



This week...

Take a break and create!

Are you feeling a little 'left-brain' heavy these days?

For most of us, the **left-brain functions** are being particularly taxed these days from trying to cope with the impact of the pandemic on our schools and lives. Much of our day is spent analyzing, planning, thinking through our day and school events, and acting with caution. It's likely that we are not tapping as much into our **right-brain** strengths and abilities, such as impulse, creativity and imagination, and we may feel somewhat out of balance.

Play, laughter and creativity are great ways to utilize a 5 to 10-minute break to give yourself some recovery space and refresh.

Cardinal Rule: **Do not feel guilty** for taking 10 minutes out of your day to play or create. Think about how many additional '10 minutes' you dedicate to your job outside of your regular working hours! Taking a few minutes for a brain break and to rebalance is a healthy thing to do, especially with all the demands of your work.

CREATE

Draw: Whether you consider yourself the next Emily Carr or can only muster up stick people, drawing, doodling, and colouring allows your left-brain to chill for a bit, and your right-brain to energize you.

The internet is filled with drawing tutorials and idea generators. Here are a couple ideas to get you started:

- **Create word stacks for creative drawings.** Start the week by creating three word stacks out of card or paper: One stack with adjectives, one with a noun,

and one with a verb. Shuffle each stack separately – putting the writing side down. Pick one card from each stack once a day and draw what the three words together describe! [Watch this video for more.](#)

- **Draw with your non-dominant hand!** The picture may look like something you would have drawn in Elementary School – but who cares! Just have fun!
- **Simply doodle**, rather than drawing! [See this video for tips.](#)

Write

When was the last time you wrote a short poem? Take 10 minutes and write a Haiku or whatever form of verse you prefer. [Check out this idea generator for your muse.](#)

LAUGH

To bring your mind and body back into balance, nothing works faster or is more reliable than a good laugh! Here are some ideas:

- Ever heard of [James Veitch](#) on YouTube? He films his responses to scams on his phone and emails. You'll laugh 'til you cry!
- Watch the 7 to 10-minute opening monologue of your favourite late show from the night before or any funny video you can find on YouTube!
- Google search some of your favourite old comic strips or look up some of Jack Handy's "Deep Thoughts" from an old *Saturday Night Live* show

STIMULATE

- **Learn a new language:** Download a language learning app and take a lesson or two. The app will increase your international vocabulary in just a couple minutes a day. [Check out the top 5 language learning apps.](#)
- **Play an online game:** From solitaire on your laptop, to Angry Birds, Candy Crush, Fruit Ninja, or Temple Run – there has to be something out there to amuse you!
- **Look at amazing photography:** Enjoy the creativity of others! Browse [National Geographic's photography archives](#) and get lost for a few minutes in spectacular scenes from around the world.

So, play today! Engage your right-brain and enjoy some brief down-time. You could even go outside and pick out images you see in the clouds! Just take some moments to rest and recover.

If you would like to contribute, or have ideas about what you would like to see in the **ReFresh** series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.