

RECESS LIVING

WORKPLACE WELLBEING

EVENTS GUIDE

recessliving.com
hello@recessliving.com



APRIL - JUNE 2023

ISSUE: Q2



FIND YOUR CALM

WELCOME TO: RECESS LIVING

Recess Living is a wellness events company redesigning the way we work and play.

We exist to help us enjoy mindful moments at work, at home and the moments in between, with creative solutions that nurture and elevate our mental wellbeing.

Our approach is focused on mindfulness through making, creating an opportunity to step outside of what we know and find the corners of ourselves that we are yet to discover.

Finding recess isn't about ignoring or resisting the challenges that can come up in life, but instead integrating wellness practices into all of our spaces and places.





WORKPLACE WELLBEING

We all understand the concept of needing to rest, but that doesn't mean it's easy to do (especially in Britain, where a recent study suggested that

75% of employees reported suffering burnout

which was higher than the global average.)

How do we maintain a sense of wellbeing in our modern lives that can be busy, full and ever-changing (even if we've designed it that way)?

Our answer? Enriching, welcoming experiences such as creative workshops, supper clubs, panel talks and retreats.

We're here to not only support individuals in incorporating wellness into their everyday, but to also support companies in creating people-centred workplaces that nurture these conversations.

HOW CAN WE HELP YOU

At Recess Living, workplace wellbeing is our focus year-round.

But we also know that the conversation increases at certain times of the year, and these key dates and events are an excellent springboard for bringing the conversation to life in your office or space.

On the next page, we've detailed the key dates for the year, and in the following pages we've shown some of the events and experiences that we'd love to create for you to mark those days.

Please don't feel beholden to the specific dates, though; if you see an event experience you would love to bring to your team, but for a different time of year, we'd be happy to create something bespoke!

Drop us a line at hello@recessliving.com and we can get the ball rolling.



SAVE THE DATE



2023 WELLBEING CALENDAR



JAN.

- **23 - 29TH JANUARY**
Cervical Cancer Prevention Week
- **27TH JANUARY**
Parent Mental Health Day

- **1ST - 28TH FEBRUARY**
LGBT History Month
- **4TH FEBRUARY**
World Cancer Day
- **6TH FEBRUARY**
Time to Talk Day
- **17TH FEBRUARY**
Random Acts of Kindness Day

FEB.

- **1ST - 31ST MARCH**
Ovarian Cancer Awareness Month
- **8TH MARCH**
International Women's Day
- **13TH - 19TH MARCH**
Neurodiversity celebration week
- **17TH MARCH**
World Sleep Day

MAR.

SAVE THE
DATE

APR.

- **1ST - 30TH APRIL**
Stress Awareness
Month
- **7TH APRIL**
World Health Day
- **7TH APRIL**
Walk to Work Day

MAY

- **15TH - 21ST MAY**
Mental Health
Awareness Week

- **1ST - 30TH JUNE**
Pride
- **5TH- 11TH JUNE**
Carers Week
- **12TH - 16TH JUNE**
Loneliness
Awareness week
- **12TH - 18TH JUNE**
Men's Health

JUNE





JULY

- **1ST - 31ST JULY**
Talk To Us Campaign (Samaritans)
- **3RD - 9TH JULY**
Alcohol Awareness Week
- **24TH JULY**
Samaritans Awareness Day



- **1ST - 31ST AUGUST**
Recess Living's Annual Festival

AUG.

- **10TH SEPTEMBER**
World Suicide Prevention Day
- **18TH - 24TH SEPTEMBER**
International Week of Happiness at Work

SEPT.

SAVE THE
DATE

OCT.

- **1ST - 31ST OCTOBER**
Black History Month
- **1ST - 31ST OCTOBER**
Breast Cancer
Awareness Month
- **10TH OCTOBER**
World Mental
Health Day
- **18TH OCTOBER**
World Menopause
Day

- **1ST - 31ST NOVEMBER**
Movember
- **2ND NOVEMBER**
Stress Awareness
Day

NOV.

- **1ST - 24TH DECEMER**
Craftmas festivities

DEC.



APRIL 23

DATES FOR YOUR DIARY



1ST - 30TH APRIL
Stress Awareness
Month

7TH APRIL
World Health Day

7TH APRIL
Walk to Work Day



APRIL 2023:

CRAFT YOUR WAY TO CALM

The entire month of April is dedicated to Stress Awareness, shining the spotlight on what experts call the modern stress epidemic.

Central to our mission here at Recess Living is the belief that when your hands are busy, your mind is calm. In particular, research has shown that being creative has a similar effect to meditation; so much so that we call our curated craft workshops 'meditation for doers'.

Our workshops provide space to do, and space to connect. To decompress. To be kind to yourself and honour your needs, without guilt. To invite curiosity, without judgement. To play.



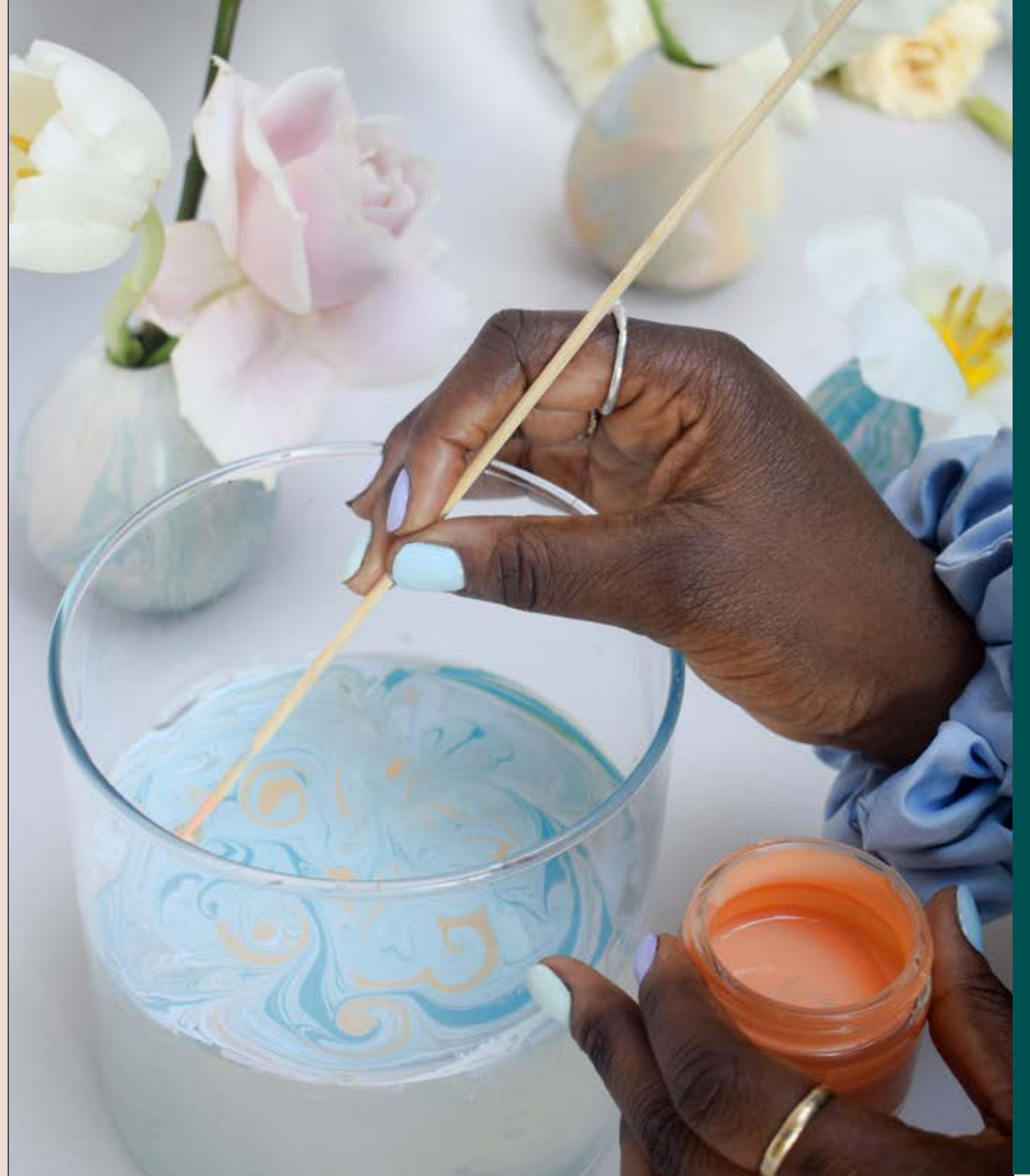
IN THE WORKPLACE

Mindful marbling workshop

Inspired by the beautiful abstract Japanese art of Suminagashi and the intentional Turkish art of Ebru, this printmaking technique shows us the beauty of letting go of perfectionism and the need to constantly be in control. Attendees will reach their flow state as they discover how to float a rainbow of coloured inks on the surface of a water bath, and create a range of stunning prints which can be used as wall art, wearable fabrics and ceramic homeware pieces.

Textile wall hanging workshop

Attendees will create a beautiful textile wall hanging to adorn the walls of their home in this tactile workshop. Using cutoffs, deadstock and recycled materials, there is a focus on breathing life and finding joy in pieces that might otherwise have been dismissed. As they craft, this same reframe will be crystallising in your attendees' minds too.



IN THE WORKPLACE

Playful Pottery workshop

Using traditional hand-building pottery techniques, attendees can create and unwind whilst handcrafting ceramic objects from air-dry clay. With techniques ranging from pinch pottery to slab building and coiling, this tactile, intentional craft process allows them to disconnect from the busyness of their world as they relax. Sculpt, carve, and smooth the stress away.

"Thank you so much for coming in and hosting the pottery workshop, everyone has been raving about it!"

— Pocket Living

Ready to craft your way to calm? Drop us a line at hello@recessliving.com and let's talk.



MAY 23

DATES FOR YOUR DIARY

MENTAL HEALTH AWARENESS WEEK

15TH - 21ST MAY



EVENTS FOR YOUR WORKPLACE:

USING ACTIVE REST TO MANAGE ANXIETY

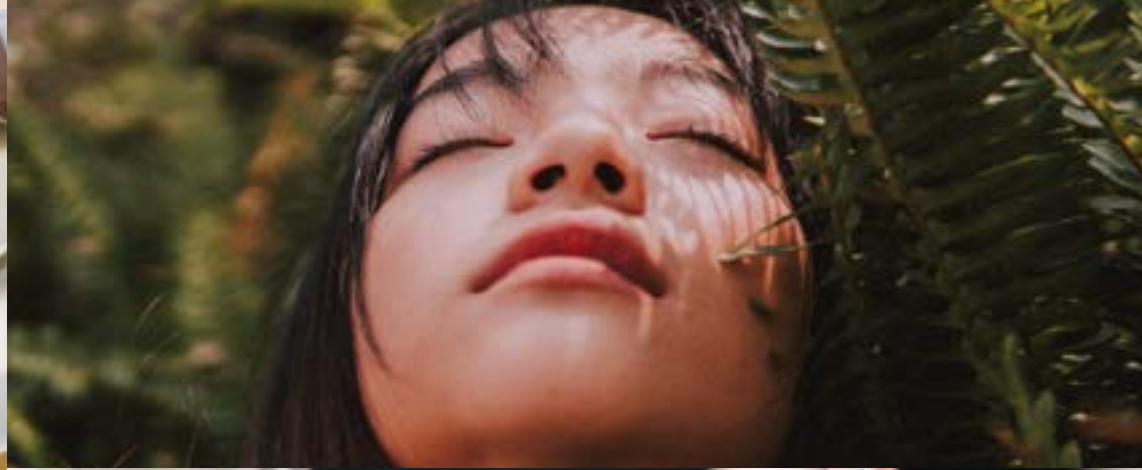
The 15th to the 21st May is Mental Health Awareness Week, and 2023's theme is Anxiety.

Anxiety surrounds so many things in our modern lives, including money, work, relationships and more. A really great tool to add to your toolbox for managing anxiety is active rest. So often, we think of mindfulness as having to be still and silent, but active rest can be just as nourishing.

That's why our craft workshops, which showcase mindfulness through making, are a central pillar of our offerings. They create moments of mindfulness and spaces for connection, and offer your employees the gift of escapism, exploration, and self-expression with craft.



Delivered in person and online, our curated collection of craft workshops include playful pottery, mindful marbling, texting wall hanging, and creative journaling – for more information please [head to our website](#) (or flip back to April.)



CONNECTING WITH YOUR SENSES

Another brilliant tool in managing anxiety is connecting with your senses, which helps you get out of your head and back into the world around you.

For Mental Health Awareness Week, we've curated a week of activations and activities that engage all the senses, and will enable your attendees to ground themselves in the present, whenever they need it.

Experience an array of beautiful multi-sensory classes, rituals and talks designed to awaken the senses and encourage mindful living.

5-DAY ACTIVATION OF EVENTS
FOR YOUR WORKSPACE

CONNECTING WITH YOUR SENSES: EXAMPLE ITINERARY*

(*Bespoke itineraries can be created on request)

DAY TWO: TOUCH

Discover how to melt away tension and tune into your body with the power of touch and reflexology.



DAY ONE: SOUND

Journey through immersive soundscapes with a healing sound bath.



DAY THREE: SMELL

Create moments of quiet and space within your busyness for rest, reflection and reconnection with the therapeutic benefits of scent and the creation of your own bespoke aromatherapy balms.



5-DAY ACTIVATION OF EVENTS
FOR YOUR WORKSPACE

CONNECTING WITH YOUR SENSES: EXAMPLE ITINERARY*

(*Bespoke itineraries can be created on request)

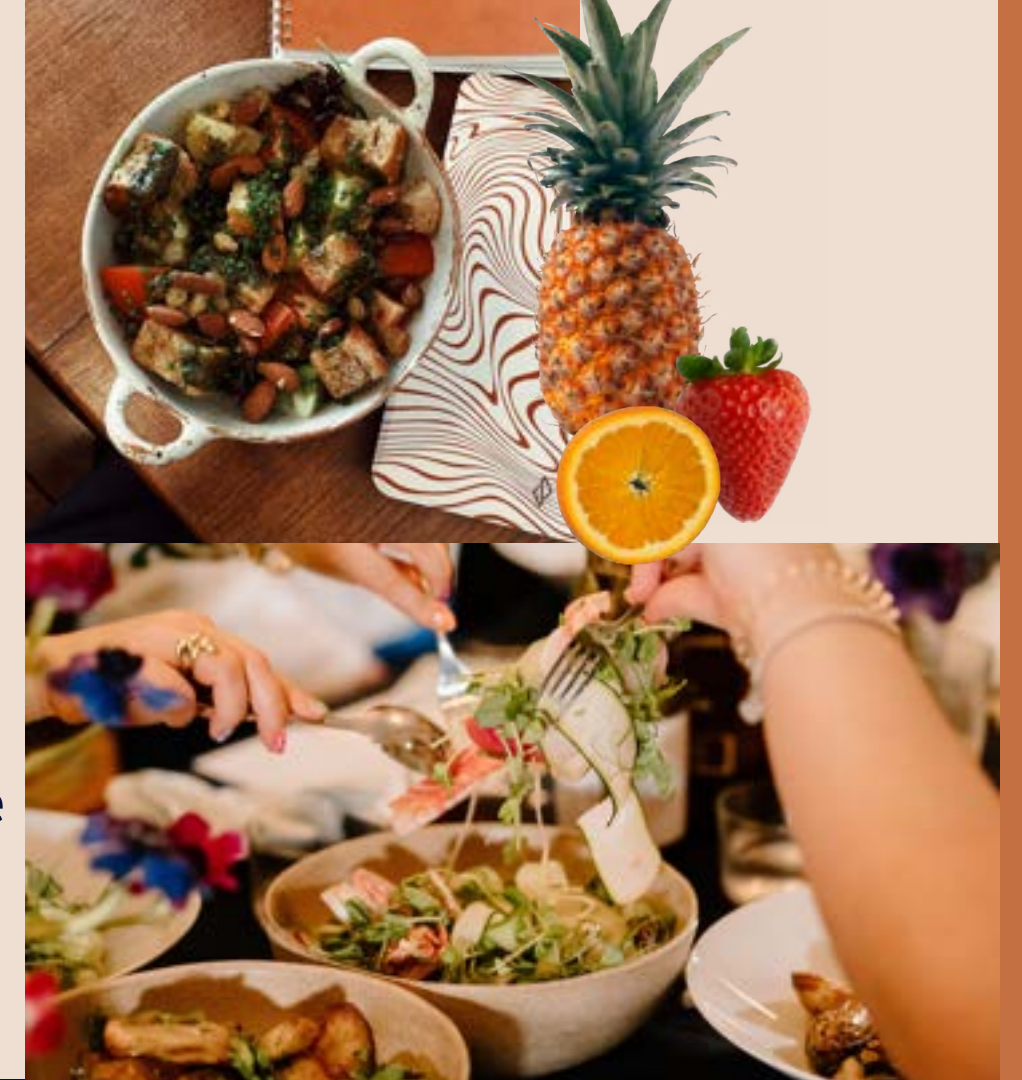


DAY FOUR: SIGHT

Gain clarity and focus on your intentions with vision boards – they're not just for the start of the year.

DAY FIVE: TASTE

Food isn't just about fuel. It's memories. Identity. Community. We nourish all those things when we come together and eat well



Like what you see?

We'd love to create an impactful and engaging calendar of events for your workplace, to support your teams to nurture and elevate their wellbeing practices.

Book a no-obligation discovery call with us today.

[Schedule your call here.](#)

JUNE 23

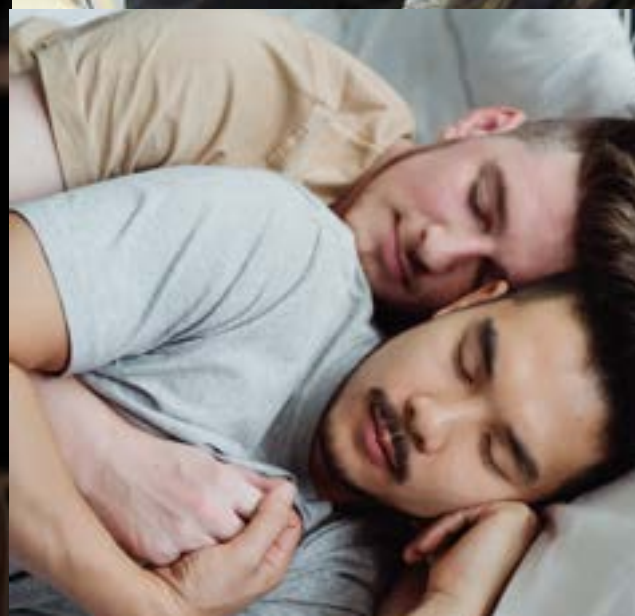
DATES FOR YOUR DIARY

1ST - 30TH JUNE
Pride

5TH - 11TH JUNE
Carers Week

12TH - 16TH JUNE
Loneliness
Awareness week

12TH - 18TH JUNE
Men's Health



JUNE 2023

IN FOCUS CONNECTION

June features National Carers' Week (5-11th) and Loneliness Awareness Week (12-16th).

Human beings need connection, a community of people who understand what they're going through. **With this in mind, our June calendar is focused on bringing people with the same lived experiences together to connect and share with each other.**

June is also Pride Month in the UK. If you're looking for event curation to celebrate and hold space for your LGBTQ+ employees, I'd highly recommend [We Create Space](#) and [Not a Phase](#)





JUNE 2023:

CRAFT NIGHT : FOR CARERS

Pick from any of our creative workshop offerings to create a craft night specifically catered towards carers.

Help them take some time and make some space for themselves, alongside colleagues who share their experiences.

**Dates for your Diary: 5th - 13th June
National Carers' week**

JUNE 2023:

CONNECT AND REFLECT

Our workshop offerings provide the perfect opportunity for colleagues to bond in a relaxed environment where the pressure is off.

We can also host them online, which is especially perfect for remote workers and new starters.

"The marbling workshop was perfect for a relaxed, inclusive and mindful experience for my group participants. Nina knows how to create a safe, friendly and stress-free atmosphere and I would highly recommend Recess Living for community group workshops"

— Chelsea Physic Garden



JUNE 2023:

MEN'S HEALTH

June also features Men's Health Week (12-18th), and this year's theme is doing an MOT of your body and mind.

Create a space where the men in your workplace feel comfortable and supported to talk openly about their mental health and emotions, without fear of judgement.

Twice as Nourished Supper Clubs & Brunch

This innovative event format takes the experts off the panel or stage, and puts them around the table with attendees. This safe, supportive environment combines camaraderie, community and celebration, to nurture conversations that not only tell you you're not alone, but show you. Not to mention delicious food, which can be organised in-house or with one of our partner private chefs.



The theme for June's Twice as Nourished Men's Health event is : Boys Will Be Boys, a discussion about modern masculinity.

CREATING SPACE FOR

CONVERSATION AND CONNECTION YEAR-ROUND

As we said at the top, conversations surrounding mental health and wellbeing shouldn't be seasonal. They're best to continue throughout the year in your office or space, bolstering a safe, understanding workplace environment day by day.

We know it's not always easy, but we're here to support you to do just that, by creating engaging ways to get the conversations going and free-flowing. If you'd like to chat about booking events for your team at any time of year, then we'd love to hear from you!



LET'S MAKE IT HAPPEN

BOOK AN EXPERIENCE FOR YOUR TEAM

1



GET IN TOUCH

Tell me about the team you look after, the date you would like to host your event, and the location where it will be held.

[CONTACT US NOW](#)

2



GET THE LOW-DOWN

I'll then send over a tailored PDF proposal (including a quote) for you to discuss with your team, and once everything has been signed off – I'll take care of the rest!

3



GET CREATIVE

I'll arrive at your office or chosen venue with all the materials and tools needed for your curated event experience. (If you've booked an online workshop, I'll send out craft kits to all attendees.)

Then: we'll get our recess on. Enjoy the excitement filling the room as you and your team relax, rest, and unwind.

KIND WORDS



"The marbling workshop was perfect for a relaxed, inclusive and mindful experience for my group participants.

Nina knows how to create a safe, friendly and stress-free atmosphere and I would highly recommend Recess Living for group workshops"

—— Chelsea Physic Garden

"BIG thank you for putting on an excellent workshop for our staff. We really enjoyed it and so many reached out saying it felt so therapeutic."

—— Hello Fresh



Thank you for hosting such a wonderful workshop with BCG. We had a lovely time and the feedback we have received from everyone that attended has been incredibly positive."

—— Boston Consulting Group



RELAXED AND HAPPY CLIENTS INCLUDE



MATCHES FASHION



SOHO WORKS



Let's craft the perfect experience together to show your team that their wellbeing is just as essential to you as it is to them.

[BOOK A DISCOVERY CALL](#)

Or email us at hello@recessliving.com



Get in touch - Book a wellbeing event for your team

ENJOYED THIS GUIDE?

WANT MORE AMAZING EVENT IDEAS
– OF COURSE YOU DO!

Sign up for our newsletter to receive a year's worth of brilliant ideas for employee events that promote wellbeing in your workplace. These ideas will be delivered straight to your inbox in quarterly instalments.

You'll also receive our amazing "Working Well" monthly guide, which is full of thoughtfully curated tools and resources to improve your work life and wellbeing.

Working Well...??



Ideas, tools & resources to shape our working lives and culture in your inbox every month Sign up below.

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RECESS

RECESS LIVING

Helping you enjoy mindful moments
at work, at home and the moments
in between.

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RECESS LIVING REDESIGNING THE WAY YOU WORK + PLAY

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