

Take some time out of your day to think about you.

Welcome to The Living City Workshops where we believe that everyone is creative and that creativity is important for our wellbeing and mental health.

Take some time out of your day to think about you with our PDF and video workshops from experienced and talented writers, artists and photographers.

These workshops are designed to help you explore your wellbeing with journaling, photography, collage, writing, and more. The workshops combine creative skills with connecting to our greenspace, place and processing the changes the last year has brought us.

You can keep your creations to yourself or help us create an online exhibition of your everyday creative wellbeing by tagging @theyeatculture on social media.

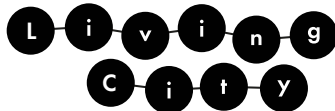
Mindful Journaling

with Lisa

FREE
ART HEALTH
WORKSHOPS



THEY
EAT
CULTURE



This is a The Living City project produced by They Eat Culture and supported by the Cultural Recovery Fund, Arts Council England and The Community Lottery Fund.

About the Artist.

Hi,

I'm Lisa, I started 'The Two a.m. Press' in 1997 to make and share my love of books with public libraries, curious book shops, museums, schools and art galleries.

I write and illustrate books for projects and fun using hand lettering; and share this joy in paper based craft with adults and children in workshops.

During Lockdown I learned about mindful journaling and I hope you learning about the benefits of this while making, gifting or keeping your own hand made books for wellbeing exercises.

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Journalling
with Lisa



Journaling

What you'll need

A few sheets of A4 Paper, pencil, ruler, card or paper, you can collect card from packaging and any fabrics you would like to recycle as book covers.



More

Where to find out more about this kind of work and other practitioners who might be interesting or you find inspiring.

Visit Mandala Yoga for more courses on Yoga and Mindfulness

Brenda Yoga offers daily yoga courses online www.brendayoga.co.uk

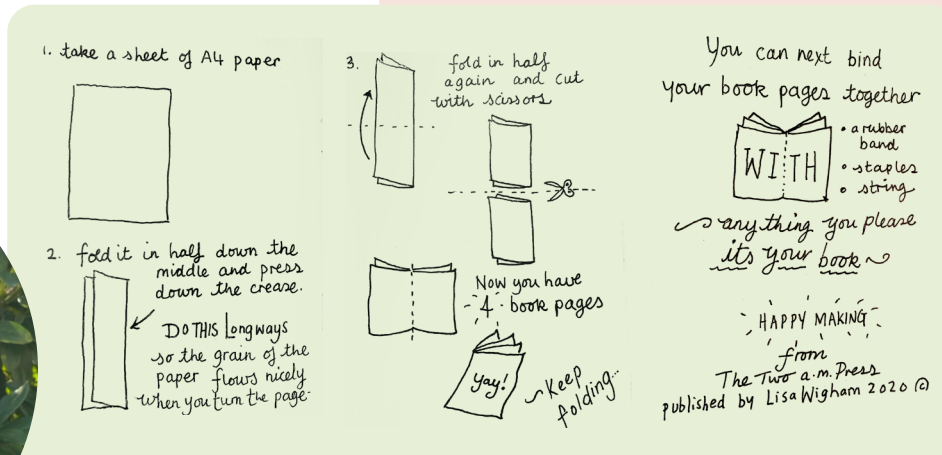
Making a Journal:

Use your book for creative exercises to disconnect from other distractions and connect with the present moment.

A journal can be a place to ground your thoughts and dispel negative emotions through creative exercises such as writing, painting or drawing.

Use this guide to make a book for to process your feelings and record your experiences.

Use this visual guide on folding paper to make your own book.



You can use card or paper or fabric to create colourful covers, jackets and personalise your books once you have folded your pages.

Follow my video guide for a demonstration on this.

Once you have the basic method for folding paper to make books you can use your skills to make weekly Gratitude journals:

Every evening write down 3-5 things you are grateful for that day in a page of your book. This exercise can re-route negative thoughts, use it to start the day or at night to aid better sleep.

Mindful Journalling

with Lisa

Mindful Walking:

Mindfulness is the process of bringing attention to the current moment and to be truly present.

Studies have shown that practicing a regular routine of mindfulness helps people be better able to cope with stress, fatigue, pain and tension and improves quality of sleep.

This can make a big difference to each day and to overall health and wellbeing. Mindfulness exercises include: Yoga, deep breathing, meditation and gratitude journaling.

Use your book for creative exercises to disconnect from other distractions and connect with the present moment while connecting with nature, take your book for a mindful walk. If you would like to RECIEVE a free 'Living Journal' offering more ideas for mindful creative journaling exercises visit: www.the-living-city.org 'A Living Journal' was made for The Living City project by They Eat Culture- created during Lockdown at The Two a.m. Press by Lisa Wigham 2021 ©

Write a letter inspired by what you see. What does the sky look like? What's happening with nature, with the birds and growing things? Who is walking past? What do you imagine their lives are like? Do you have any memories of this place?

Thankyou for taking the time out of your day to frottage with US.

We hope you have enjoyed this The Living City workshop.

We would love you to share what you have created with us by tagging us @TheyEatCulture on Facebook, Instagram or Twitter or send your work to admin@theyeatculture.org.

Wild Writing
with Louise

FREE
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Frottage
with Brendan

Shutter Release
with Claire