

WEEK 1: Wellbeing 1

- Welcome to the first of four videos on wellbeing focusing on the story of the Ugly Duckling.
- I'm Louise Best, a dramatherapist and I have also worked as an actor and facilitator for Guildford Shakespeare Company.

What is Wellbeing

- This doesn't mean having to be positive or happy – I like to think of it as allowing what we are actually feeling to be there and working with that and looking at ways we can be well given all that is going on for us.

How are you today/Check-in

- Let's spend some time considering how we are today.
- If you can light a candle and begin by focusing on that and then close your eyes. Focus on your breath and how it is. Take some time to see how you are feeling in these three different areas – your head, your heart and your gut. Don't try to change it just notice it.

The Story

- We are going to be using the story of The Ugly Duckling as a focus and this section will focus on the first part of the story, before the Duck is hatched. If you haven't read or listened to the story yet, then please go and do so now on GSC's website.

The Unhatched Egg

- Start by imaging you are the unhatched egg in the story about to be born.
- Close your eyes if you feel comfortable doing so and get your body in to the shape of the egg.
- Imagine what you can hear, see, feel, smell. You are about to be born in to this environment. What emotions might you be experiencing?
- Then imagine the egg cracks open and you are there in that landscape described in the story – with a lake and a forest around you and the wider world in the distance.

Environment and Safe Spaces

- Spend some time thinking about which areas feel safe for the duckling and which feel scary or anxiety provoking.
- Download the worksheets from the website and use these to explore the different areas.
- You can then consider which places/environments make you anxious and which feel safe. Spend some time writing down places and activities that help you to feel safe or comforted.
- Find somewhere in your environment to create your own safe space.
- When you are feeling overwhelmed go back to the sheet you have written and remind yourself of the things that support you to feel safe and comfortable.

Goodbye and See you next time

- Thank you for watching. Take care and hope to see you next session!

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