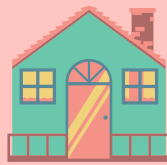


CREATIVE WELLBEING PRACTICES-



This resource sheet is put together by Minoti Parikh- Creative Practitioner at Minoti Parikh Consultancy. A trained Indian classical dancer, Minoti is passionate about introducing movement as a way of improving wellbeing and overall mental health.

MINDFULNESS EXERCISES



Build the house of joy

Take a minute to think of what brings you joy?

Imagine if you had to build a house of joy then what would it look like, how would it smell, would you have company, would there be food?

Spend some time diving deeper into this thought.



Take Notice

Take your attention away from the laptop/whatever you are doing. Count 5 things you see, 4 things you hear, 3 things you feel, 2 things you smell, and 1 thing you taste. You can make a note of it or just simply take notice. The aim is to give our minds the space to breath, imagine and be more present.



Be grateful together

At some point through the evening ask family members/ friends to share what they are most grateful for today. You can also create a group on Facebook/Whatsapp and share via chat. Make it a daily practice



Surprise!

Doing an act of kindness for someone else can be such a rewarding practice that can help us with developing a positive mindset. Send a surprise message to a friend/colleague/loved one sharing why they are awesome and why you love them.

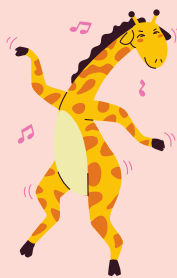
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MOVEMENT EXERCISES



Hello!

Imagine you have to speak with a tree for 5 minutes. The tree only understands language that involves swaying and some sort of movement. Pretend to be sharing a message with the tree, it could be a happy message, an angry message etc. The idea is to explore different ways of using our body to express our feelings.



Mantra and movement

Think about your philosophy in life or a positive affirmation you always remind yourself of. Now see if you can set a movement to express that mantra. It could be an abstract movement or a simpler movement. The idea is to try to practice our mantra's by engaging our body, mind and soul.



Challenge yourself

Give yourself a dare that the next time you get up to make a cup of tea/coffee, you will dance/move to music the whole time. The point of this short fun exercise is to bring some movement and fun into a mundane task and be more mindful about how we feel after just a few minutes of dance.



Charades

Add a bit of fun to your team meetings/weekly catch ups or family talks by spending the first 5 minutes communicating to each other only through action. Get the other person to guess what you are trying to share and have a good laugh together while creating movements.

This resource sheet created by Minoti Parikh is kindly funded by Leeds Inspired. For any further details/queries please contact- minotiparikh@gmail.com

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