



News Bulletin

No 24

25/02/2021

Dear Students,

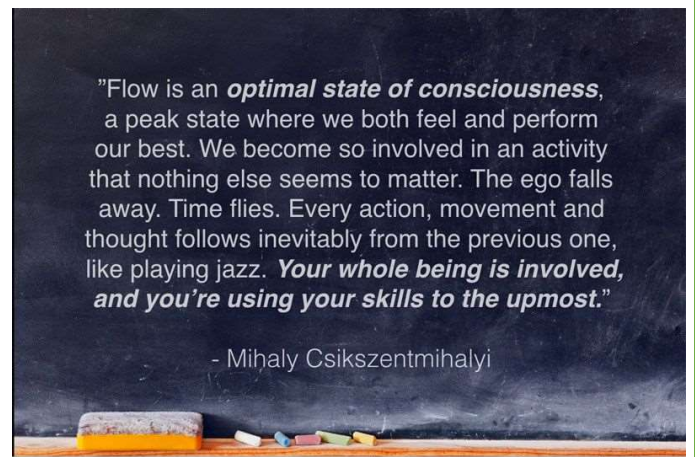
If you have been completely and utterly immersed in a task, oblivious to the outside world, focused only on your own progress and what's going on right here and now, you have experienced the state of 'Flow.' Maybe you've been doing something you love like playing music or a sport, or crafting something, before realizing that time has totally passed you by. "Oh! ...is it lunchtime already?" Flow is one of life's highly enjoyable states of being, wrapping us entirely in the present, and helping us to be more creative, productive, and happy. We try to achieve this state in some of the Recovery in Mind courses we run, especially those with practical 'hands on' elements such as 'Creativity,' as students find it most helpful to 'escape into flow' from some of their everyday negativity, especially in these days where CV19 affects us so much. Most importantly, it's been considered a huge part of improving our human experience for its role in living a *meaningful life* (Seligman, 2002). A life in which we use our virtues and strengths for 'something much larger' than we are, where we spend less time worrying about the inauthentic and the mundane. Where we are less annoyed by the boredom of the too-easy, or overwhelmed by the frustration of the too-challenging.

Flow is a state of mind you achieve when you're fully immersed in a task, forgetting about the outside world. It's a concept proposed by positive psychologist Mihály Csíkszentmihályi, and these days you're likely to read about it on blogs and in all kinds of magazines. He wrote:

'The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile'. During these flow experiences they feel "alert, in effortless control, unselfconscious, and at the peak of their abilities."

I have made a Nano-course on this subject which is available on the Recovery in Mind website under 'Tips and Tools' and from there click on 'Nano-courses' and 'Flow.' It contains all the details of how to benefit from 'flow' and only takes 6 minutes, so please have a listen, and watch Zoe's lovely illustrations that she has done especially for us! I wonder if she 'got into the flow' whilst doing them? [Getting in the 'flow' | Recovery in Mind](#)

Here is another informative video which explains the concept and helps us to apply it in our lives: <https://www.youtube.com/watch?v=DXD8QjpQrFc>



We would very much like to encourage you to get into the flow with something that you love doing. As with most areas of life this will depend on who you are and where your skills and abilities lie. For some folk it might be reading a good book (where you can get 'lost' in the story and the lives of the characters therein) or it might be that you use artistic skills to complete a challenge such as an oil painting or re-decoration of a room where you live. Alternatively, you may love to go for a jog or dig on the allotment, or indeed complete a wordsearch or solitaire. All these activities have the potential to engross you and develop the necessary concentration to experience a state of 'flow' and here is a quote from someone who has experienced that for themselves:

"My mind isn't wandering. I am not thinking of something else. I am totally involved in what I am doing. My body feels good. I don't seem to hear anything. The world seems to be cut off from me. I am less aware of myself and my problems." **Give it a go.... get into the flow!**

With Best wishes from Fiona and the Recovery in Mind Team

Craftivism - an idea to get in to the 'flow'

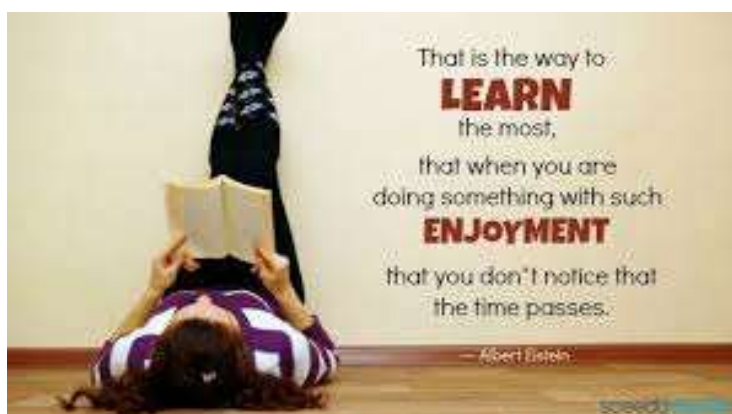
In 2017 I heard about a book 'How to be a craftivist' by Sarah Corbett, which was being funded directly by readers online through 'Unbound' publishers. I was intrigued as it sounded very interesting, so I joined in, put a little money in their pot and within a year it had been fully funded, published and I had my beautiful copy sent to me. The book outlines 'The art of gentle protest' and how to use your crafting as activism. Sarah has dedicated so much time to this cause and has experienced some dramatic and quite touching positive changes as a result of it.

Then, the other day, whilst looking online for an interesting programme to watch I found something on iPlayer which featured Sarah and her work, so of course I watched it with fascination and here is the link to it so you can watch it too:

[Craftivism: Making a Difference](#)

The programme is about an hour long and explains the whole idea very well. We wondered if watching it might give you some of your own ideas to get 'into the flow' with your crafting, as we know many individual students for whom it is an important part of their life. Having a purpose to craft makes it even more valuable, so we wondered if you had any ideas for RiM themed craftivism a sewn banner or knitted item or maybe embroidery depicting a useful self-compassion sentiment? Do please let us know if you produce any promising ideas or indeed send us pictures if you actually make something along these lines.

We thought potentially we could start a Craftivism Course in Recovery in Mind if students were interested and when we are able to meet again, especially as we will have the use of the allotment area and its polytunnel for this kind of activity in the future. Happy crafting in the flow!



Here comes the sun....

Flo, my 7 year old daughter, had fun doing Sarah's creative activity from the last newsletter. It was perfect as her school had asked the children to do a piece of artwork based on the Beatles' song 'Here Comes the Sun'.

Who doesn't love a bit of chopping up old magazines and sticking them into a collage? Thanks, Sarah!



"You can't use up creativity.
The more you use, the
more you have."

Maya Angelou

Further Help and Support

If you are struggling with your mental health and feel that you need further help & support here are some contact numbers for you:

West Berkshire Community Mental Health Team- 01635 292020

CRHTT (Crisis Response and Home Treatment Team)- 0300 365 9999

Samaritans - 116 123

NHS - 111 (number to call should you feel you are physically unwell with Coronavirus or indeed any other physical health condition which is deteriorating).

West Berkshire Community Hub is where you can find out information and support locally for a variety of matters relating to Coronavirus - look at their website (cut and paste this into your internet browser) <https://info.westberks.gov.uk/coronavirus-communityhub>

The Age UK Berkshire Befriending and Buddying scheme is now open for referrals. Enquiries should be made directly to Age UK Berkshire by emailing info@ageukberkshire.org.uk or calling 0118 959 4242

999 is for **EMERGENCY** calls only.