



Wellbeing Guide

House Rules

On behalf of the entire Creative Spark team, we are thrilled to welcome you to Dundalk! We are excited to have you here and look forward to a productive and inspiring collaboration.

Respect Each Other

- Be kind, inclusive, and patient
- Listen and support one another
- Different backgrounds = shared learning

Leave Things As You Found Them

- Clean up after yourself
- Return tools and materials

Be Mindful of People

- Keep noise levels considerate
- Give people space when needed
- Ask before using someone else's work or materials

Take Care of the Space

- Treat equipment with care
- Report anything broken or missing
- Use materials responsibly (avoid waste where possible)



Shared Areas = Shared Responsibility

- Put your dishes in the dishwasher
- Don't leave food out
- Keep surfaces clean for the next person

Look After Yourself Too

- Take breaks
- Stay hydrated
- Step out when you need to recharge

The Spirit

- Be curious
- Be generous

Emergency Information

- Emergency Services (Ireland): 112 or 999
- Follow staff instructions in case of emergency



Wellbeing Coordinator



Wellbeing Coordinator: Gráinne Murphy
Contact: WhatsApp - 0857876874/ Email: grainne@creativespark.ie
Reach out if you feel overwhelmed, unwell, or need support

Daily Wellbeing Tips

Morning (before 09:00)

- pack a reusable water bottle
- 5–10 min: slow body activation: light stretching / walking
- 5 min: intention setting
- Eat some breakfast (avoid only coffee)
- 🖱️ Why: mornings start socially + cognitively fast—don't arrive already depleted.

Midday Reset (lunch break)

- Step outside (even 5–10 min)
- Avoid working through lunch
- Hydrate properly (not just coffee)

Afternoon Workshops

- take small breaks from long sessions, get some fresh air or stretch your legs
- Protect your body:
 - unclench jaw, relax shoulders
 - stretch wrists (especially for e-textiles / tufting / printing)

Evening (post 18:00)

- Goal: down-regulate, not overstimulate
- You'll have: social dinners, travel (e.g. trip day), group discussions
- Choose intentionally: Attend selectively (you don't need every social event)
 - Create a wind-down ritual before sleep
 - note 3 things learned



Daily Wellbeing Tips

Quiet Space

At camp, we know that sometimes you need a moment to yourself. Our Quiet Space is a calm, cozy area where you can relax, read, listen to music, meditate, or just take a break from the busy day. It's your space to recharge, reflect, and feel grounded whenever you need it no questions asked.

Breathing Reset

- Slow your breathing. Inhale for four, hold for four, exhale for four. Repeat for one minute.

Sensory grounding

- Name: 5 things you can see
- 4 things you can feel
- 3 things you can hear

Step away

- If possible, step outside or away from your workspace for a few minutes. A short break can reset your focus.

SOCIAL WELLBEING

This is a highly collaborative + international environment

Boundaries toolkit:

- It's okay to say: "I'm going to recharge for a bit"
- Alternate: high social ↔ low social moments

Other tips/ resources

