

# ONLINE STUDIO

AGE 0-5

**Fill Your Cup:  
Resource for new parents  
in uncertain times  
with artist**

**RACH ANSTEY-SANDERS**

## ***Fill Your Cup:* Resource for new parents in uncertain times With artist Rach Anstey-Sanders**

When you are settling down with a new-born baby, life can feel sweet; cosy, sheltered and connected. But at times it can also feel isolated, restricted and lonely.

Taking the popular saying *you can't pour from an empty cup* as inspiration, this audio resource aims to help new parents to 'fill their cups' and eke out moments of peace and connectedness amongst the loving chaos. Recorded during the 2020 pandemic crisis, artist Rach Anstey-Sanders shares her thoughts on the themes of change, home and connection, inviting the listener to spend a little time replenishing their valuable resources.



The audio recordings are aimed at new parents and are suitable to listen to anywhere, at any time: while feeding baby, walking or simply taking some time out.

Each recording is accompanied by an inspirational image from the Sainsbury Centre collection and a simple mindful activity.

## **Change / Man of Stones / Laurence Edwards**

Mindful thoughts about parenthood in changing times

with Artist Rach Anstey-Sanders



Click the link below to listen to the Change audio recording  
<https://tinyurl.com/man-of-stones>

**Contact Rach** to respond to prompts in the recording,  
or to share other thoughts you may have:  
[SainsburyCentreLearning@uea.ac.uk](mailto:SainsburyCentreLearning@uea.ac.uk)

Responses will be used to evaluate this resource  
and may be shared anonymously

## A Transcript of *Sky Meditation*

‘Sit or lay comfortably so you can see some sky. Making sure the sun is not in your eyes, look and study what you see. It might be helpful to focus on just one small part of the sky, perhaps allow the eyes to be fairly still rather than roving across the whole expanse. (This is not an exercise in trying to see everything it is possible to see; it is more about the experience of observing).

Notice what comes into your field of vision in terms of colours, shapes, movement, brightness or shadow. Try not to analyse what you see, there is no need to add a commentary. Let the act of looking be your focus. Depending on your surroundings, your vision might include the tops of trees or buildings. Just let their colours and shapes become part of what the eyes are drinking in.

If the sky is clear, perhaps note the colour of the sky. Is it uniform or varied, does it change or stay the same as you observe? If clouds are present, allow yourself to really see them in this moment. We don’t typically take much notice of this common weather phenomenon, yet each cloud is a unique entity constantly evolving as it moves across the sky.

So, see if you can bring a sense of ‘beginners mind’ to viewing clouds, remember you have never seen them as they are in this moment:

- Notice colours, textures, shapes and how these qualities tend to shift and change as you observe them.
- Become aware of how they move. Are they rushing across the sky or floating more slowly?
- Do they merge together at times?
- Are they few in number or crowding the sky?
- Even if the sky is completely covered in cloud without any breaks, there may be variations in the shading, layering, movement or distance. Simply allow the eyes to see what they will as best you can without the need to judge the experience.

As you continue your observation of the sky, do any birds, insects or aeroplanes cross your line of vision? Do you get any sense of the wider atmosphere or even the endlessness of space beyond the sky?

Continue the practice for as long as you wish’



**Sky Meditation** and its introduction was taken from chapter one of the Mindful Living Course which can be found on the NHS Wellbeing Norfolk and Suffolk website. You can access the rest of the course content here <https://www.wellbeingnands.co.uk/norfolk/get-support/mindful-living/>

**You Can’t Go Home Again**, by Robert Wolfe and edited by Edward Aswell, was first published in 1934.

**Man of Stones Film** Photographer and filmmaker Bill Jackson has recorded a film about Man of Stones which you can watch on our website. <https://sainsburycentre.com/stories/man-of-stones-film/>

# Home / Shelterers / Henry Moore

Mindful thoughts about parenthood in uncertain times

with Artist Rach Anstey-Sanders



Click the link below to listen to the Home audio recording  
<https://tinyurl.com/shelters-audio>

**Contact Rach** to respond to prompts in the recording,  
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## A Transcript of *Mindfulness of Routine Activities*

'Most of us are repeatedly undertaking routine tasks, either at home or at work. These tasks are a great way to develop our mindfulness skills as we do them so often.

The task you choose is up to you. Ideas include; brushing your teeth, combing your hair, showering, making a cup of tea or taking washing out of the machine etc.

Choose an activity to do mindfully.

Become aware of your posture and the nature of the movement required to undertake the task.

Be curious about any physical sensations arising in the body.

Pay attention to your senses and notice any smells, sights, tastes or sounds that accompany your activity.

You may find it helpful to undertake your task more carefully and slowly than normal.

Bring full awareness to everything you are doing moment by moment. As you apply this level of mindful awareness, it is possible that this will change your experience of the task: can you be curious about this?

At times, thoughts may arise and distract your concentration. When this happens, try to remember this is normal and to be expected. When you are ready, just return your awareness back to the task.

As you come to the end of your activity, notice if there is a tendency to want to rush on to the next thing. If so, see if you can let the activity's conclusion be as mindful as the earlier moments.

You might like to congratulate yourself on what you have achieved. Do you notice any sense of satisfaction from this?'



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The **Journals of Sylvia Plath**, edited by Frances McCullough, were first published in 1982

**G.K. Chesterton's** quote was taken from his book 'What's Wrong With the World', Published in 1910

Photographs of Londoners using the Underground as an air raid shelter in WW11 can be found here <https://www.mylondon.news/news/nostalgia/gallery/remarkable-pictures-london-underground-being-17483057>

## Connections / Buttons / Lucie Rie

Mindful thoughts about parenthood in times of isolation and distancing

with Artist Rach Anstey-Sanders



Click the link below to listen to the Connections audio recording  
<https://tinyurl.com/buttons-audio>

*This recording includes a breath-based meditation which may not suit all people. Sometimes the symptoms of anxiety or other health conditions make it unpleasant to follow the breath. If this is the case for you, please only do what feels helpful. The instructions are simply guidance and can be adapted if you wish.*

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## A Transcript of *Mindfulness of the Breath*

'This brief meditation helps us 'get to know', 'befriend' and to recognise the breath as our constant companion who is always there when we need it. We aim to be curious about the sensations of each breath, and to notice the natural rhythm and movement of the breath in the body. Focusing on the breath in this way helps to anchor us in the present moment; providing a greater sense of coping and calm.

When you are ready, settle into a comfortable position, allowing your eyes to close if this is helpful for you. In this meditation we are taking the role of an 'observer' of the breath.

Become familiar with the breath as it flows in and out of the body.

If during the practice, your mind should wander away from the breath, recognise this is what minds do, and then as best you can, simply return to the breath. To begin the practice; invite your awareness into the present moment, and have a sense of the whole body breathing, moment by moment. Something it has been doing all day, a process that we are mostly unaware of.

Pay attention to the fact you are breathing right now. Perhaps reflect that you have never had this breath before. Each new breath is a new beginning, subtly different to the one that came before. The breaths are repeatedly coming and going, awaiting our observation. Each time we follow the in-breath with mindful awareness we are developing our capacity to pay attention to the present moment.

And each time we breathe out and the body releases the breath, we have an opportunity to soften into our experience, developing a sense of allowing.

When you are ready, rest your attention on a part of the body in which you notice the breath readily. This could be in the nostrils or mouth. Perhaps notice how the air flows over the top lip and into the nostrils, a little cooler on the in-breath than when it leaves the body. Or you might choose to follow the breath in the region of the chest as it rises and falls.

Notice the movement and sensations in this part of the body with each breath. Or in the belly, as it gently inflates and deflates with each passing breath like a little balloon going up and down.

Some people feel more comfortable observing the breath in the back of the body, following the gentle rocking of the spine with each breath, or noticing the changing sensations that accompany the ribs subtly shifting their position as the torso expands and contracts.

Wherever you choose to follow the breath, see if you can observe it on the level of movement and physical sensations in the body. Some sensations may be quite subtle and require an element of focused awareness and concentration. Yet nor can we entirely pin down the breath; it is dynamic and ever changing.

So, as best you can, stay curious about the novelty of each breath. Perhaps make a note of the quality or rate of your breath, whether it comes quickly or slowly, deep or shallow, smooth or ragged. Can you also note those tiny moments between the breath, when the body is seemingly still – recognise how there is both movement and stillness in this practice. Not getting drawn into judging or analysing the breath.

Try to let your awareness be open and friendly, remembering there's no right or wrong way to be breathing. We are getting to know the breath as if it were an old friend; reconnecting to a part of our 'felt' experience. In this way, we are 'being with the breath' and accepting what we find.

When you are ready, allow your focus to widen again to include a sense of your whole body breathing, held in awareness. Just breathing, moment by moment.

Bring the practice to a close when you are ready'



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**All Kinds of Families!** By Mary Ann Hoberman was published in 2009

Aimee Bender's quote is from 'The Colour Master' story collection, published 2013

Find out more about **Lucie Rie and her buttons** in this blog entry on the V&A website by Becky Knott from 2017 <https://www.vam.ac.uk/blog/news/lucie-rie-a-secret-life-of-buttons>

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