

The background is a complex collage of geometric shapes in various colors including beige, blue, green, and grey. Scattered across the top right and bottom right are numerous small, stylized pencils in various orientations. A large, dashed white circle is positioned in the upper left quadrant, enclosing the text and three horizontal bars.

**Spatial**

**Relations**

**An invitation to reflect on body and space  
during lockdown**

The background is a collage of various geometric shapes and textures. On the left, a large, light pinkish-beige shape contains several horizontal paper cutouts. Each cutout is a long, thin rectangle with a central yellow band and black arrows at both ends. To the right of these is a white, irregular shape with small, brown, pencil-like cutouts. At the bottom left, there's a cluster of more of these pencil-like cutouts and a small, light-colored geometric shape. The right side of the image features a series of overlapping, semi-transparent geometric shapes in shades of green, blue, and grey, creating a layered effect.

Welcome to...

# Spatial Relations

During the Covid-19 pandemic, artificial or externally imposed boundaries have brought into close attention our spatial and social relationships, forcing us to become more aware of the realm of our own bodies and how we interact with others and the world. We have all had to consider in more detail than usual how we move through our social and physical spaces.

This has given us a unique opportunity to reflect on the lived experience of creating boundaries around our physical and social space. The imposition of these boundaries may have left us experiencing a wide range of emotions.

For some, social or physical distancing may have generated feelings of anxiety, loneliness or grief and for others it may have been a huge relief or an empowering experience, a chance to recharge and reset.

This little booklet has been produced as a creative prompt and a tool to help you to reflect on how social or physical distancing has been for you. It focuses on two themes *Self & Other* and *Body & Landscape*.

It is a chance to consider and acknowledge for yourself which elements have been particularly difficult for you and which elements of the experience have been nourishing. It is also an opportunity to clarify which elements of your experience you would like to carry forward and which you choose to leave behind.

I hope that you enjoy this invitation to reflect and that it helps in some way to support you to move into life post lockdown with some useful insights about your spatial relationships.

# Self & Other

Friendship

Isolation

Boundaries

Obligation

Intimacy

Nourishment

Fear

Self-care

Closeness

Solitude

Hugs

Relief

Touch

Grief

Loss

Recovery

Resilience

Seclusion

Connection

Retreat

Loneliness

Reflection

Anxiety

Distance

Rejection

# Space to Reflect

Use this space to reflect on your experience of being physically distant to others during lockdown. You can draw or write or simply be with the space and reflect. Feel free to circle some of the prompt words on the previous page and consider some of the questions opposite if it helps to get you going!

# A Few Questions

Maybe some of these questions will help in your reflections, don't feel you have to answer them, they are simply to be used as prompts if needed.

How close is too close?

Who do you miss?

Who has been kind?

How far is too far?

Who is welcome in your personal space?

Who has supported you?

What or who leaves you feeling depleted?

What types of contact do you enjoy?

What or who leaves you feeling nourished?

Who do you call?

How often do you want to initiate contact?

Who have you supported?

Who demands your time?

Who asks if you need help?

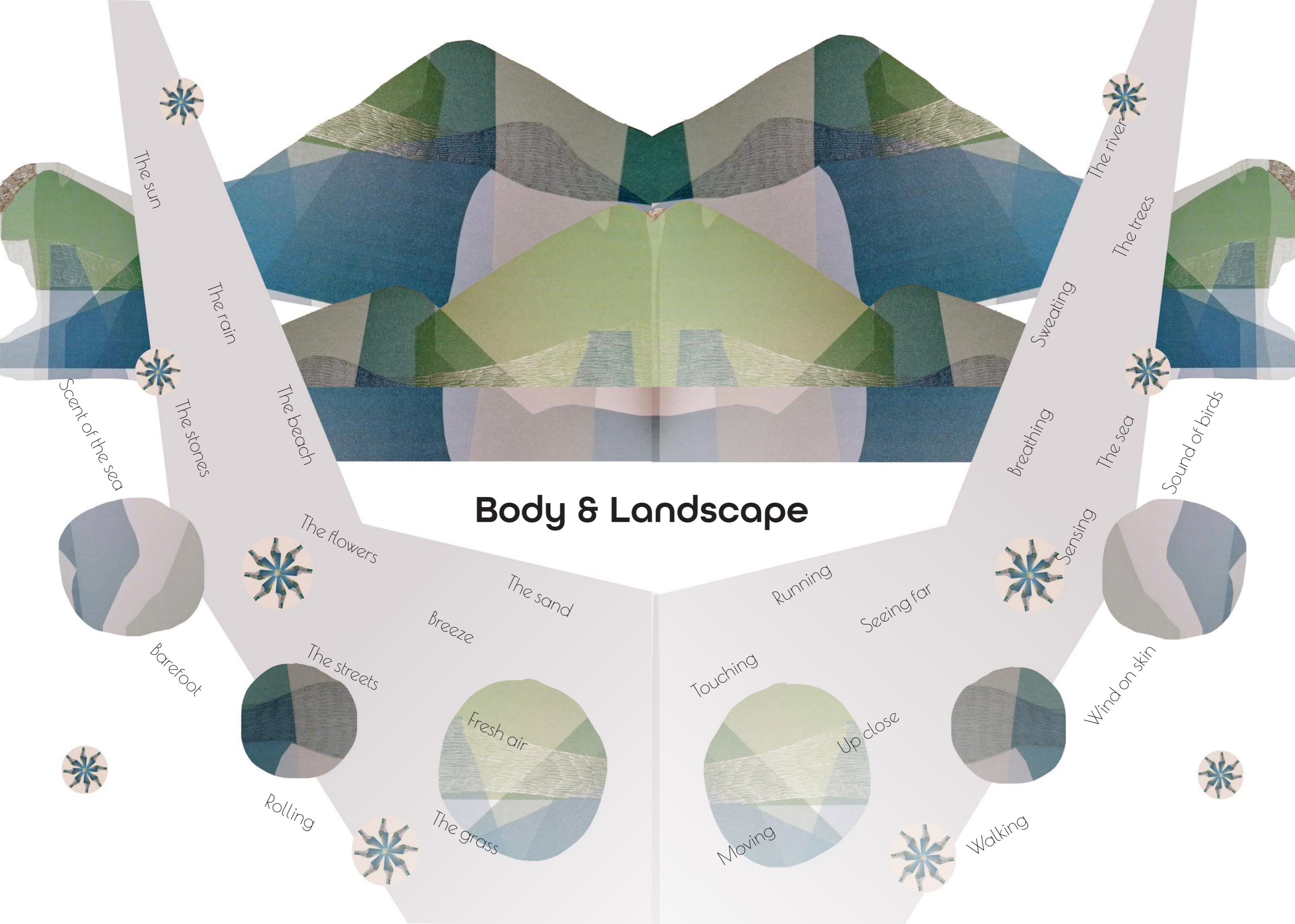
Who asks how you are?

# Summing it up

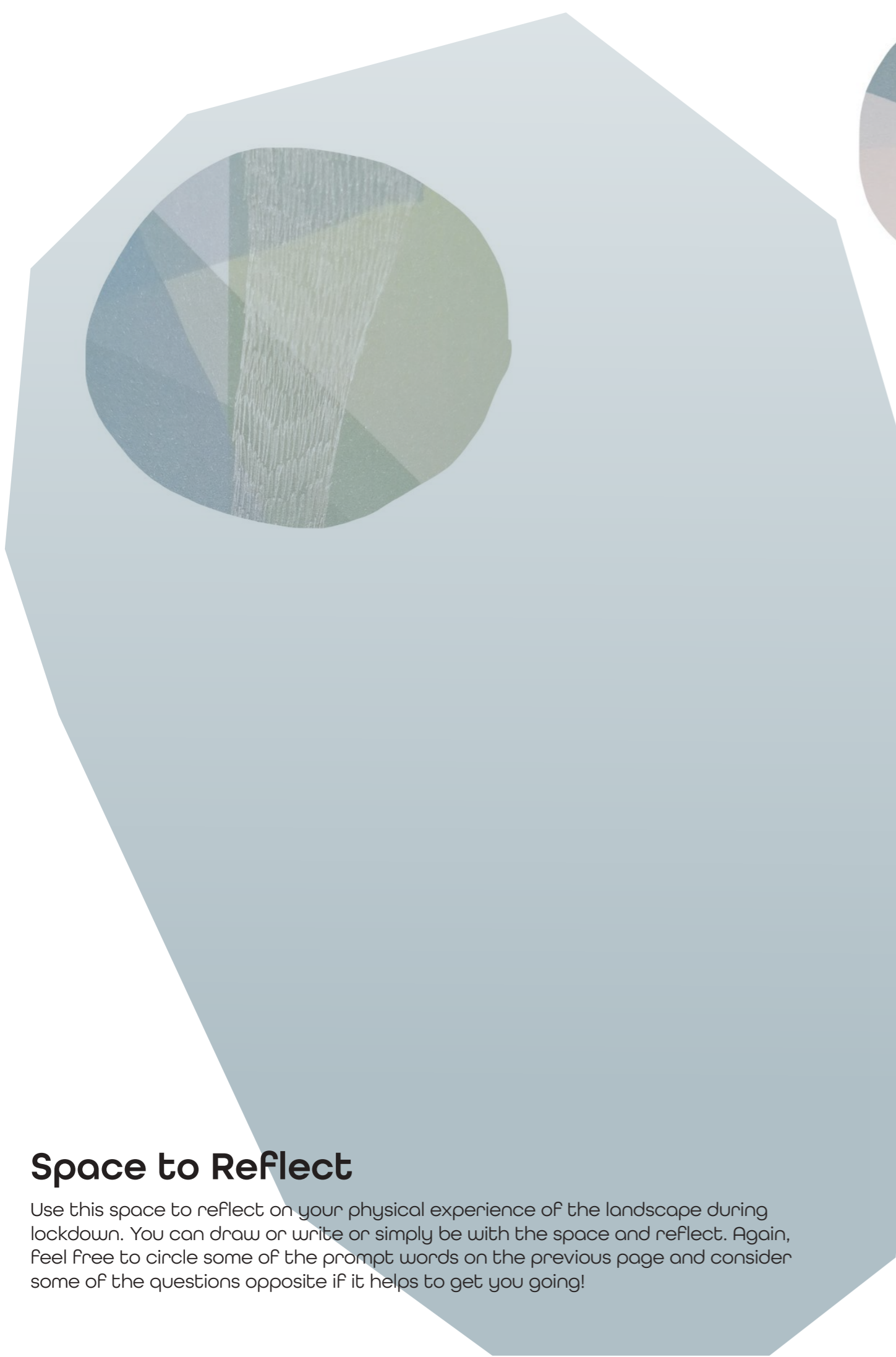
Which parts of your experience of 'Physical distancing' were nourishing and which parts of your experience will you be happy to leave behind? Here is the opportunity to sum it up!

**Moving Forward I'll be happy to leave behind.....**

**Moving Forward I'll be happy to continue.....**



## Body & Landscape



# Space to Reflect

Use this space to reflect on your physical experience of the landscape during lockdown. You can draw or write or simply be with the space and reflect. Again, Feel Free to circle some of the prompt words on the previous page and consider some of the questions opposite if it helps to get you going!

## A Few Questions

Maybe some of these questions will help in your reflections. Again, don't feel you have to answer them, they are simply to be used as prompts if needed.

- Did you discover anything new about your local environment?
- Do you have a physical relationship to the landscape?
- Did you find a special place?
- Did you loose something you feel you can't find again?
- Did you find something you feel you can never loose?
- Are there things you now know you can't live without? What did you miss?
- Did you find a new place? Did you discover anything new about your body?
- Did something become possible for you which wasn't before?
- Did anything cause you to look closer and notice something new?
- Did you find new ways of moving your body through space?

## Summing it up

Has the experience of being physically restricted from the landscape caused you to develop new relationships with your environment? Which elements of this experience are useful to take Forward? Here is the opportunity to sum it up!

**Moving Forward I'll be happy to leave behind.....**

**Moving Forward I'll be happy to continue.....**



## Something to Try

Here is a little exercise to try. You can do it purely in your imagination if you have a quiet place to relax. Alternatively if you are lucky enough to have a beach near by, you could draw out a large 10m circle and do it there!

**Close your eyes and relax.**

**Imagine yourself in the centre of a large 10m circle.**

**Gently allow your imagination to invite people and things into that space.**

**Notice without judgement who and what shows up.**

**One by one address them in your imagination.**

**Instruct them to either come closer, move further away or leave your circle altogether.**

**Notice without judgement this new constellation.**

**Reflect for a moment with your eyes still closed.**

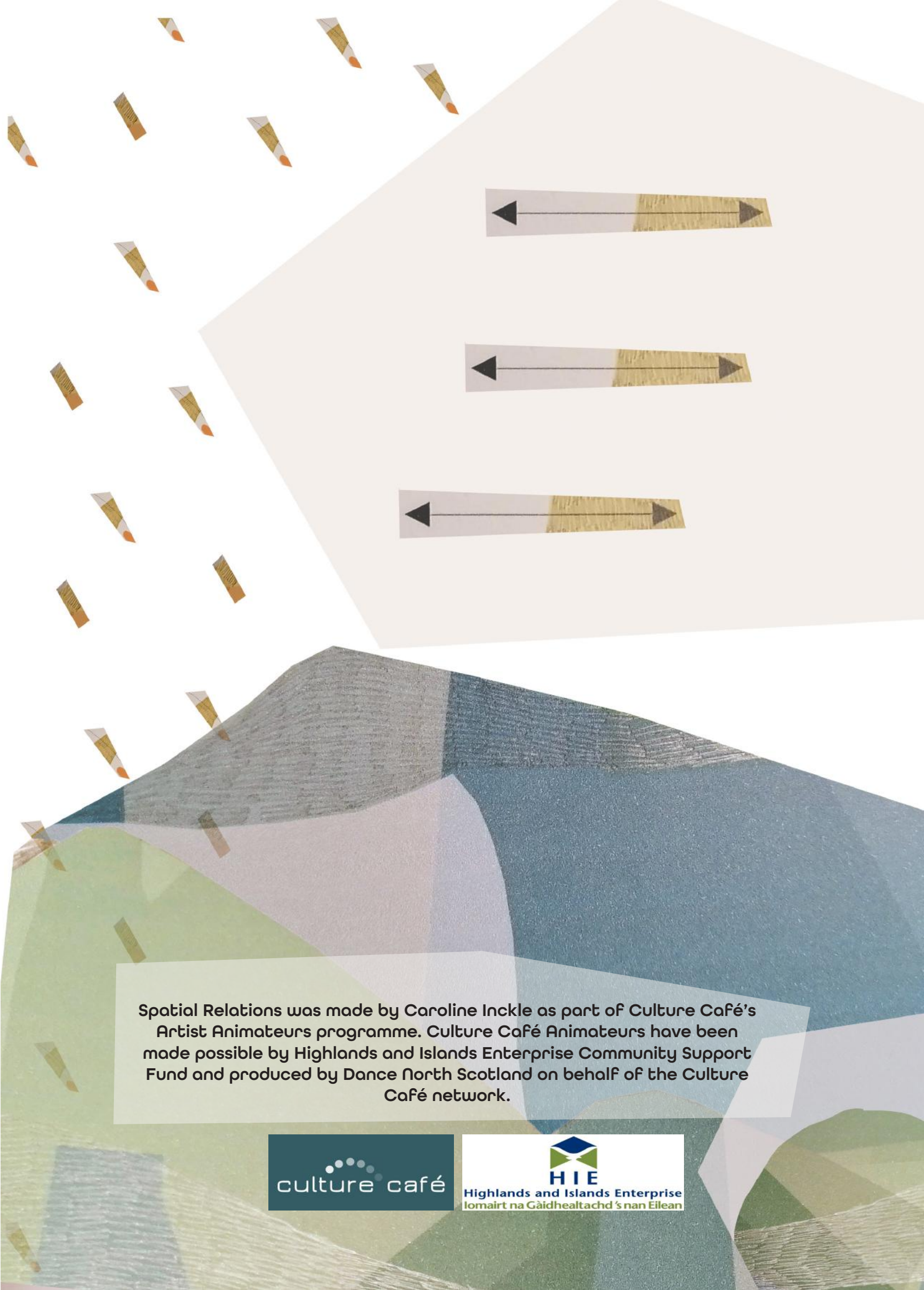
**Who or what did you bring into your circle?  
Who or what did you bring closer to you?  
Who or what did you instruct to leave?**

**Open your eyes, give yourself a pat on the back or a lovely hug and move on with your day!**

I hope these pages have given you some inspiration and insight as you move through this time of transition from lockdown into the so called 'new normal'.

The following pages are space for you to document any reflections or insights which you feel are useful for you to capture.





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culture café



Highlands and Islands Enterprise  
Iomairt na Gàidhealtachd 's nan Eilean