

How to Design when you're Burnt Out

Rediscover creative play

Rubiat Fusigboye

Going Ice Skating

Tuesday 23rd January

Rediscover creative play

Play worksheets 1/10

Description

I did this activity with my boyfriend. I hadn't gone ice skating in a long while and it is kind of scary for me because I hate falling down and not having complete control of my body. I really wanted to do it though because it is a staple winter activity, I love getting active and it would be something fun to do with a partner. He also knows how to skate really well and promised that he would balance me. At some point we started to pretend like we were figure skaters putting together new choreography.

Types of Play

Body + movement, parallel play, social play, celebratory + ritual play

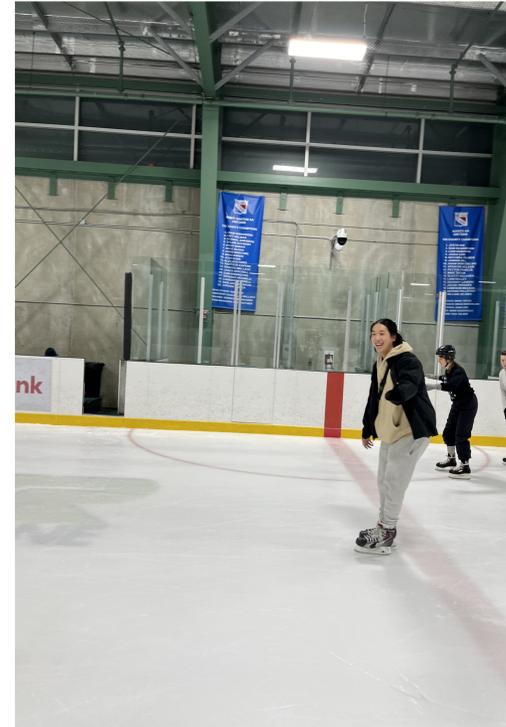
Why Did I Choose This Type of Play?

It had been an activity that we had talked about for a bit and our other option, which was roller-skating, was not available on a Tuesday night, which was the day we decided to celebrate our monthly anniversary. We have been in a weird place emotionally and we wanted something that we could do that wasn't just sitting on the couch and not talking to one another.

How Did My Mood Change Over the Activity?

I was very down and tired and stressed and so was my partner, so I wasn't even sure we should go before the start of the activity. Once we got there I was still a bit unsure. While we were ice skating I started to get more into it and more excited and relaxed. After the activity I was very happy. I felt very supported and cared for and towards the end I felt more confident and spent some time skating on my own. I almost fell a couple times but I was less scared than I was at the start of the activity.

Photos



Me when I finally felt comfortable enough to stand on my own and take a photo

Mood Before Activity

A bit sad and low

Mood After Activity

Happy and excited, tired and ready for sleep

Supplies

My boyfriend's brother's old skates that fit me, a reservation at a local skating rink, gloves, jackets and gloves

Building A Fort

Thursday January 18th

Rediscover creative play

Play worksheets 2/10

Description

This is an activity that I did with my boyfriend in his basement. We used all the cushions, blankets, and couches available as a structure for our fort. We were on a time crunch because we had a theater show to watch later that night and we wanted to watch an episode of Percy Jackson before we had to leave. We made it happen but it was funny because we realized how big we were compared to when we were smaller, which made the fort feel so small. This wasn't bad I guess as me and my partner like to cuddle when watching shows. We broke out into a bit of a pillow fight when we disagreed on construction.

Types of Play

Attunement, body + movement, object, imaginative, celebratory/ritual, storytelling/narrative, rough/tumble

Why Did I Choose This Type of Play?

I felt like he had a perfect basement for building a fort and since we couldn't build a igloo outside because it hasn't been cold enough. I wanted to see how we would work together when focused on a single object and task.

How Did My Mood Change Over the Activity?

I was on a bit of a forced mental baseline because I went right from class onto a bus then a train, to get to my boyfriend's place on time while also having an online meeting. When I got there I was a bit exasperated but slightly excited. I love types of play that take most of the thinking out of an activity and just working with my hands to make things happen. This made me relaxed and ready to snack as we watched a show.

Mood Before Activity

Very baseline -
baseline happy

Mood After Activity

Relaxed

Photos



Before



After



View from inside the fort



My Boyfriend big to big for the fort

Supplies

Couches, blankets, cushions, ourselves

Playing Overcooked

Monday January 15th

Rediscover creative play

Play worksheets 3/10

Description

This is a game on the Switch where when you play single player you control 2 chefs that run a kitchen and you have to prepare dishes as requested by consumers in a specific time period with random obstacles thrown in to make it more difficult. I played this game in my bed whenever I took a break.

Types of Play

Object, imaginative

Why Did I Choose This Type of Play?

I was very stressed out about the amount of work I had to get done. This amount of stress would ripple through me and make it hard for me to work. I have learned that when I get to this point I should take a break and I like this game for this because it is a stressful game which allows me to trick my mind into thinking that all my stress is coming from the game which has no actual stakes and affect on my life. This is helpful as I know intellectually that me taking breaks is better for my productivity and myself as a whole, but my body still reacts to the break which leads to the break being more stressful than it should be.

How Did My Mood Change Over the Activity?

It helped me move from a stressed and anxious place to a more relaxed place as I put all my stress into the game and let the game go after a while, this kind of standing in for letting my stress go.

Mood Before Activity

Stressed and anxious

Mood After Activity

Relaxed

Supplies

My bed or couch, my Switch

Play Fighting

Wednesday January 24th

Rediscover creative play

Play worksheets 4/10

Description

My boyfriend is bigger and stronger than me but sometimes I joke that I can take him. This often leads to a playfight where I do things like attempt to lift him up, or we arm wrestle, or we just wrestle. I know that he takes it easy on me because it would not be very fun otherwise.

Types of Play

Attunement, imaginative, rough/tumble, storytelling/narrative

Why Did I Choose This Type of Play?

It is a fun way to get active without having to actually work out. Sometimes we can't pick an activity and we just lay there, so this is a fun way to get our minds moving again without having to do too much.

How Did My Mood Change Over the Activity?

I felt more awake and aware, closer to my partner and happy as we played. It lets me access my more childlike tendencies which I tend to miss out on regularly, which makes me very happy.

Mood Before Activity

Baseline

Mood After Activity

Happy and a bit childish

Supplies

Just ourselves

Study Group

Every Tuesday or Wednesday

Rediscover creative play

Play worksheets 5/10

Description

Sometimes during the week me and my friends like to gather for our “study group” in the learning commons of campus. The thing is half the time we rarely study. We get together, chat, make jokes, gossip, and sometimes just do our own things on our laptops, breaking the silence to tell another funny joke or story.

Types of Play

Parallel play, object, social

Why Did I Choose This Type of Play?

It is a fun way for me and my friends to gather together during the busy school week and just be in each other's space and talk to each other.

How Did My Mood Change Over the Activity?

I come into this play in different moods, but most recently I came really tired and exhausted because I hadn't gotten much sleep. But being around my friends helped me wake up and be more happy and energized.

Mood Before Activity

Happy

Mood After Activity

Relaxed and happy and re energized

Photos



Supplies

Just ourselves and our individual activities

Playing with Camera Gear

Tuesday January 23th

Rediscover creative play

Play worksheets 6/10

Description

I have never really had my hands on camera gear but my boyfriend is in film. The night before a shoot he rigged up his camera, this is where he adds all the little attachments that he needs that make his camera better. When he was setting up his wireless pull focus he asked me if I wanted to try, and I did and it was fun. From there we began to run around the house, him holding the camera and directing me at certain objects and I would use the follow focus to wirelessly focus on that thing, then we switched with me holding the camera and him pulling focus. It gave me a sort of glimpse into his life and made me understand why he finds camera stuff so fun and engaging.

Types of Play

Attunement, parallel play, body + movement, object, imaginative

Why Did I Choose This Type of Play?

It was a lighthearted sort of play that let me understand my boyfriend and his joys better. It was something that we did not have to plan and just fell into our hands and we let it happen. Now I understand what is so fun about it even though he does it for work. It is so cool to have control of technology like that.

How Did My Mood Change Over the Activity?

The night was pretty okay. I was very baseline and kind of bored and ready to go home but once we started I was more engaged and filled with energy.

Photos



Mood Before Activity

Baseline

Mood After Activity

Excited and energized

Supplies

Camera, camera gear(I don't know all the fancy names)

Watching a Movie

Saturday January 27th

Rediscover creative play

Play worksheets 7/10

Description

Sometimes I don't have the emotional bandwidth to do a lot of things or have conversations, but I still want to be around people that bring me joy. I love to do this thing with my roommate where we hang out but we don't say too much to each other. We sit with our different activities and things we are engaging in and watch a film together. This allows us to be together but not have to use excessive energy that we don't have.

Types of Play

Parallel play, object, social, storytelling/narrative

Why Did I Choose This Type of Play?

It allows us to be in each other's space without having to exert mental energy.

How Did My Mood Change Over the Activity?

I felt more relaxed and brighter as we went on. Having someone else in my space makes me feel alive sometimes, like recharging my batteries.

Mood Before Activity

Lonely

Mood After Activity

A little more loved and cared about

Supplies

Our own activities, a movie to watch

1 on 1 Game Night

Thursday January 29th

Rediscover creative play

Play worksheets 8/10

Description

I love hanging out with my friends Tasha and our other friends, but sometimes, the more people the more socially stressed I get. So recently we had a 1 on 1 game night where we played a series of card games that I did not know how to play but wanted to learn and just chatted about life.

Types of Play

Object, social

Why Did I Choose This Type of Play?

Sometimes just talking to someone one on one can be too taxing on my anxiety, so having something else for us to do while we talk provides something to focus on.

How Did My Mood Change Over the Activity?

I came right after a long day of work and class so I was stressed, but after about 2 hours of just hanging and playing card games I felt really at peace and calm.

Mood Before Activity

Stressed about school
and homework

Mood After Activity

Calm

Supplies

A deck of cards, snacks

Going to a Theater Play

Sunday January 19th

Rediscover creative play

Play worksheets 9/10

Description

I attended a showing for Pride and Prejudice the musical with my friends. It was 8 of us all in the back top row. It was an amazing fun show that kept the laughs flowing. This was really great for me because I love seeing musicals and I hadn't really had any time to really spend with my friends since the winter break, so this was a very nice get-together between all of us doing something that we could all enjoy.

Types of Play

Object, imaginative, social, celebratory/ritual, storytelling/narrative

Why Did I Choose This Type of Play?

I really enjoy going to shows as it helps me get away from my regular day life and enjoy a production that someone put a bunch of effort into. This is combined with my love of music which makes the perfect match. I most enjoy going to musicals with my friends because I love talking about the shows after, so this was a perfect outlet for that.

How Did My Mood Change Over the Activity?

At the start of the day I had been pretty stressed out, but after another activity I was more relaxed and less anxious. This allowed me to be relaxed when approaching the show, which is amazing because I need to be in a relaxed state to sit for 3 hours long. The show was amazingly fun and it just let me move into a more happy and healthy mindset. I was tired at the end because it was pretty late at 11pm but I slept happy and giddy.

Mood Before Activity

Relaxed and happy

Mood After Activity

Tired and giddy

Photos



Supplies

A ticket to the show

Dying My Pants

Saturday January 18th

Rediscover creative play

Play worksheets 10/10

Description

I love expressing myself creatively and one way I can do that is through my clothes. I often come up with cool ideas of what to do to my clothes but I never have the time or motivation to do so, until this day. I like to keep art supplies on deck for days like this so I can use all the motivation I have on the project. I cut up some sponges into shapes and used that as a stamp on my pants.

Types of Play

Object, imaginative, social, celebratory/ritual, storytelling/narrative

Photos

Why Did I Choose This Type of Play?

I have learned in my time after acknowledging my ADHD that sometimes when looking for a way to destress or get through a block, I need to do an activity that has no barriers for me and that allows me to go into autopilot, letting my brain do what it does. I had the materials and time for this activity which allowed me to pick it over other destressing methods.

How Did My Mood Change Over the Activity?

I was stressed about school and portfolio but I was also using my ADHD medication so I couldn't just rest as my brain was running. So I decided to dye my pants, a creative way to release the stress in me and come out with a beautiful outcome. By the end of it I felt more relaxed and accomplished like I had done something useful with my day and it let me rest more after that.

Mood Before Activity

Stressed

Mood After Activity

Object, imaginative

Supplies

Sponges, pair of jeans, bleach, dryer

Key insights

My favorite play styles/personalities

1. Kinesthetic
2. Creator
3. Explorer

Most effective activities for completing the stress cycle

1. Play Fighting
2. Study Group
3. Video Game

My barriers and how did you overcome them?

I felt like I was wasting my time when I could be doing something more productive

- A restructured my mindset through conversation and self reflection. I asked myself why?

While I personally was on a journey of play, the people in my life were still busy, so it was hard to find time to spend with others

- I met them where they were at finding things they had time for and that I enjoyed so we could both close the stress cycle

Through my play I still found myself focusing too much on the goal of this exploration instead of just finding joy in the activities

- I indulged in more play that came naturally to me that I did not have to plan or have fun

Through actively seeking play I found:

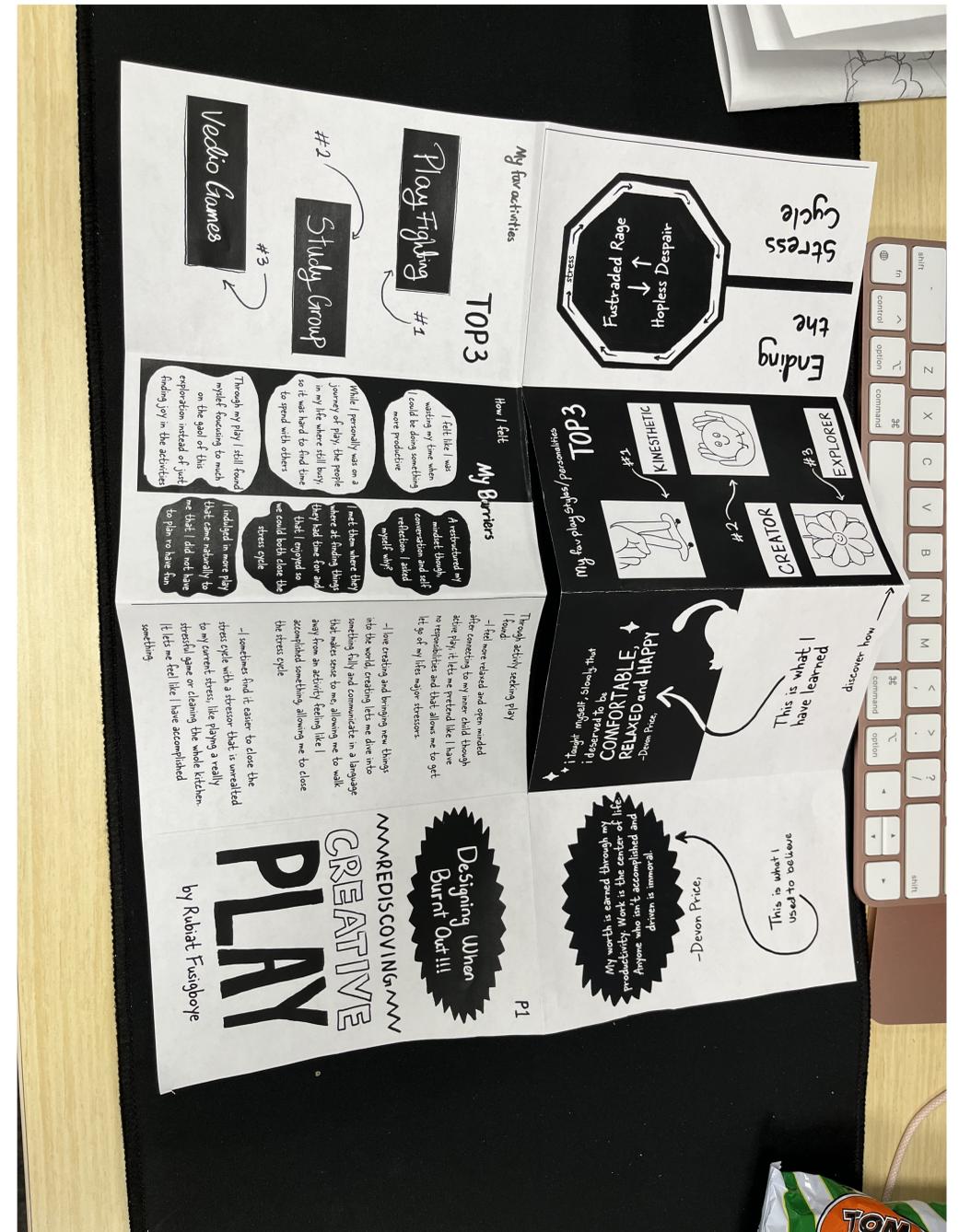
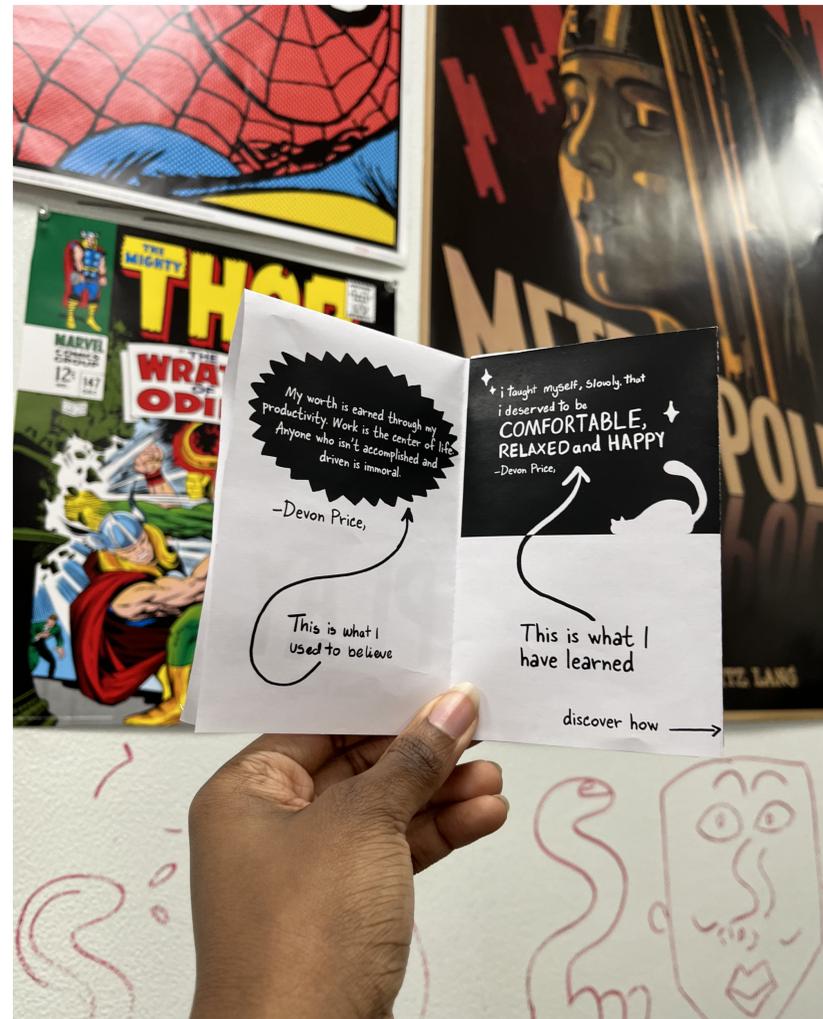
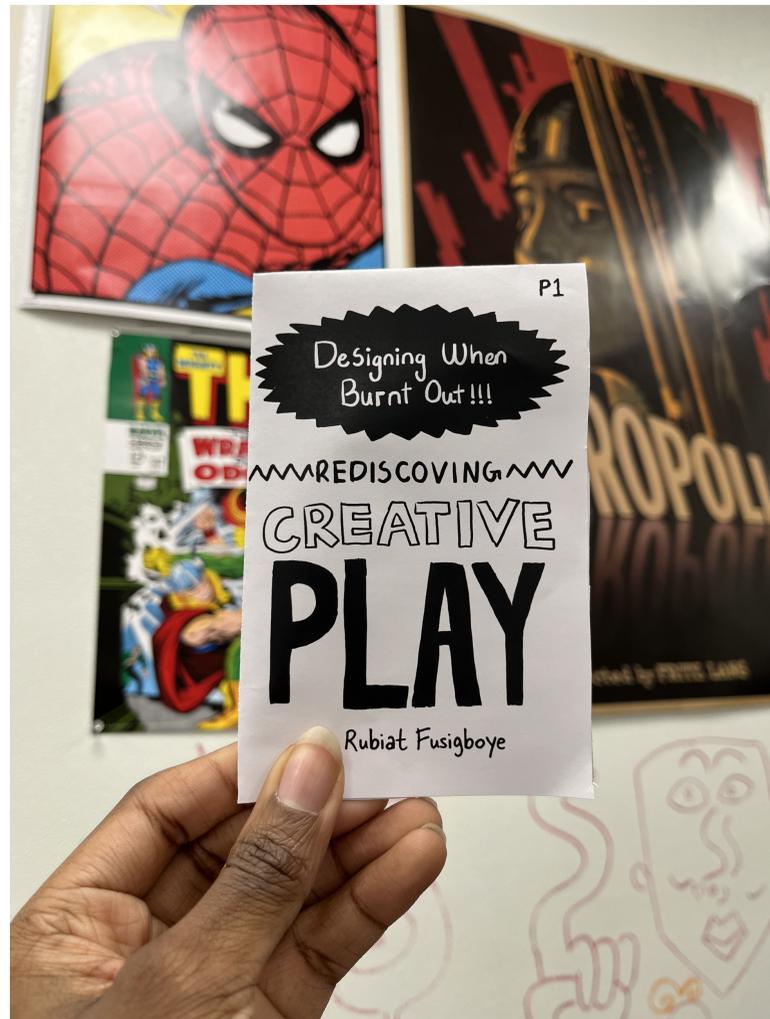
I feel more relaxed and open minded after connecting to my inner child through active play, it lets me pretend like I have no responsibilities and that allows me to get let go of my life's major stressors.

I love creating and bringing new things into the world, creating lets me dive into something fully and communicate in a language that makes sense to me, allowing me to walk away from an activity feeling like I accomplished something, allowing me to close the stress cycle.

sometimes find it easier to close the stress cycle with a stressor that is unrelated to my current stress, like playing a really stressful game or cleaning the whole kitchen. It lets me feel like I have accomplished something.

Mini-presentation

For this mini presentation I decided to create a little zine of what I had learn so far in the class in hopes that other in and outside of the class could read it and be inspired to take a simile approach to their stress.



Citations

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