FLY WAY 飞路

Flyway Creative Participatory Programme

Creative Wellbeing Activity Pack



UNIVERSITY of STIRLING

art link central

FLYWAY CREATIVE PARTICIPATORY PROGRAMME



Artlink Central worked with 35 Chinese students who are studying at the University of Stirling over the five months, to meaningfully engage them in 'Creative Wellbeing' activities. A monthly event offered participants a supportive and collaborative space to learn about 'wellbeing' and anti-stigma surrounding mental health.

Opening up about mental health can be daunting, with many people experiencing stigma around this subject. Creative activities and tools can help people to communicate their own feelings and ideas in a way that feels comfortable, as well as to start difficult conversations within a group or with others. Sometimes an image or a movement can spark a shared sense of understanding when words perhaps cannot.

A range of creative activities were introduced to the participants to express themselves, such as cooking together, self portrait watercolour painting and dancing. This e-book contains documentations from the programme, as well as creative activities that we used to engage the Chinese students. We hope this eBook will be a useful resource and inspire others to use creative activities to improve and look after our 'wellbeing'.

Aya Iguchi-Sherry, Developing Artist, Artlink Central

Anti-stigma in Mental Health - See Me



See Me is Scotland's National programme to end mental health stigma and discrimination. Mental Health stigma makes it harder for people to understand and speak about their own mental health and the mental health of others. It creates a barrier to people being able to ask for the help they need and excludes people from decision making processes that affect their lives. It can make a difficult time feel more isolating and stressful.

If we can normalise talking about mental health we help to break down the stigma around it. We can also start to understand what impacts our mental health, both negatively and positively, and how we can find help and support when we need it. Creative, mindful activities like the ones detailed in this pack can give us an opportunity to think about how we take care of our own mental health and make time to check in on how we are feeling.

I would encourage anyone reading this wellbeing pack to make time to try one of the activities and think about whether your mood is improved by the end. Everyone has mental health and it is important to make time to take care of it.

Maeve Grindall
Support Officer, Community & Priority Groups

Creative Wellbeing Activity #1

"Blind Self portrait - Watercolour painting"



Aim

To creatively express what it means to be 'individuals' and why it is an important topic of conversation when considering our mental health and wellbeing.

Let's talk about...

- How do we grasp the state of our mental health? Start by reflecting on ourselves.
- How do we perceive and understand ourselves?
- How do we feel that others perceive us, and how does this make us feel?

Materials

Water colour paint, watercolour brush, colour pens and pencils, water, paper

What to do

1) Close your eyes.
2) With one hand, follow the shape of your face using your middle finger. With the other hand, draw with a pencil what you feel. It might be easier if you start from your forehead.
3) Open your eyes and see what you have drawn.
4) Paint your face using water colour. Remember to mix colours!





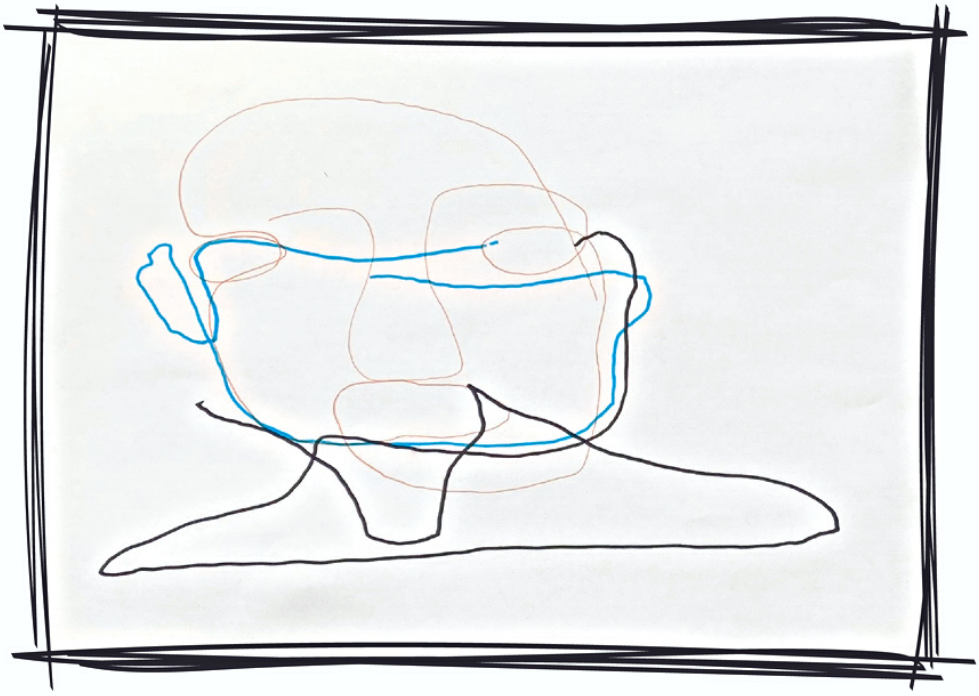
"I think "well-being" includes not only physical health alone, but also the need to keep positive mentally. This is why we need to carry out a range of activities to help release stress, especially when facing unfamiliar situations and challenges, and it is essential to adjust the mindset properly." - participant







"This activity let us understand and experience the charm of connecting elements in daily life with art - participant"







"I believe that "well being" is not only about physical health, but through a series of activities, I found that sometimes it is important to be comfortable and positive inside, and we can relieve ourselves of stress in different ways" - participant



Creative Wellbeing Activity #2

"Share a Recipe"



Aim

To explore the powerful movement #ESEAeats, showing how food unites people from different communities, especially in times of lockdown, isolation + loneliness.

What is ESEAeats?

The #ESEAeats hashtag grew out of frustration with the way Asian cuisine has so often been treated. Now, it is a movement of celebration!

Let's talk about...

- How does food and certain dishes reflect our own identity and how we feel about ourselves?
- Do certain dishes make us feel calm, like we 'belong', and why?
- What are some recipes that are stigmatised, and how can we break down these stigmas?

Materials Pen + Paper

What to do

1. Reflect on your most cherished food memories and how this made you feel.
2. List the Ingredients and Method to write a recipe for your favourite dish that you would tag with #ESEAeats.
3. Write down a food you like, and why. Could it be the texture, the flavour, the smell, the taste or the memories associated with it? You may share a food you dislike, and why.
4. Share your recipe with your friends and cook each others dishes!

Share a Recipe

Ingredients Cola Chicken Wings



points: Sweet, self made, cook it when I am free

Method

1. bail the wings with ginger slice and cooking wine
2. Deep-fly chicken wings until golden brown on both sides
3. Add oyster sauce, soy sauce and a bottle of cofe

Fatty intestine hot pot

Share a Recipe

Ingredients

Sweet and smelly

Salted.

Soft and chewy.

Reeky maotai-flavor.

It can be spicy or original

Method

1. Clean pig intestines.
2. Prepare spring onions, ginger, garlic
3. Stir-fry the spices and add the soy sauce.
4. Add pork intestines and potatoes.
5. Continue to boil into hot pot.

Share a Recipe

Ingredients "Hot pot" from Sichuan

1. Any vegetables & meat you like
2. some basic spices
3. especially red pepper (* spicy*)

Method

sauteed hot pot "seasoning" then add water when the water boils, add your favorite ingredients

the sauce for dipping food is also very important !!!

Don't like: food tastes bitter (eg. bitter gourd).

Last summer, ate authentic spicy hotpot in Sichuan, China.

Share a Recipe

Hotpot. 火锅 <spicy, tomato-flavoured, etc>

Ingredients

- beef.
- mutton.
- seafood.
- All kinds of vegetables. (lettuce, cabbage, corn, lotus root, broccoli, etc)
- mushroom.
- tofu.
- noodles.

You can add whatever you want !!! It's up to U.

Method

- Add some source and ingredients in the pot.
- Add water and wait it to boil.
- boil your prepared food.
- You can also enjoy it by eating with Majiang 麻酱 (sesame paste)

- I really enjoy having hotpot with my family and friends in summer and winter. Hotpot is my comfort food, which means it can cheer me up and give me a sense of warmth. Whenever I feel upset, hotpot is something I'd resort to.

Share a Recipe

Ingredients

hotpot
- All kinds of meats (chicken, beef)
- Vegetables (green leaf (limited), tomato)
- noodles
- tofu

Method

Easy → trough all ingredients into a pot.



traditional.

March / This year) ⇒ I feel depressed.

My friend → Rocky / I) → That is the 1st time travel together. → Beijing (capital city)

We are both love hotpot, and we can't live without it.

a famous hotpot restaurant → As a dinner.

in local

↓ take photos.

↓ record the

in memory.

Share a Recipe

Ingredients

Fried Photatoes

not the usually do

"豉汁土豆"



Method

1. Fried potatoes in a pot.
2. Take it out and season it.
   (Chili, cumin, salt, soy sauce, sesame)
3. Stir them.
4. Put the parsley on the top.

Last weekend.

Me and my friends went to Edinburgh at the weekend after we finish our final exam of the semester. We decided to have a trip to Edinburgh. So after we arrived, we searched on the Internet to find some delicious food at there.

We find a restaurant called Pappii, It is famous for it's food — Waffle. especially with strawberry and cream. I like it very much. It's a very happy journey. ^^!

Share a Recipe

Ingredients Vegetable chicken soup

Vegetable: onion, tomatoes, potatoes, celery, thyme

other vegetable you like

chicken filter or drumstick

Bacon. some noodle

Method

1. ues. vegetables to cook ~~mi~~ soup. about 1 hour., then add thyme.
2. pour out the vegetable soup. ~~only soup~~
3. cook chicke ~~fry~~) then make it rive.
4. put it into vegetable soup. then put raw vegetable and ~~boil it~~ if you prefer. you can put noodle init

---

A good food can provide people with a sense of satisfy. This ❀ vegetable chicken soup is. my father taught to me befor I come to Uk. It almost can be regard as the first formal dish that I cook successfully. so I really love this dish. because everytime I cook and eat it. I feel warm.

Share a Recipe

Ingredients

Pork-ribs Leeks ginger garlic. pepper cooking wine. oil.

Method

① Blanch the ribs in water. ② put the oil and the ribs ③ put the seasonings into the b ribs. ④ stir fry for 5 minutes. ⑤ Add some water and cook for 35 mins.

The last time when I ate some delicious foods was the last week. I bought some Aberdeen Angus Beef steaks from waitrose. They were much more expensive than the usual steaks. After that, I found a cooking recipes from the website. It was a excellent experience.

Share a Recipe

Ingredients

how to make chocolate by yourself?

(chocolate is the most pleasurable ingredients in the world !!!) (^o^)

Method — very easy !

① Buy some ~~photo~~ chocolate from supermaket

② Then melt them in the microware.

③ Leave, pue it in your mold and pue them in the fridge

↓

You get your chocolate !!!

Food I hate ! =

Cause

I am a FOODIE.

There's almost nothing I don't like.

Share a Recipe

Ingredients

毛血旺.

Chongqing style boiled blood curd

duck blood
cattle stomach
pork luncheon meat
bean sprout
pepper
chili

Method

① put all ingredients together.

② pour in the boiling oil with pepper, chili and sichuan [illegible]

Maybe Last weekend.

I ordered it from Chinese restaurant.

Chili, spicy thing make me relax and happy.

a kind of slightly stabbing pain gave me specical feeling

It let me feel I exist.

Wise words from
A Perch for the Thornbirds
NPO mental Health Organisation, China

A Perch for the Thornbirds is Artlink Central's Mental Health project partner based in Shanghai, China.

Their mission is to empower, engage and promote expression and inclusion using transdisciplinary approaches to address mental health related issues. They actively produce original applied knowledge and tools based on their public actions to expand the possibility of diverse prevention and intervention for mental distress.

During the Flyway Creative participatory programme, we offered online mental health and wellbeing support both in Chinese and English.

Here are some wise words from them;



"Walk, even if you feel uncertain or if you walk slowly. What matters is finding your rhythms and a few reliable friends as you go. Keep on walking, but also remember to take a break or a nap"

"All the statistics in the world can't measure the warmth of a smile"





"Think beyond your experience, accept the nothingness of being'"

"Don't let it go that deep. Just breathe, look up, and smile"



Tips for Stress Management
by A Perch for the Thornbirds

What makes you feel healed? Is it a nice walk trail, a fancy restaurant, pub or a new local friend? Let's use our five senses to quickly relieve stress.





Sight

- Decorate your space to lift your spirits. Fill it with photos that bring warm memories, and colours that inspire a positive mood.
- Look at colourful plants and fauna outside.
- If you don't have quick access to nature, close your eyes and imagine yourself in a peaceful or calming scene, like the beach, a lake, or the hills.

- Light a scented candle or burn some incense.
- Take a bath with calming essential oils such as lavender or camomile.
- Smell some fresh flowers, or even clean laundry!
- Open your window and get some fresh air.



Smell

- Get snuggly: wear comfy clothes and socks, and cover yourself in a warm blanket.
- Give someone you love a big long hug.
- Apply some hand or body cream or give yourself a neck massage to relieve tension.



Touch



Taste

- Eat well but eat tasty! Try home cooking for healthier but yummy options.
- Make a hot mug cup of coffee or tea for a cold day, or cold drink for a hot one.
- Indulge in some dark chocolate, or try fruit instead of processed sugar. Dates are a healthy sweet treat.

- Sing or play a song that you love.
- If you have a windowsill, put some bird food out. Birds will come for a snack and sing and chirp while there!
- Make a playlist for relaxation. Sound baths, nature and bird sounds, rain, thunder, and fireplace sounds are some nature sound suggestions.
- Or, make a playlist of your favourite songs that lift your mood and get you upbeat for the day.



Sound



Movement

- Go for a quick walk or jog.
- Stretch and roll your head in circles.
- If you have no time to go outside, do some star jumps or pushups - anything to get the blood pumping.
- Or, try stillness with meditation and yoga.

Wellbeing Activity #3

"Use everyday materials and objects to get creative"



Aim

Discover the joy of creative expression using everyday materials and objects you have at home. Let's talk about...

- Reflecting on our own mental health and stigmas we face can become too direct and overwhelming... in what ways can we step out of ourselves and focus outwards instead?
- Turning to nature and every day objects vs. reflecting on ourselves in the form of a self portrait.

Materials

Coffee/tea/herbal tea/redbush tea/green tea, water and cup, small plastic container, paint brush, paper

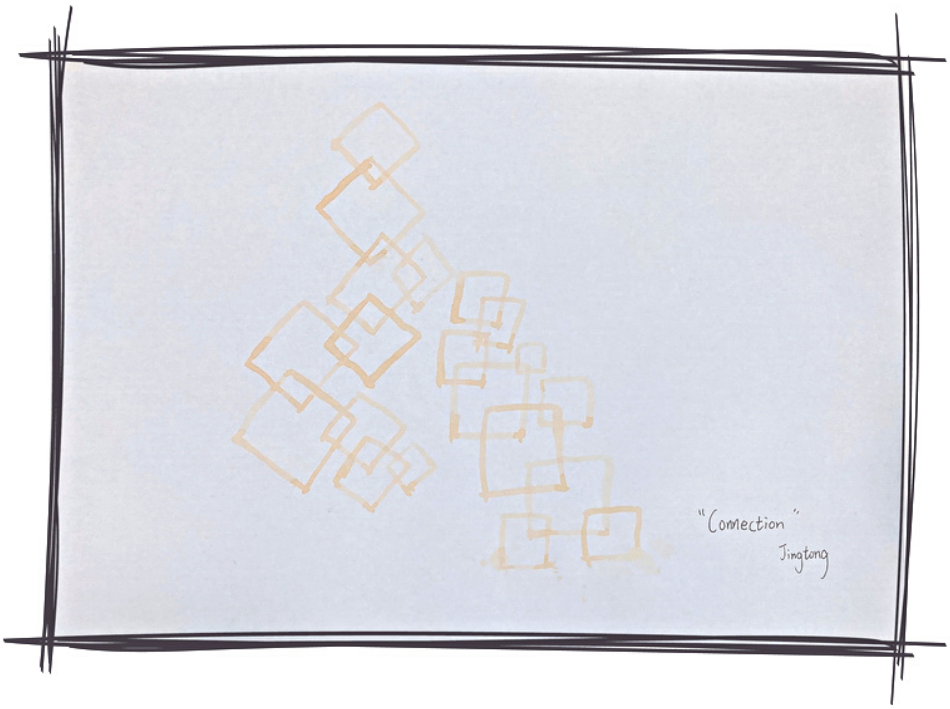
What to do

1. Place a tea bag/coffee granules in a plastic container + add a table spoonful of hot water, and let it brew.
2. Find a window and a table.
3. Paint what you see through the window or what you see in-front of you.
4. You can add water to create lighter colours or paint over the image to get darker tone.
5. Add different tones of colour by using different tea or coffee.





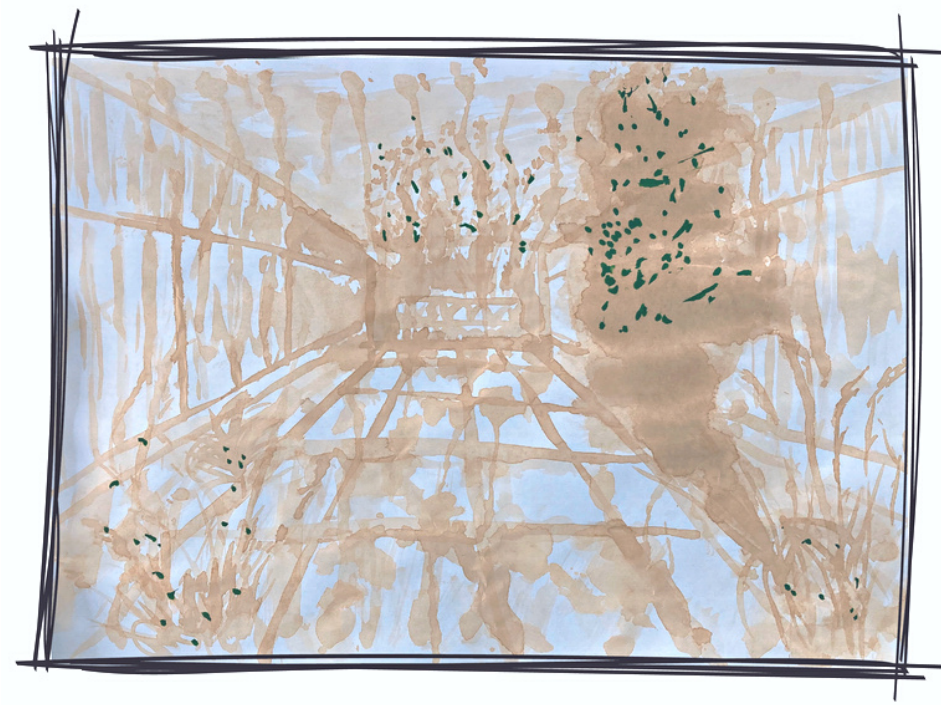
"It is inevitable that people are subject to pressure from all sides and feel anxiety about all sorts of things as they live. But there are many ways to divert our attention or release stress. Through these activities, the anxiety and stress caused by the cultural and linguistic differences and homesickness of our international students were alleviated, leaving us in a better frame of mind to continue our lives and studies" - participant







"Wellbeing is not just a word, it is a meaningful thing for everybody. We need to take care of our mental and physical health." - participant







"Wellbeing is not a very complicated thing. It can be achieved simply by observing the things around you and using what you have at hand, such as photos, coffee, tea, paintbrushes, or by appreciating music, dance, and art. - participant"



Wellbeing Activity #4

"Participate in cultural and social activities"



Aim

Objects and art works can be powerful tools for changing the way we understand different perspectives. Being curious and open to learning something new opens the doors for understanding, inspiration and gratitude. Discover art and culture that the local community has to offer!

Let's talk about...

- How does art and culture tell us something about our place in the world, our heritage and history, as well as our future?
- What did you see or experience that you connected with or felt challenged by? Were you able to talk about it with someone?

Materials Just your hands and feet.

What to do

Ask your local gallery or museum if you can get involved in object handling. Explore and find an object that is connected your culture, and learn about its history and connections to your area.



"There are some objects that I have not seen in China, and it is interesting to touch and observe them up close. The tiger shape made of wrapping paper is very novel. The combination of new ideas and old traditions creates something new - Student"





"We enjoyed the event because all students were involved in the activities and communication. Playing games and learning dances of Scottish style made us know each other and local culture bit better". - participant



Protection Approaches

https://protectionapproaches.org/

Protection Approaches works to change how the world views identity-based violence - and by so doing, change the way we respond to and prevent it.

Their Active Bystander Training sees see participants guided through a series of discussions to explore how we can play a role in tackling identity-based prejudice and violence in our community, school, or place of work.

What is an active bystander?

An "active bystander" describes somebody taking positive action when they see something harmful happening. Below are some strategies for active bystanders who witness someone being harassed or attacked because of their perceived identity, such as their race, religion, gender, disability or sexual orientation.

Principles of Intervention

Be Safe

- Your personal safety is a priority, your response should not put you at an unreasonable risk.
- Remember that direct intervention is rarely the only option - if direct intervention is not safe, think about what else you can do.

De-escalate

- Your response should never aggravate the situation or do anything to put a victim at increased risk of harm.

Victim Centered

- Alongside your own, the victim's wellbeing should at the centre of your approach.

Strategies

Timing

In moments of acute danger acting immediately is important, but in some situations, such as in a workplace you must consider whether immediate action is right for the victim's wellbeing. For example, speaking up in a meeting with the victim present may cause more embarrassment for them.

Join the Victim

- Sit with them, stand next to them to let them know you are there for them.
- If you don't know the victim, make sure you introduce yourself, ask if they are okay. Tell them you are there to help and support if they want you to, and tell them you will stay with them until they are safe.

Challenge the perpetrator

- Call out negative behaviour and tell the person to stop.
- You should be polite and remember that sometimes a person does not know they are being offensive
- Don't aggravate the situation, remain calm and state why something has offended you. It is helpful to use "I feel" statements.

Ask for help

- There is safety in numbers; sometimes others are looking for permission to get involved.
- Ask others around you to help you to intervene, e.g. "I think that person is in trouble, will you join me to check they are you?" Look for people in positions of authority you can help.

Show solidarity

- When you aren't able to do anything to stop an attack happening, showing solidarity with a victim after an attach is vital.
- Ask them if they are okay, make sure they know you think what happened to them is unacceptable.

Document evidence

Capturing or documenting evidence of the harassment can help ensure perpetrators are brought to justice. Some examples:

- Taking phone numbers from other witnesses.
- Noting car or bus number-plates, or a train carriage number.
- Only record on a mobile phone if you are certain that it will not escalate the situation and never post footage to social media with the permission of the victim.

Wellbeing Activity #6
"Take part in a cook-along"

Sean's Haggis Dumpling Cook-Along

Ingredients

Haggis or Vegetarian Haggis (shop bought)

Or make your own Beetroot Haggis;

- Fresh Beetroot 500g , ½ tin of Red Kidney beans , ½ tin of Chickpeas , 1 large Onion , ½ bulb of Garlic , Oats 500g , Black Pepper , White Pepper , Salt , Cooking oil

For Dumplings;

- Plain flour 250g , Water 130ml , fresh coriander (optional)

Preparation

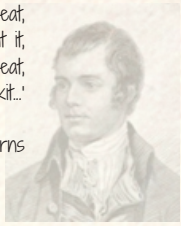
Cook Haggis/Vegetarian Haggis per instructions on pack

Beetroot Haggis;

1. Keep skin on and wash Beetroot
2. Splash them with cooking oil and a pinch of salt
3. Roast in an oven at 180c/350f/gas mark 4 for 30mins
4. Leave to cool

'Some hae meat and canna eat,
And some wad eat that want it,
But we hae meat and we can eat,
And sae the Lord be thankit...'

Robert Burns



Aim

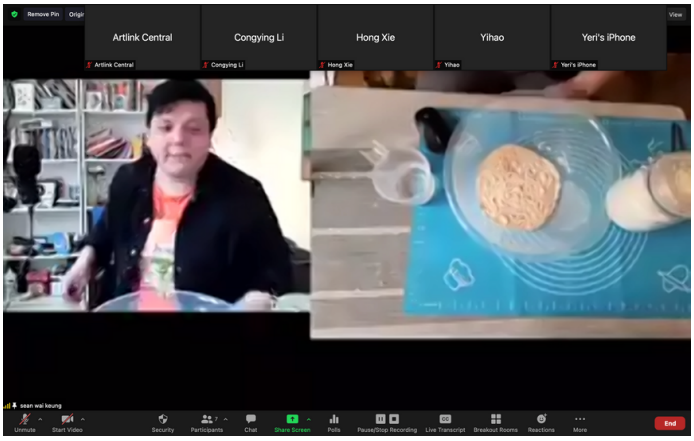
Participate in a cook-along, either online or together with your friends.

Let's talk about...

- How does food and eating connect us, and what are our assumptions about people based on what they eat or cook?
- Food can bring us closer together, but consider, what does the food say about the person preparing it?
- Do we have negative attitudes about food and how comfortable are we at trying new recipes or foods from other cultures?

Instructions

1. Gradually add the water to flour + knead into a smooth dough. Cover with a damp cloth + leave to rest.



For beetroot haggis

- Put beans + chickpeas in a bowl. Mush together, adding some salt + half the oats as you go.
- Grate the cooked beetroot into it.
- Peel + dice onion + garlic, then chop them finely.
- Fry onions until they're see-through, then add garlic.
- Add salt + spices, then take a spoonful of the beetroot mixture and add.
- Keep adding spoons of mixture. If the mixture is too wet, just add more oats.
- Pour the mixture back out into a bowl.

To assemble

- Divide the dough into even portions, then roll each portion into a ball.
- Flatten the balls into discs then use a rolling pin to smooth them into circles.
- Take a spoonful of haggis mixture + add to the middle of dumpling skins.
- Twist + squish the edges so that it envelopes the mixture.
- Take a sprig of coriander leaf if you want and use it to 'tie' the top of the dumpling shut.

To cook

Steam, fry, boil, it's up to you! Whatever you choose, it shouldn't take long as the dough will cook quickly and the filling only needs heating.

Wellbeing Activity #7

"Creative Walk - Monoprinting inspired by Nature"



Aim

Take a walk around your local environment and observe your surroundings. Watch and listen the stillness of nature, and look for things in nature that give you a sense of wellbeing.
Let's talk about...

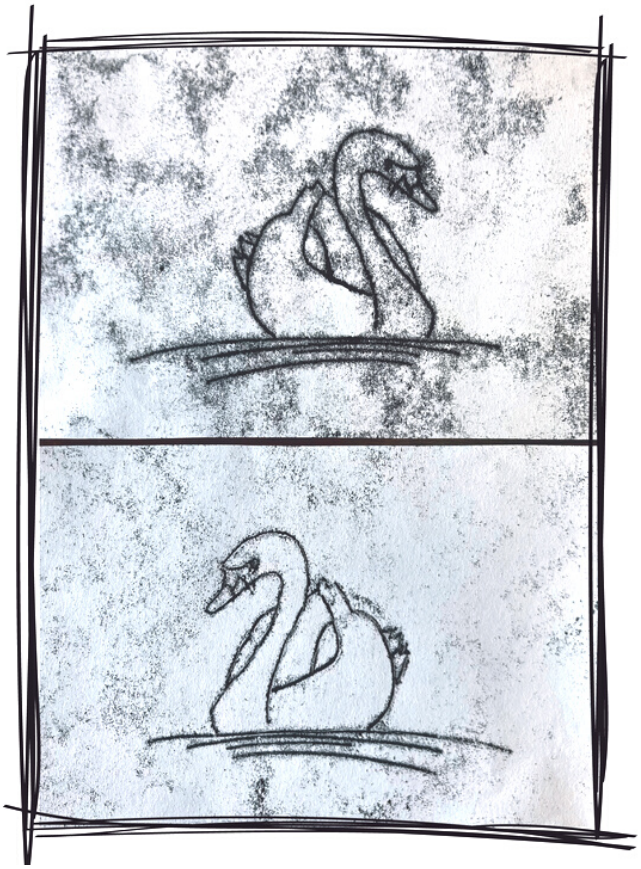
- How can nature and physical activity help us with our mental wellbeing and overall health.
- How does it inspire our imagination and creativity?
- Are there social opportunities in accessing the outdoors?
- How familiar, safe or welcome do I feel in the spaces, and what would encourage me to discover and access the outdoors more often?

Materials

- Sketch pad and pencil, or just your phone if it's a rainy day - sketch indoors instead.
- For mono printing: paper, water-based ink, roller, printing sheet

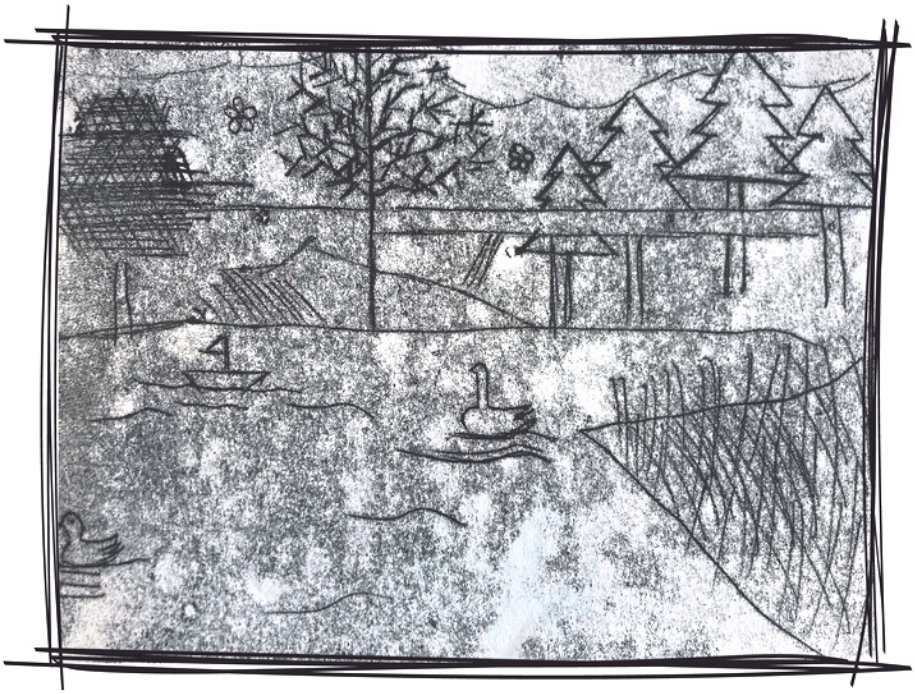
What to do

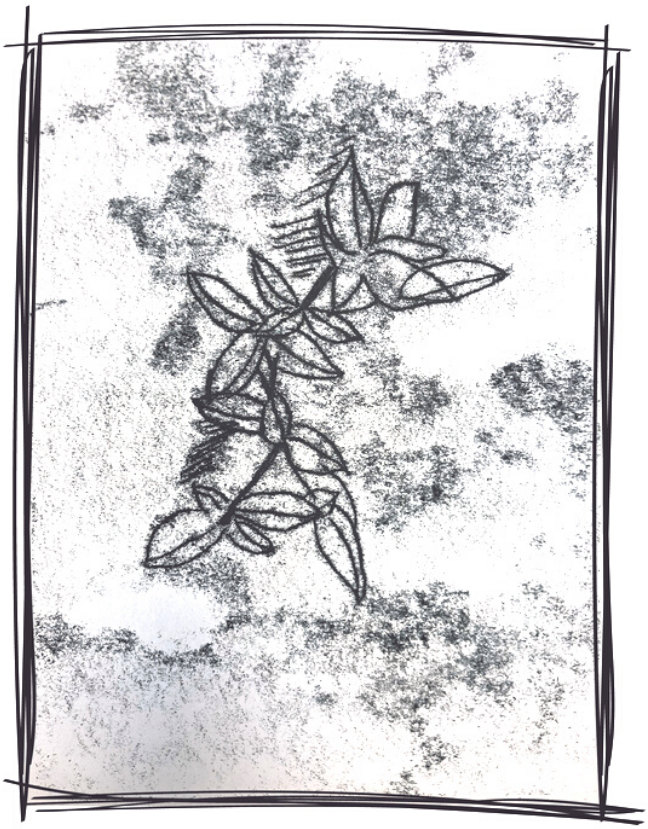
1. Sketch the image you wish to mono print,.
2. Dab a small blob of ink onto printing sheet, and use the roller to evenly cover the sheet until a matte smooth consistency appears.
3. Use a spare sheet of paper to lightly dab the ink, smoothing gently with your palm. Remove and discard the paper.
4. Lay your sketch on the printing sheet, sketch side up. Start tracing your sketch, applying a firm pressure.
5. To add shading, try dotting or cross hatching. Avoid solid blocks colour.
6. Don't worry about imperfections, they contribute to the charm of the mono printing style!





"Through this series of activities, I learned many ways to relieve stress and discovered many hidden skills of my own. This is not only relaxing for me but also I was gaining confidence and happiness - participant"







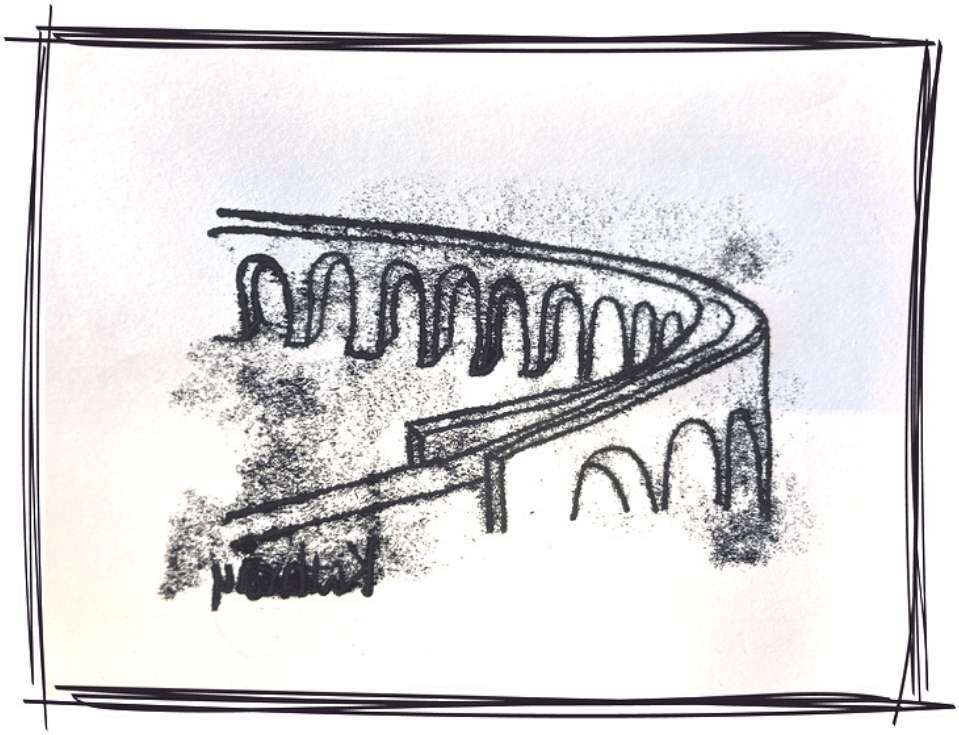
"I think that first of all happiness exists in the beauty of life. It could be just a painted leaf, a pair of strangers' hands, or a moon hanging outside the window after an event, all are sources of happiness - participant"







"Many times, life leaves us with no time or mood to do something to relax ourselves -After the activities in this project, I understand that in fact every little thing in life can make people happy - participant"



Additional Resources

Student Minds - www.studentminds.org.uk/
Empowering students and members of the university community to look after their own mental health, support others and create change

University of Stirling - www.stir.ac.uk
'Be Connected' for programme of events, activities and resources for our University of Stirling community of students and staff.

Top Tips for Keeping Fit - www.blog.stir.ac.uk/how-to-stay-fit-university/
Stirling Uni tips on staying active while being inside.

Togetherall - www.togetherall.com/en-gb/
24/7 online support for wellbeing - join the community, chat and access a range of resources

The Science of Well-Being - www.coursera.org/learn/the-science-of-well-being
Free course offered by Yale designed to increase your own happiness and build more productive habits

Breathing Space Scotland - www.breathingspace.scot/
Free online and phone advice

Help Guide - www.helpguide.org/articles/stress/quick-stress-relief.htm
Tips and techniques for managing stress quickly

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Rui Brown & Xiaomei Wang, Students Liaison officers, University of Stirling
A Perch for the Thornbirds,
The Smith Gallery and Museum,
Protection Approaches

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