

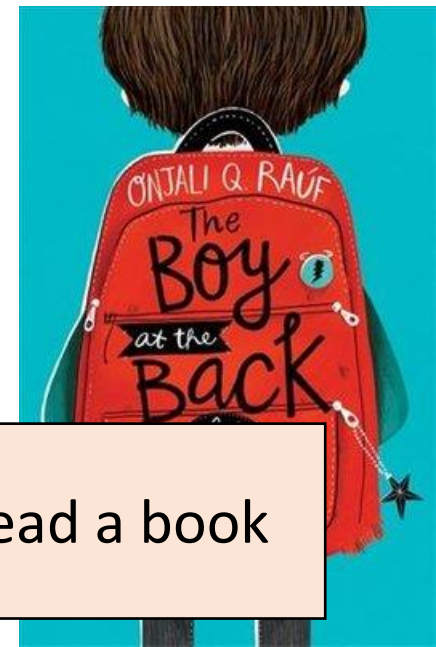
Wellbeing tip – number 4

Rest

In Tip 3 we looked at the importance of keeping busy and how this can help with positive mental wellbeing by distracting us from difficult thoughts. However, if we are busy all of the time without taking time out just to be still and rest, this can lead to extreme tiredness which can produce low mood.

Taking time to rest and be still is really important and we should try to aim for a balance of keeping busy throughout the day but also resting in between. Expectations on us to produce something or to perform to a certain standard or level can be very tiring, especially if we have to work extra hard to be motivated as we mentioned yesterday. Even conversations with friends and family can be tiring if we feel we have to behave in a certain way to be accepted by them. **It is important to have time every day, even if just for a few minutes, where no-one is expecting anything from us**, we are not expecting ourselves to perform to a particular standard and we can simply be ourselves. The challenge is that when we stop, the difficult thoughts return into our minds. On the following slides are some suggestions of ways we can **rest and be still** without difficult thoughts and feelings overwhelming us. Resting also includes sleep which we will be looking at as a separate wellbeing tip.

Choose one of the many activities from the Spring holiday notices – see later in this powerpoint



Read a book



Do some mindfulness colouring

Listen to music, a podcast or an audio book



Paint your nails



If when you try to rest your mind is full of thoughts which you can't switch off, aim to do an activity which occupies your mind but which doesn't require you to produce anything or which you can do without thinking. It needs to be something you can do easily and which you enjoy. TV and gaming are also good options as long as you choose what you watch wisely and play safely.

If you need resources such as earphones, reading books, mindfulness colouring sheets, nail varnish, DVDs, let us know by emailing cga@clapton.hackney.sch.uk and we will do our best to get these to you.



The worry plant

If when you are still you find yourself worrying a lot, try some of these strategies to control your worry:

- Imagine that your worries are a plant. If you feed and water a plant it grows. In the same way, If you 'feed and water' your worries by giving them lots of attention, they will get bigger.
- Try to limit how long you spend thinking about things that worry you. You can even set a timer for how long you are allowing yourself to think about them. This may seem easier said than done but you could try it and see if it helps.
- Write your worries on a piece of paper and use this to talk to someone you trust about them. You can then throw the piece of paper away.
- Set aside one time in the day to think about your worries and don't allow yourself to think about them at other times. When you do think about them, use the above strategies.

Breathe in for 7



Breathe out for 11



Try counting everything in the room while lying down as a relaxing distraction technique.

Try these relaxation techniques if you find it hard to switch off when you are still.



Try this stress releasing exercise.

Try relaxing all the muscles in your body one at a time.



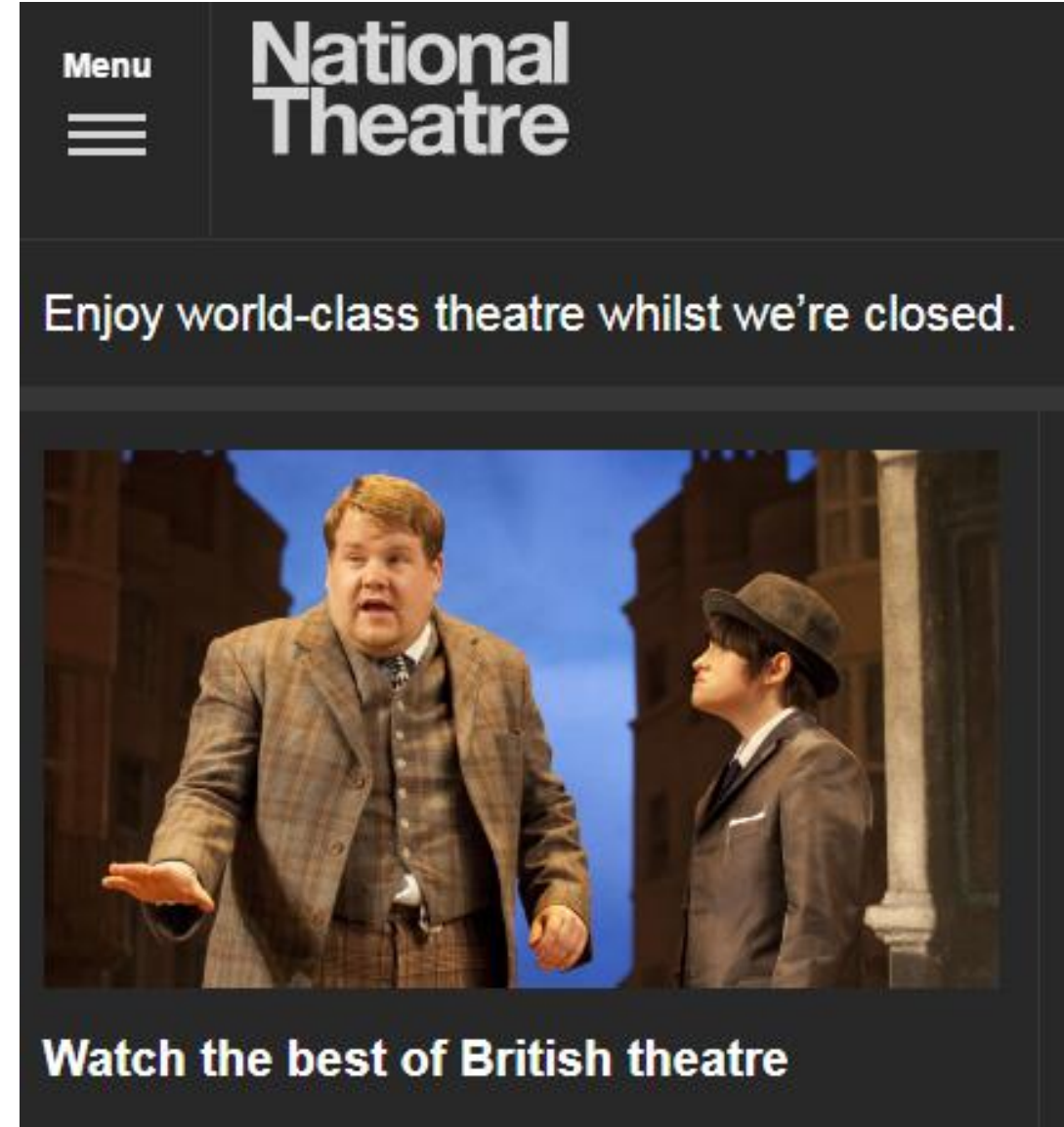
Go to the theatre

<https://www.nationaltheatre.org.uk/at-home>

Join us every Thursday for much-loved National Theatre Live productions, free to stream on YouTube for seven days. 2020, 7pm BST

[Follow this link for even more opportunities to watch theatre and dance online!](#)

FREE & ONLINE



The image shows a screenshot of the National Theatre website. At the top left, there is a 'Menu' button with a hamburger icon. To its right is the 'National Theatre' logo in white text on a dark background. Below the logo, a dark banner contains the text 'Enjoy world-class theatre whilst we're closed.' in white. Underneath the banner is a photograph of two men in period costumes on a stage. The man on the left is wearing a brown tweed jacket and a waistcoat, gesturing with his right hand. The man on the right is wearing a dark suit and a hat, looking towards the first man. Below the photograph, the text 'Watch the best of British theatre' is displayed in white.

Visit museums and galleries!

https://theculturetrip.com/asia/china/hong-kong/articles/culture-trips-guide-to-the-experiencing-art-virtually/?utm_source=newsletter&utm_medium=newsletter&utm_level=newsletter&utm_campaign=20200325_STORIES&optimove_cid=80199&utm_slot=1

The world might be on lockdown, but that doesn't have to mean you can't get your art fix. As exhibitions, events and galleries close temporarily because of coronavirus, many are putting their shows online. Good news for art buffs.

- **British Museum, London:** [virtual tour](#).
- **Guggenheim Museum, New York:** [Street View](#)
- **National Gallery of Art, Washington, D.C.:** [two online exhibits](#)
- **Musée d'Orsay, Paris:** [virtual tour](#)
- **National Museum of Modern and Contemporary Art, Seoul:** [virtual tour](#)
- **Pergamon Museum, Berlin:** [visit online](#).
- **Rijksmuseum, Amsterdam** [virtual tour](#)
- **Van Gogh Museum, Amsterdam:** [virtual tour](#)
- **The J. Paul Getty Museum, Los Angeles:** [virtual tour](#)
- **Uffizi Gallery, Florence:** [virtual tour](#).
- **MASP, São Paulo:** [virtual tour](#)
- **V&A:** <https://www.vam.ac.uk/>



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Find out more about Self-Portraiture

<https://www.npg.org.uk/whatson/self/home/>



IDENTITY



WOMEN



MEDIUM



CLASS



GROUPS



RACE



GENDER



SELFIES



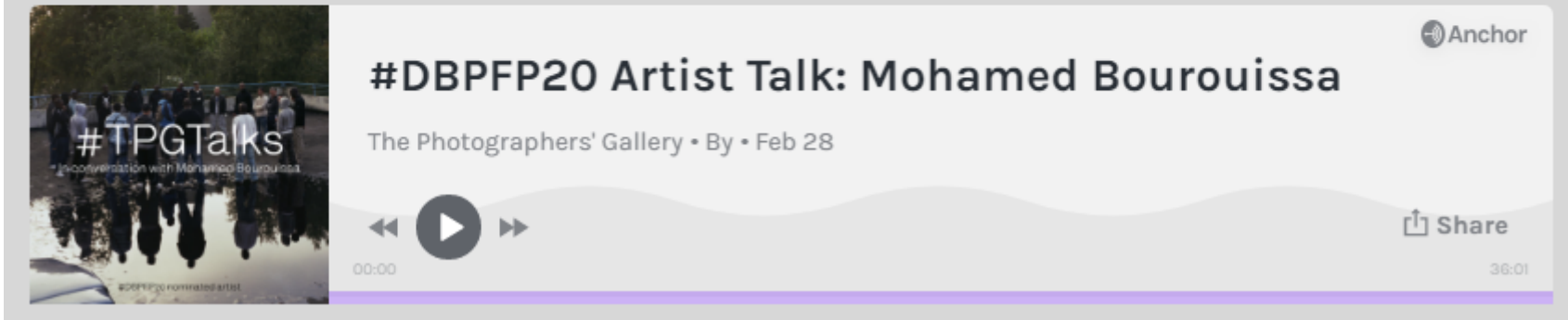
ABOUT

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Listen to an Artist talk

<https://thephotographersgallery.org.uk/content/listen-dbpfp20-artist-talk-%E2%80%93-mohamed-bourouissa>

LISTEN: #DBPFP20 Artist Talk – Mohamed Bourouissa



The image shows a video player interface. On the left is a video thumbnail with the text "#TPGTalks" and "A conversation with Mohamed Bourouissa". The main area of the player has the title "#DBPFP20 Artist Talk: Mohamed Bourouissa" and the subtitle "The Photographers' Gallery • By • Feb 28". There are navigation controls including a play button, a progress bar, and a "Share" button. The video duration is shown as 00:00 / 36:01. An "Anchor" icon is visible in the top right corner of the player area.

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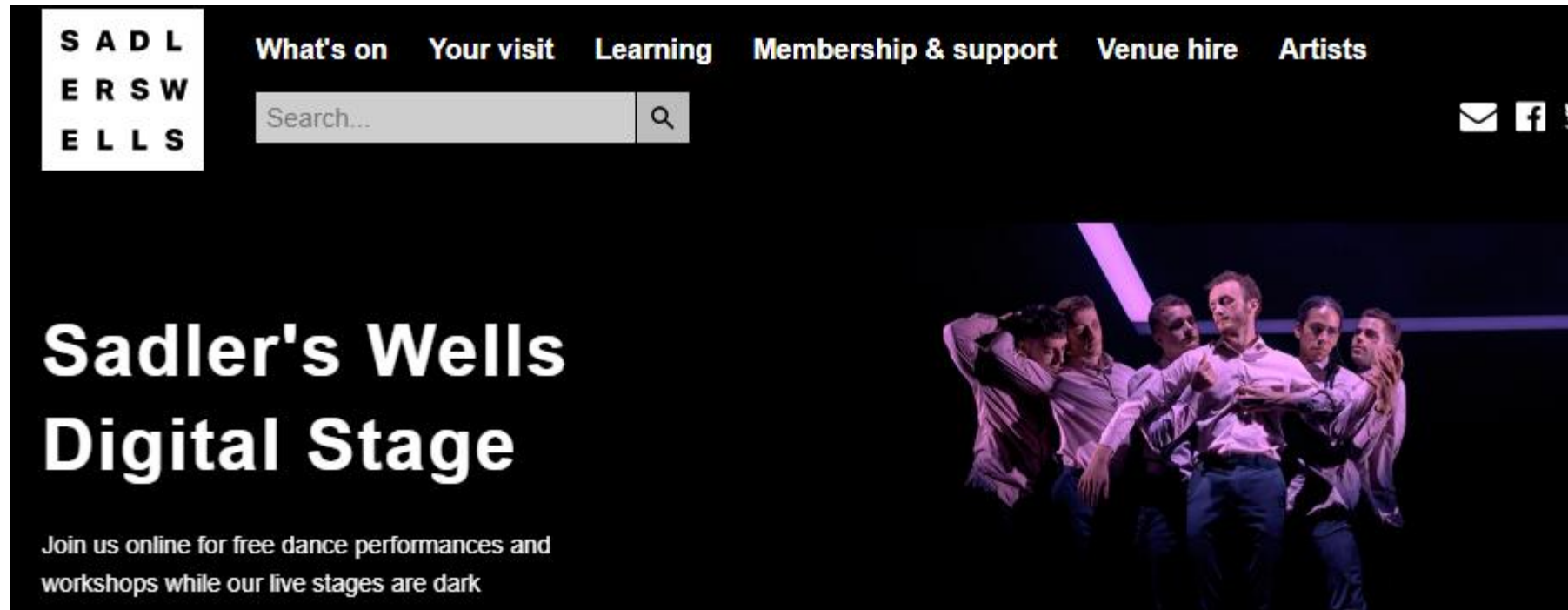
Watch dance online for free!

<https://www.sadlerswells.com/>

Sadler's Wells presents a programme of full-length dance performances and workshops online, to keep you entertained and connected through dance, wherever you are in the world while our live stages are dark.

The programme launches on Friday 27 March (World Theatre Day), with an exclusive online screening of **Deluxe by BalletBoyz** at 7.30pm GMT. It will be available to watch on the [Sadler's Wells Facebook page](#) for 7 days, as the first in our weekly series of **Sadler's Wells Facebook Premieres**.

We're also presenting a series of online dance workshops specially created for families with [young children](#) and [over 60s](#) to help you take part at home.



The screenshot shows the Sadler's Wells website homepage. At the top left is the logo 'SADLERSWELLS' in a grid. To the right is a navigation menu with links: 'What's on', 'Your visit', 'Learning', 'Membership & support', 'Venue hire', and 'Artists'. Below the menu is a search bar with the text 'Search...' and a magnifying glass icon. On the far right are icons for an envelope and Facebook. The main banner features the text 'Sadler's Wells Digital Stage' in large white font, with a subtitle 'Join us online for free dance performances and workshops while our live stages are dark'. The background of the banner is a photograph of a male dance troupe performing on stage.

FREE & ONLINE

Holiday reading ideas

- **Classics – free to read online:**

<https://www.goodreads.com/shelf/show/public-domain>

David Walliams reading everyday at 11am:

<https://www.worldofdavidwalliams.com/elevenses/>

- **Angie Thomas podcast:**

<https://www.southbankcentre.co.uk/blog/southbank-centre-book-podcast-angie-thomas-come>

- **A Sonnet a day:**

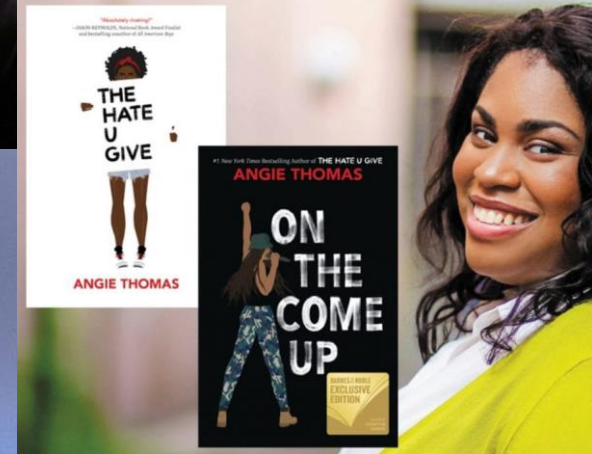
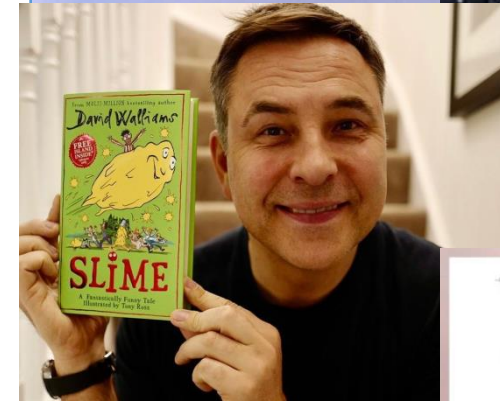
https://twitter.com/hashtag/ASonnetADay?src=hashtag_click

- **Book Extracts**

<https://www.lovereadings4kids.co.uk/genre/ya/YA-readers.html>

https://stories.audible.com/pdp/B0149LZ5ZK?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-3

https://stories.audible.com/pdp/B00HNXV0R4?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-2



**Free
audiobooks**
<https://stories.audible.com/start-listen>



audible
an amazon company

Stories help.

They entertain. They teach. They keep young minds active, alert, and engaged.

For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet.

Explore the collection, select a title and start listening.

It's that easy.

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SCRIBD

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