

Woodhill

Post Show Wellbeing Pack

Woodhill is likely to have been a challenging play to watch, particularly if you are affected by the themes that it covers. This pack has been put together to support you after watching the performance. It is a guide to looking after yourself as you process the show. It also includes resources and further support.

Even if you do not feel you immediately need to, we really encourage every audience member to spend some time looking after themselves after watching *Woodhill*.

‘Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.’ - Audre Lorde

Immediate Suggestions

Here are some suggestions of things you can do independently to look after yourself after watching *Woodhill* if you are feeling distressed:

Breathe

Breathe in for four seconds, hold your breath for four seconds, breathe out for four seconds, hold your breath for four seconds. Repeat this for as long as you need. Focusing on your breath can calm the body down and clear your mind.

Mental Grounding

These are exercises to bring your mind into the present and focus your thoughts. Some mental grounding exercises include

1. Categories: pick a categories, like types of cereal, colours, cars or tv programmes, and list as many items in that category as you can think of
2. Numbers: count backwards from 100, choose a number and try and find 5 ways you could make that number, or try running through a times table in your head
3. Memory: look at a picture for 5 seconds, then try to recreate the image in your mind in as much detail as possible without looking. Mentally list all the things you can remember seeing.

Physical Grounding

These are techniques to connect you with your senses and ground you back in your physical body, to help you move through your distress. These include:

1. Water: put your hands in water. Try warm water first, then cold water - experience the sensation. Wash your face. Drink water. Notice the experience of interacting with the water and how it feels

2. Senses: This can be adapted depending on what senses are available to you. Note five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
3. Move: [here](#) are some stretches you could try, you could go for a walk, jump up and down, wiggle your fingers and toes and focus on how your body feels.

Talk to someone

We recommend talking to someone after watching *Woodhill*, to process the content of the show with someone you trust. If you need further support there are contacts for specialist organisations and the bottom of this pack.

Self-Care Suggestions

After watching *Woodhill* we recommend planning something for yourself that feels special, and just for you. Think of something you love and that helps you process your thoughts.

- Find some nature
- Look out of the window or go for a walk if you can, experiencing nature can be beneficial to our wellbeing and help us feel grounded.
- Listen to some music It could be calming and gentle or make you want to move your body, whatever makes you feel good.
- Journaling - write down your thoughts and how you are feeling. It could be on some paper or on your phone.

Practice self-compassion

We often show more compassion to other people in our lives than we do to ourselves. Take a moment to be intentional about the kindness you offer yourself.

One way to do this is with an exercise like this one:

- Place your hand over your heart or hug yourself and recite: 'May I love and accept myself just as I am. May I remember to treat myself with love and kindness. May I be open to my experience just as it is.' Or come up with your own list of positive affirmations: 'May I...'

Additional Support

Below are some organisations that can provide additional support.

Cruse Bereavement Care

Cruse Bereavement Care provides support after the death of someone close including face to face, telephone, group support, as well as bereavement support for children.

Phone: 0808 808 1677 (England, Wales and Northern Ireland) or 0808 802 6161 (Scotland)
Website: www.cruse.org.uk

Survivors of Bereavement by Suicide

Survivors of Bereavement by Suicide exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

Phone: 0115 944 1117

Website: www.uksobs.org

Samaritans

Samaritans works to make sure there's always someone there for anyone who needs someone. Whatever you're going through, call them for free anytime.

Phone: 116 123

Website: www.samaritans.org

National Suicide Prevention Alliance

The NSPA is an alliance of over 1,700 individuals and public, private, voluntary and community organisations in England who care about suicide prevention and are willing to take action to reduce suicide and those affected by suicide.

Website: www.nspa.org.uk

Agenda

Support and protection for women and girls at risk of abuse, poverty, poor mental health, addiction, homelessness and contact with the criminal justice system.

Phone: 020 3883 7792

Website: weareagenda.org

Unlock

Provides a voice and support for people who are facing stigma and obstacles because of their criminal record.

Website: unlock.org.uk

Victim Support

Confidential information and support for people who have been affected by a crime.

Phone: 0808 1689111

Website: victimsupport.org.uk

BACP

The British Association for Counselling and Psychotherapy.

Phone: 01455 883300

<https://www.bacp.co.uk/search/Therapists>

Specialist Advice

If your loved one has died in police or prison custody, immigration detention or in mental health settings support is available. You can also find out more about how to campaign alongside families and others to access the truth, hold those responsible to account and effect meaningful change to prevent future deaths.

INQUEST

INQUEST is the only charity providing expertise on state related deaths and their investigation to bereaved people, lawyers, advice and support agencies, the media and parliamentarians.

Phone: 020 7263 1111 (option 1 for new enquiries, option 2 if you have a caseworker)

Website: www.inquest.org.uk