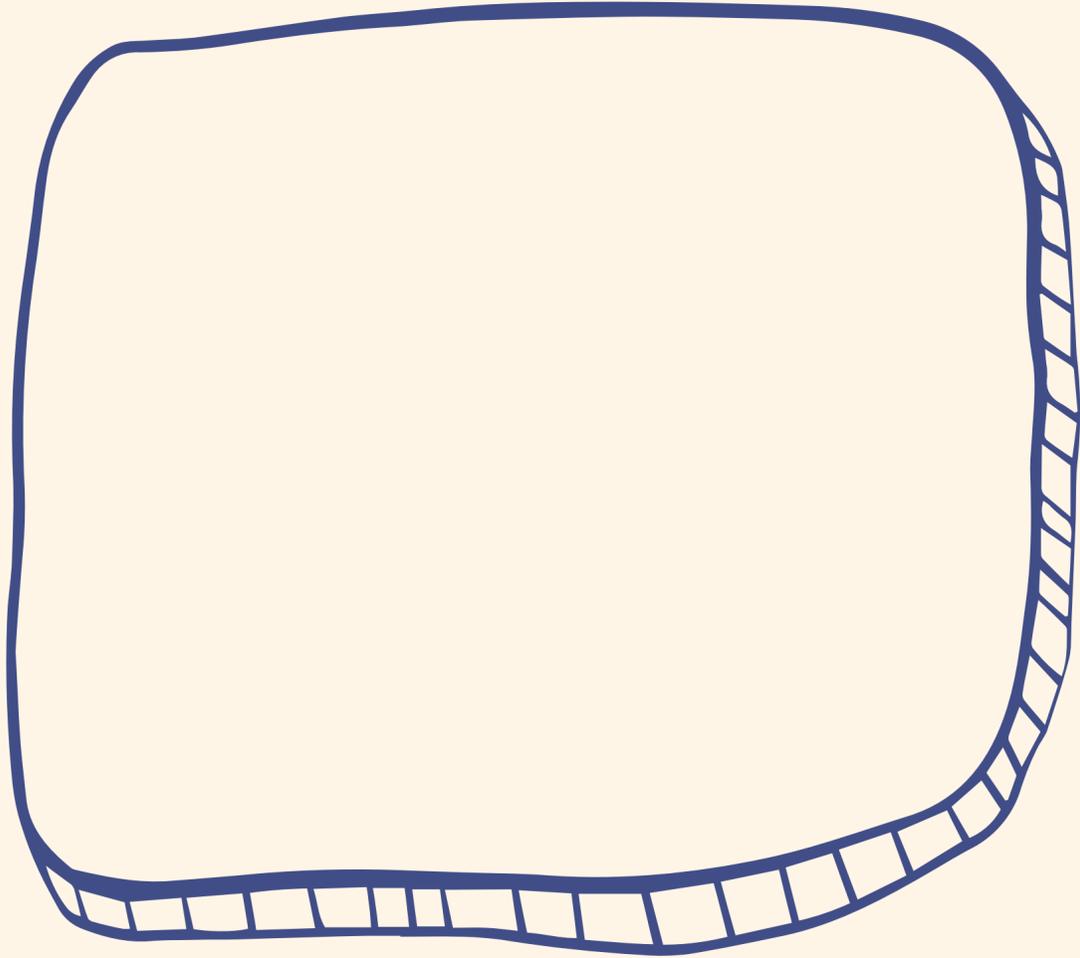


Writing or diaries not really your thing? Why not try recording your mood through colours? All you need is an empty note book, pencils, pens or paints! Each day fill the page with shapes, scribbles and splodges to reflect your mood.



Mood Diary Template

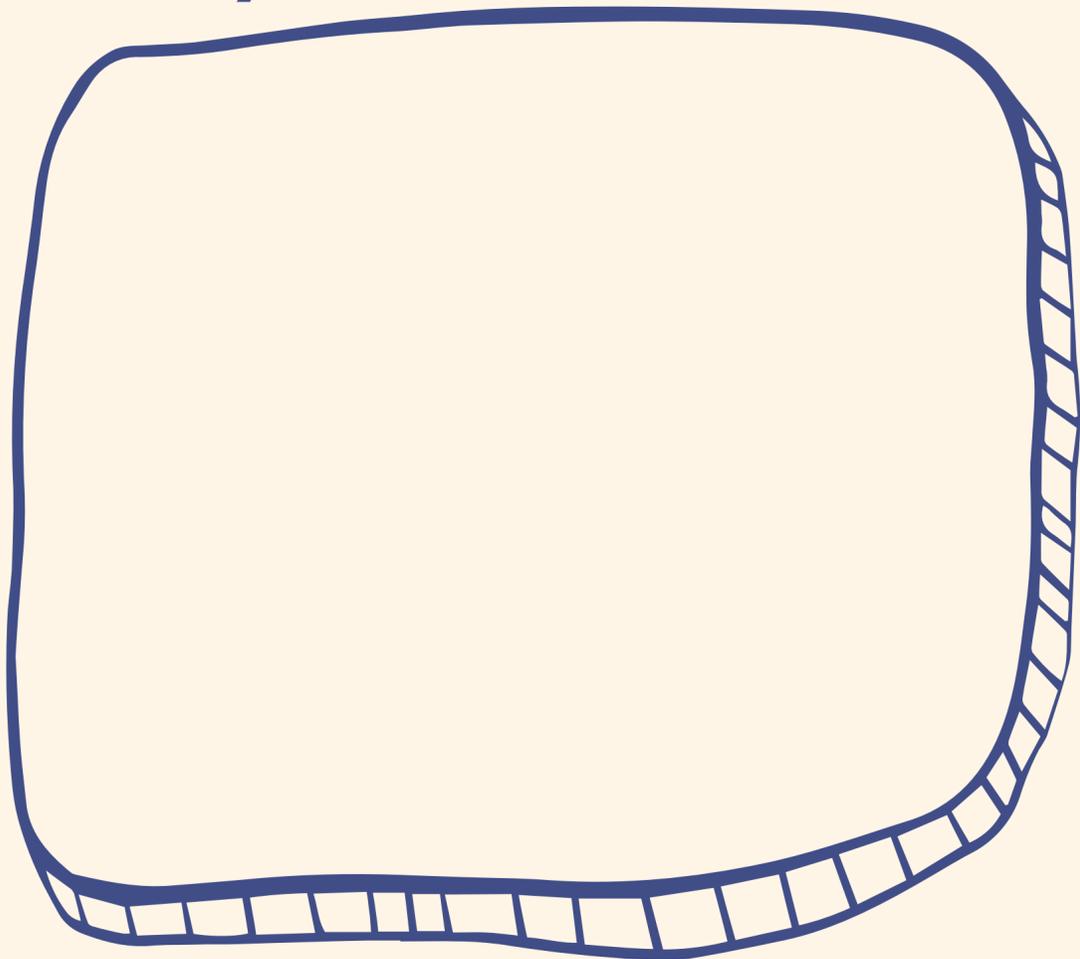
Summary of my day:

A large, hand-drawn blue rounded rectangle with a decorative border of small vertical lines along the bottom and right edges, intended for writing a summary of the day.

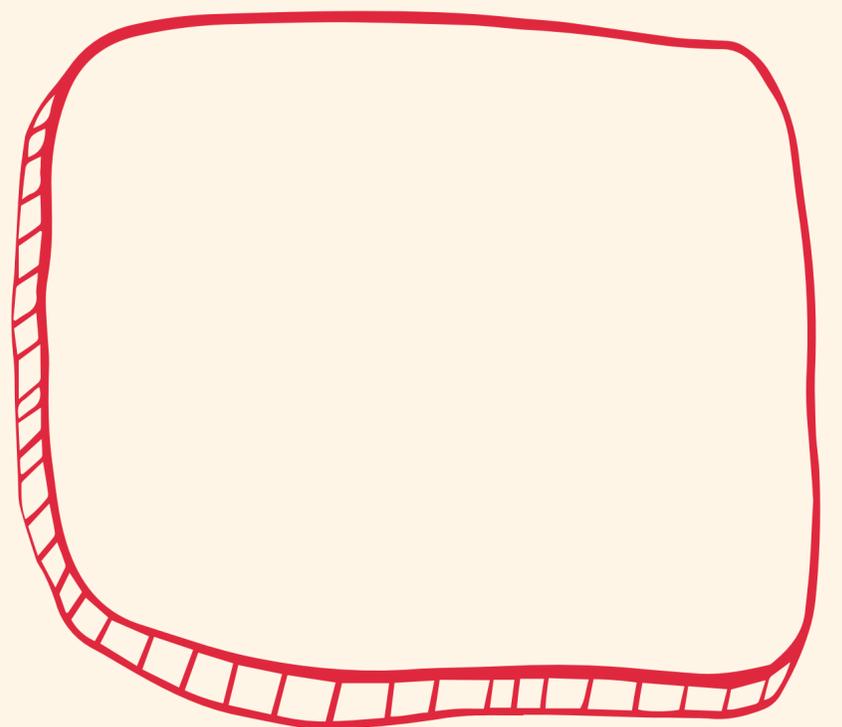
Today's Date:

A hand-drawn orange rounded rectangle with a decorative border of small vertical lines along the bottom and right edges, intended for writing the date.

Today I felt:

A large, hand-drawn blue rounded rectangle with a decorative border of small vertical lines along the bottom and right edges, intended for writing about how the person felt today.

Today I was grateful for:

A large, hand-drawn red rounded rectangle with a decorative border of small vertical lines along the bottom and right edges, intended for writing about things the person was grateful for today.

Art for the Ears

You've got to love a good podcast, right? There is such a diverse range of free podcasts floating around out there, it can be hard to know where to start. So we have narrowed it down for you! We have a handful of arty and creative based podcasts for you to check out.

A podcast really is the perfect companion for any commute, car ride or those rare moments of peace and quiet at home.



THE ART NEWSPAPER PODCAST

'A London publication that reports on international art, has created one of the most topical podcasts around. Hosted by Ben Luke, the weekly show is not a digest of recent articles, but a chance to hear experts talk in depth about new developments or trends.'



WHAT ARTISTS LISTEN TO

'Imagine the ever-popular BBC radio program Desert Island Discs with an artist-only guest list and a feminist bent and you'll get What Artists Listen To. The London artist Pia Pack started this podcast shortly after moving to Los Angeles in 2017 to explore "the stories and soundtracks of artists' lives".'

ART DETECTIVE

'In these podcasts, Dr. Janina Ramirez presents herself as an art-object sleuth, "your chief investigator of images," but she acts more like that memorable college teacher — the one who shared such enthusiasm for her topics that you found yourself interested in dusty corners of art history that had never intrigued you before.'



TALK ART

'Russell Tovey, an actor-collector, and Robert Diament, a musician-turned-gallerist, host freewheeling and wide-ranging talks with some big visual artists (and bold-name creator-collectors. It's trendy, gossipy, fast-paced conversational fun.'

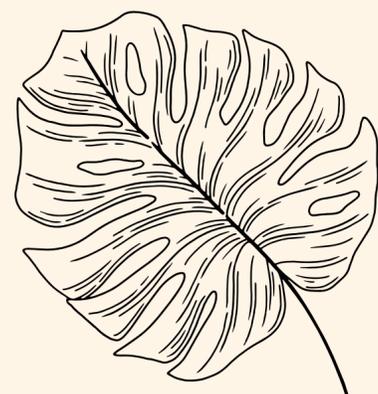
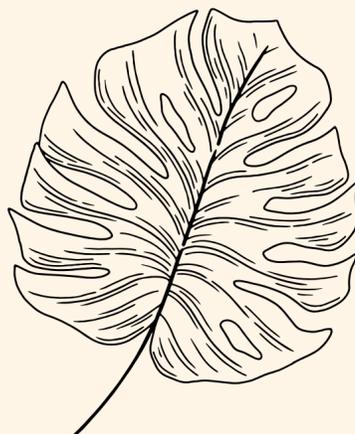
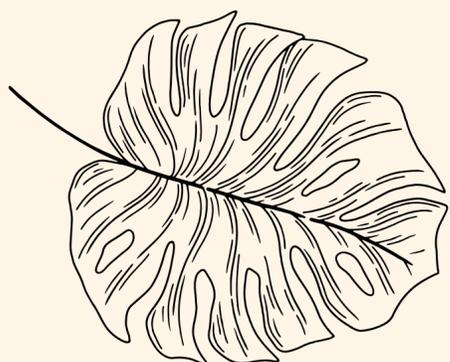
Cut-up poetry

This is a really simple and fun creative activity for all ages and experiences! Write a poem or song using the same technique as many of the most well known musicians known today (including David Bowie).

Prefer visuals to written instruction? We have made a video for you to follow instead if that's more your cup of tea.

Just head to:

www.imperialcharity.org.uk/arts/patient-engagement-programme/virtual-workshops/virtual-workshops-drama-creative-writing



You need:

- Old books, magazines or letters you don't mind drawing or cutting
- A piece of paper to write or stick your poem onto
- A pen to write with and/or something to draw onto your magazines with such as a pencil or highlighter
- Scissors (if you have them)
- Glue stick (if you have one)

Step 1 - Music:

How do you want your poem to feel? Romantic? Funny? Angry or passionate? Use music or even recorded sounds from the internet such as bird song or waves to inspire your choices in the next step.

Step 2 - Choosing your words:

Get a pen and begin to circle words that pop out at you.

Don't think too hard and don't try to make them make sense. Just circle anything that happens to stand out. Do this until you have around 30-50 words or more!



Step 3 - To glue, or not to glue:

Now, you have two options here. If you don't feel comfortable cutting out the words because you want the book intact, or the words are too small – then you can just put the words in order by copying them out onto your paper or note book. But, if you are happy to snip away, then cut out all your circled words.

Step 4 - Arrange your words:

This is when we bring your poem to life! Only using conjunctions such as **and**, **also**, **but**; **the's** and **a's**; and the words in front of you - begin to arrange your words into a poem. You have two options here. You can either:

1) Stick your words using your glue stick onto the paper and write your extra words in-between creating a collage.

Or, 2) Just copy the words out onto your paper in your desired order by hand and pen (or even into a document on your laptop should you prefer).

Even here, don't think too hard! The beauty of many of Bowie's songs is that the poetry of them comes from their nonsensicalness.

Bibilography and links

Page 4:

Today I'm - <https://www.todayimapp.com/>

Page 7:

"10 Binge-Worthy Art Podcasts in the Age of Coronavirus"

by Jori Finkel -

<https://www.nytimes.com/2020/03/20/arts/design/art-podcasts-coronavirus.html>



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