

LOLS – Workshop 5

Cultural Resources – Worksheet 2

CULTURAL

Ideas, behaviours, customs of a society. Relating to the arts and productive interests.

RESOURCE

A supply to be drawn on for effective functioning. Actions or strategies which may be adapted in adverse circumstances.

Cultural resources are activities, actions, strategies, or behaviours - particular to the individual - which can be drawn upon to improve quality of life.

They are resources individual to you, which have meaning and impact on your life, as you choose to live it. Other people might also find your resources useful, or they may not. Perhaps they might use your resources, but in different ways. For example, you may find swimming helps you relieve stress, while your friend might find running more beneficial. A second friend might agree that swimming helps, but prefer swimming in open water.

A simple way to think of cultural resources is as 'personal medicine'¹ – a way to treat your own wellbeing according to your own environments, needs, and preferences. As the expert in your own life, you can prescribe resources, and adjust them accordingly; just like a doctor might prescribe medication and adjust it until it is right specifically for you.

Cultural resources improve your ability to:

- *Construct and support your own identity and sense of self*
- *Give meaning to your life*
- *Tackle problems in living*
- *Develop strategies for resilience and growth*

By understanding cultural resources, you can identify your own, and get better at applying them in the right situations.

¹ Deegan (2005)

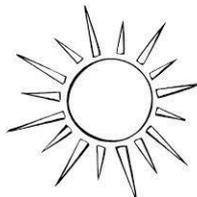
Activity: Exploring Cultural Resources

Below is an (**incomplete**) list of categories of potential cultural resources.

Select three of the categories and explore through discussion how they might be used as resources.

- What specific examples can you think of?
- How might they benefit an individual?
- How might these resources be misused? (e.g. intentionally harming yourself by doing pushing too far in sports).
- Can you think of any additional categories?

- Reading books
- Movies, plays
- Visual arts
- Music
- Complementary therapies
(acupuncture, herbal remedies, etc)
- Sport
- Spirituality
- Nature
- Politics
- Voluntary work
- Walking
- Holidays and travel
- Work/employment
- Gardening
- Family and friends
- Pets and animals
- Physical activity
- Education
- Crafts
- Religion
- Pilgrimage
- Correspondence
- The internet
- History
- Philosophy
- Writing
- Dance
- Hobbies
- Self-help groups
- Interior design
- Eating and food



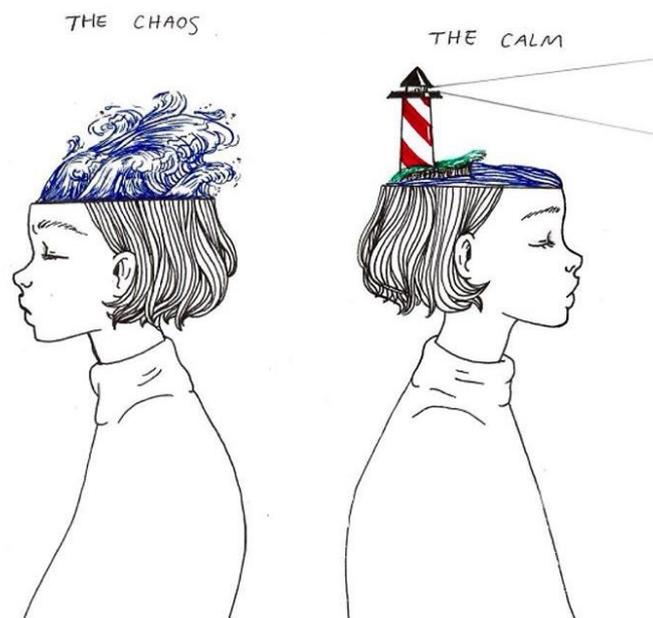
Activity: Exploring the role of cultural resources in your life

The aim of this exercise is to give you an opportunity to explore the relevance of 'cultural resources' in your own life.

Take a few minutes to write your answers to the questions below. Whatever you write will be confidential – you will choose how much to share with others in the group – no-one will see what you have written.

1. *Make a list of the cultural resources that are most relevant in your own life. Be as specific as possible. For example, rather than 'nature', you might write 'walking along St Andrews beach with my dog'.*
2. *What are the resources that you would like to develop, or make available to yourself, in future? Add these to your list.*
3. *What are some of the resources that you have had in the past, for example resources that you no longer use? Add these to your list.*
4. *Now, look at your list. For each of the items on your list, briefly note down what it is that is made possible for you through your engagement with this resource? What are the possibilities (which may not always be achieved) that are opened up for you through engaging with the resource (or possibly even just thinking about it).*
5. *For each of the items on your list, briefly note down when, and how often, you use that resource. How satisfied are you with the frequency with which you use each resource?*
6. *Finally, as a result of your self-inquiries, are there any further categories of cultural resource that you would want to add to the list over the page? Anything you want to do more of? Or anything you want to remove?*

Some of the group may now want to share their list, but this is completely optional.



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