

Staff Wellbeing Programme

Creativity and Wellbeing Week 17–23 May 2021



Celebrating Creativity and Wellbeing week, take part in Breathe Arts Health Research's new programme of online arts and health workshops for Guy's and St Thomas' NHS staff. Take important time for yourself to recharge, de-stress, meet other colleagues and have fun.

	Mon 17 May	Tue 18 May	Wed 19 May	Thu 20 May	Fri 21 May	Mon 24 May
1.00pm–1.45pm	Singing for Stress Relief		Breathe Magic for Mental Health	Breathe Creative Breaks: Drawing Mandalas	Poetry for Mindfulness	
Evening (see timings below)		Breathe Dance for Staff Wellbeing				Breathe Harmony: NHS staff choir

Singing for Stress Relief

Monday 17 May, 1pm–1.45pm

Breathe has adapted its successful Breathe Sing for Lung Health programme to offer the health and wellbeing benefits of singing, to staff working from home. This workshop includes physical and vocal warm ups, well-known songs and world music led by one of our expert singing leaders.

Breathe Dance for Staff Wellbeing

Tuesday 18 May, 6.30pm–7.30pm

A dance class set to mood-boosting music, aimed to relieve stress, release tension and have fun in a supportive environment. This session offers an outlet for staff to relax and recharge through physical movement, whilst learning short routines fusing dance styles including contemporary, ballet, jazz and street dance.

Breathe Magic for Mental Health

Wednesday 19 May, 1pm–1.45pm

Experience a unique taste of magic as a tool to clear the mind, be present and alleviate anxiety, led by a professional Breathe Magician. Learn magic tricks whilst experiencing how magic can help to develop memory, hand-eye coordination, communication skills and self-belief.

Breathe Creative Breaks for Staff: Drawing Mandalas

Thursday 20 May, 1pm–1.45pm

Take part in an absorbing workshop, designed to reduce anxiety by channelling attention through simple yet inspiring drawing activities. Inspired by the work of well-known artists, we'll play with ideas and experiment with shading, texture, shape and form. Just bring a pen and paper!

Poetry for Mindfulness

Friday 21 May, 1pm–1.45pm

Join for a peaceful, reflective and refreshing session of mindfulness and poetry. Mindfulness has been shown to reduce stress and improve well-being, clarity, focus and creativity – add a sprinkling of poetry and creativity for an extra positivity boost.

Breathe Harmony NHS choir rehearsal

Monday 24 May, 7pm–8pm

Join an online rehearsal with the celebrated Guy's and St Thomas' NHS staff choir and sing some feel-good classics from home.



All sessions are **FREE** and open to all Guy's and St Thomas' NHS staff working from home and on site and take place on Zoom. No experience in any of the art forms is necessary. Places are limited and registration in advance is required.

[Book here](#) or visit breatheahr.org

Share your experience:
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#CreativityandWellbeing

Get in touch:
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