



Walking on Sunshine: 52 Small Steps to Happiness – Rachel Kelly

Resource Guide

About Rachel Kelly

Educated at Oxford University, Rachel Kelly began her career at Vogue and went on to spend ten years as a journalist at The Times. She is the co-editor of *iF: A Treasury of Poems for Almost Every Possibility* (Canongate, 2012) and the creator of two poetry apps. Rachel gives talks and runs workshops across the country on the therapeutic value of the arts. Her memoir *Black Rainbow* (Hodder & Stoughton, 2014) on the healing power of the written word was a Sunday Times bestseller and won the Best First Book prize at the Spear's Book Awards.

All author proceeds from the book were donated to mental health charities - Rachel is an ambassador for [SANE](#)

and Vice President of [United Response](#) and campaigns to reduce the stigma surrounding mental illness. Her new book is *Walking on Sunshine: 52 Small Steps to Happiness* (Short Books, 2015).

www.rachel-kelly.net



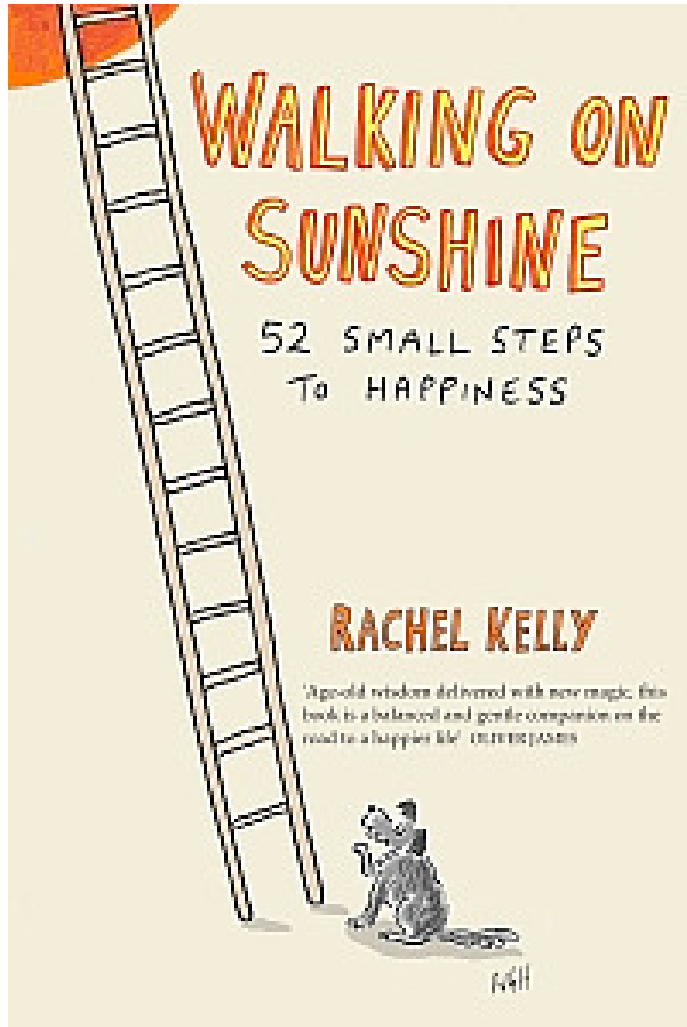
Workshops

Rachel runs poetry workshops for various organisations including mental health charities, prisons and bookshops. Recent workshops have run at Mind, CoolTan Arts, SMART, Soho House, The School of Life and The Idler Academy. Rachel is able to adapt the workshop to different venues but it is usually formatted in a four-part series in which participants meet once a week for a one-hour session. Each week Rachel shares a selection of poems (handouts included) designed to reflect an arc from dark to light over the course of the month. Groups usually comprise eight to twelve people, which allows for everyone to be involved.

The first of the four sessions includes a general introduction to the healing power of poetry: the ways poetry can provide a different narrative in our heads and make us feel less alone. Rachel leads the group in looking at understanding darkness and despair through cathartic poems and descriptions of mental unrest. In the second session the group discusses poems that can help us find the strength to overcome desperation as well as the motivation to fight on. The third session is about using poetry to re-engage with the wider world, often through an appreciation for nature. In the fourth and final session the group explores the ways in which poetry can help us appreciate and navigate everyday life.

For many attendees, the last time they read aloud was as children. Rachel is a keen proponent of seeing this practice rediscovered in adulthood. Reading aloud as a group helps participants to digest the poems, opens their eyes to the musicality of the words and allows time for them to put the text down and be read to. If you are interested in attending or hosting a workshop, please contact Rachel [here](#).

Books

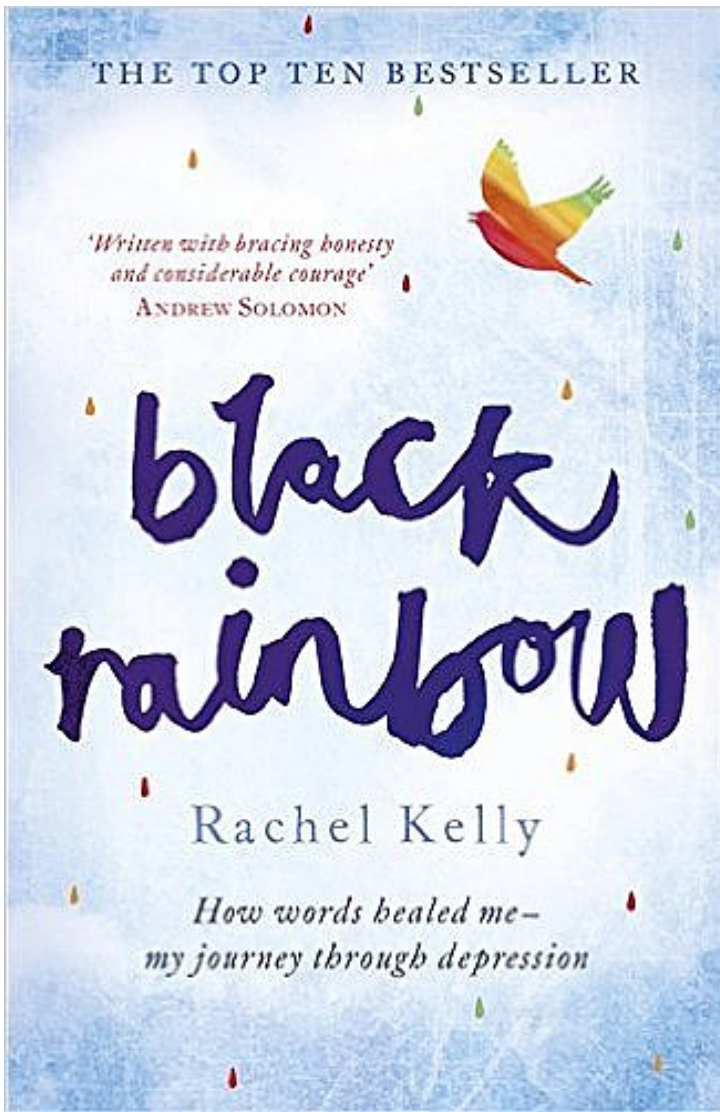


Walking on Sunshine offers 52 tips, tools and positive ideas (one for each week of the year) to guide you through the seasons and better manage the pressures of everyday life.

In a diary of her year, Rachel Kelly shares the strategies that have helped her stay calm and happy after overcoming depression. Some of the steps relate to particular experiences and events, such as holidays, dramas at work and her children's exams; others are useful at any time. Indeed this is an ideal book to dip into whenever the mood takes you.

Written in the confidential, conversational style of a good friend and delightfully illustrated by Daily Mail cartoonist Jonathan Pugh, Walking on Sunshine will act as a constant, supportive companion through your ups and downs.

[CLICK HERE FOR MORE DETAILS](#)



Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry.

In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained high, and six years later, as a stay-at-home mother, she suffered a second collapse even worse than the first.

Throughout both of Rachel's periods of severe depression, the healing power of poetry became an integral part of her recovery. As someone who had always loved poetry, it became something for Rachel to cling on to in times of need - from repeating short mantras to learning and reciting entire poems - these words and verses became a powerful force for change in her life. In Black Rainbow Rachel analyses why poetry can be one answer to depression, and the book contains a selected 40 of the poems that provided Rachel with solace and comfort during her breakdown and recovery.

At a time when mental health problems and depression are becoming more common, and the stigma around such issues is finally being lifted, this book offers a lifeline for anyone seeking to understand depression and seek new ways to treat it. Poetry is free, has no side-effects and, as Rachel can attest, 'prescribing words instead of pills' can be an incredibly powerful remedy.

[CLICK HERE FOR MORE DETAILS](#)

FREE Online Course

Literature and Mental Health: Reading for Wellbeing



FREE online course



Duration: 6 weeks



4 hours pw

About the course

The great 18th century writer Dr Samuel Johnson, who suffered from severe bouts of depression, said “the only end of writing is to enable the reader better to enjoy life or better to endure it.”

This free online course will explore how enjoying literature can help us to endure life.

Taking Johnson’s phrase as a starting point, the course will consider how poems, plays and novels can help us understand and cope with times of deep emotional strain. The reading load will be flexible, and you will have the opportunity to exchange ideas and feelings via the online discussions with other learners.

[**CLICK HERE FOR MORE DETAILS**](#)

Links

www.unitedresponse.org.uk

United Response provides a range of services for people with learning disabilities, mental health needs or physical disabilities.

www.sane.org.uk

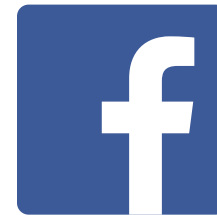
SANE is a UK-wide charity working to improve quality of life for people affected by mental illness

www.depressionalliance.org

Depression Alliance has set up Friends in Need as a way for people affected by depression, or supporting someone with depression, to talk online and meet up with groups in their local area.

Connect with Rachel

www.rachel-kelly.net



Click the images above to connect with Rachel

Connect with Onlinevents

www.onlinevents.co.uk

 admin@onlinevents.co.uk

Click the icons below to connect with us



[@Onlinevents_saz](#)

[@onlinevents](#)

Join our FB group
CLICK HERE FOR DETAILS

Watch Again

Watch this event and all our other presentations in our [Online Library](#)

<p>Student Membership</p> <p>Free while training</p> <p>Register for events</p> <p>View events live</p> <p>View archived events</p> <p>SIGNUP</p>	<p>30 Days Access</p> <p>£9.99 1 Payment</p> <p>Register for events</p> <p>View events live</p> <p>View Archived Events</p> <p>CPD Certificates</p> <p>30 Days Access</p> <p>1 Payment Only</p> <p>SIGNUP</p>	<p>Monthly Membership</p> <p>£5.99 per month</p> <p>Register for events</p> <p>View events live</p> <p>View archived events</p> <p>CPD Certificates</p> <p>First Month Free</p> <p>No Contract</p> <p>Cancel Anytime</p> <p>SIGNUP</p>	<p>Annual Membership</p> <p>£49.99 per year</p> <p>Register for events</p> <p>View events live</p> <p>View archived events</p> <p>CPD Certificates</p> <p>12 months for less than the price of 10</p> <p>No Contract</p> <p>Cancel Anytime</p> <p>SIGNUP</p>
---	---	--	--

[CLICK HERE TO REGISTER AND START YOUR 30 DAY FREE TRIAL](#)