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HOW TO SURVIVE AND THRIVE IN AN IMPOSSIBLE WORLD WITH A PIANO!

THE INTERACTIVE,
WELLBEING, MUSICAL
SHOW THINGY



Find out more at
htsat.co.uk

HOW TO SURVIVE AND THRIVE IN AN IMPOSSIBLE WORLD WITH A PIANO!

CAST

STEVE BONHAM as Steve Bonham

CHRISTOPHER LYDON as Christopher 'the Bishop' Lydon

and introducing...

STEVE'S PHONE as Steve's Phone

CREATIVES

STEVE BONHAM

Writer and composer

CHRISTOPHER LYDON

Composer and producer

SVENJA BÜHL

Choreographer

Follow us on social media

@HTSATWellbeing



Supported by  **TherapyFinders** therapyfinders.co.uk

We want to extend our heartfelt gratitude to Arts Council England, Air Arts, and the wonderful team at University Hospitals of Derby and Burton, especially the Wellbeing Team, for their invaluable support during the initial phases of this project. We held our very first pilot performance at Royal Derby Hospital on 23 November 2022.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



NHS
University Hospitals of
Derby and Burton
NHS Foundation Trust

WELCOME

Welcome, welcome, welcome to our **INTERACTIVE, WELLBEING, MUSICAL SHOW** thingy!

Not only great entertainment (we hope!) but an holistic approach to wellbeing that combines the latest discoveries in psychology and neuroscience with the ancient, tested wisdom of the survivors and thrivers amongst us common folk.

The show presents an approach to living a more fulfilling life that is designed to engage all aspects of who you are. It's so much more than a "to-do list" for change: it's a path to liberation!

Mischievous, subversive, fun and fizzing with wisdom, **HOW TO SURVIVE AND THRIVE IN AN IMPOSSIBLE WORLD WITH A PIANO!**

is an invitation to stand back and laugh at a world that is quite clearly bonkers, and take a timeout to realise a better way of dealing with it.



**LIBERATING HAPPINESS
AND WELLBEING,
ONE AUDIENCE AT A TIME!**

Along with the stage show, we invite you to explore the original book, the music from the show (see inside back cover) and the accompanying website for the whole project: htsat.co.uk



Irresistibly Tasty Beignets

Ingredients:

240g plain flour
50g caster sugar
2tsp baking powder
½tsp salt
½tsp nutmeg
120ml whole milk
2 large eggs
5ml vanilla extract
Oil for frying
Icing sugar

Remember, cooking is an adventure, so feel free to add your own twists and flavours along the way. Now go, my friend, and conquer the beignet world with style! Bon appétit! The Bishop x

1. Dump the flour, sugar, baking powder, salt and nutmeg in a large mixing bowl. Give it a little swirl, but don't go too crazy!
2. In a separate bowl, mix together the milk, eggs, and vanilla extract. Beat those ingredients like you're at a drumming concert.
3. Pour the wet into the dry. Mix and bring together to form a dough, which will take a few minutes. Don't stress if it takes longer; life is imperfect, and so are beignets.
4. Now, it's time to heat things up! Pour about 5cm of oil into a deep pan. Heat it to around 190°C.
5. While the oil is heating up, flour a clean surface like you're having a snowball fight with your flour container. Take the beignet dough and roll it out to about ½cm thickness.
6. Cut the dough into squares, rectangles, or even circles if you're feeling fancy. Make them about 5-7 cm in size. Toss in a few flour clouds to keep them from sticking together.
7. Once the oil is hot and ready, gently slide those little dough pieces into the pan. Cook them for about 2-3 minutes on each side until they turn golden brown.
8. Take those glorious beignets out of the oil and let them rest on a paper towel-lined plate to get rid of any excess oil. The towel is like their little spa retreat. They deserve it!
9. Now, the fun part! Dust your beignets with a generous amount of icing sugar and apply to face. Generously. Repeatedly.



We've included some fun activities for you to play with, called **The Bishop's Daily Bread**. While on the surface they may seem frivolous, they serve great practical and wellbeing purposes, though! They are all aimed at supporting the five "Rules for the road" which are the bedrock of How to Survive and Thrive. All these delights focus on the present, allow you to build a sense of mastery, invite you to experiment and share experiences with your friends. All you need to do is take the first step!

THE STORY BEHIND THE SHOW

The original book, *How To Survive and Thrive in an Impossible World*, was written during lockdown by Steve Bonham, an author, songwriter and award-winning psychologist. It has been described as “challenging, funny, radical and unlike any other ‘how to’ book you have ever read!”

Prompted by his own experience of how exhausted and stressed he found the NHS staff were whilst he was receiving treatment for cancer, Steve saw a need for an innovative way to break through the permafrost of helplessness in which so many of us are trapped. He came up with the idea of the performance which celebrated our humanity, made us laugh, whilst gently facilitating the onboarding of critical survival skills and ideas.

Steve worked with long-time collaborator, Chris ‘the Bishop’ Lydon, a creative producer, musician and composer to create the new and innovative show.

The show was developed in 2022 with support from Arts Council England, Air Arts and University Hospitals of Derby and Burton. Passionate about the power of the arts to inspire and heal, Steve and Chris are bringing the show to new audiences across the country, focussing on studio theatres, workplaces, community venues and festivals. In fact, wherever people are looking for an antidote for these strange times!

What can the audience expect? Laughter, great stories, wonderful songs, gentle audience participation, including some dancing, inspiring new ideas, and to leave with a smile on their face and an uplifted spirit.



THE TALE OF THE FIVE "RULES FOR THE ROAD"

The origin of our five principles for thriving in an unpredictable world stems not from the halls of academia but from a life of exploration; conversations with people of all walks of life; and engaging with a kaleidoscope of cultures. Our journey has taken us from the heartland of the Pueblo and Imazighen, along the ways of the Cherokee, the Namibian Bushmen, and the nomadic Sahara Bedouins. The threads of wisdom woven through their stories hold the key to a more fulfilling life.

Each story was a testament to the human spirit - showcasing the values they held dear, the skills

they honed, the depth of their relationships, and their unyielding resilience in the face of adversity. These discovered wisdoms, deeply rooted in our collective past, evolved from communities where cooperation was a way of life and authenticity was a simple reality.

What struck us was the alignment of these life principles with the latest findings in psychology, therapy, and neuroscience. These aren't rigid "rules," but life-enhancing insights, pearls of wisdom that echo across cultures and time. Ignoring them could make life's journey a bit more arduous.

RULES FOR THE ROAD

BE WILD Embrace the moment and open yourself to a world of possibilities.

BE STRONG Stay grounded in your values, skills, and passions.

BE EXPERIMENTAL Nurture your curiosity and cultivate an openness to new experiences.

TRAVEL WITH COMPANIONS Foster deep connections with those who share your values and provide mutual support.

TAKE THE FIRST STEP Break free from the shackles of procrastination and take the plunge.

These are your compass to navigate life's unpredictable seas, providing guidance towards personal growth, resilience, and meaningful connections. They pave the way to a joyful and fulfilled existence, even amidst uncertainty and turbulence.

BE WILD Break free from stories that have become woven around you. Rekindle the spirit of your innate nature. Immerse yourself in a more fulfilling existence. Being wild is about acknowledging your current circumstances, living in the present moment, and truly connecting with the world around you. It challenges you to rewrite the narratives you've built around yourself and the world, inviting you to explore new perspectives and opportunities for personal growth.

BE STRONG Rediscover your passions, values and skills. Carry them like a torch lighting your path. As life hurls challenges your way, standing firmly in your convictions offers stability. Your values are your internal compass, guiding your decisions. Knowing your strengths can empower you, fostering resilience and adaptability in all aspects of life.

BE EXPERIMENTAL Approach life with curiosity and a willingness to try new things, thereby fostering personal growth and adaptability. By

being experimental, you give yourself permission to take risks, step into uncharted territories, and unlock potential you didn't know existed. This perspective can help you unearth hidden talents and passions, turning life's serendipitous moments into opportunities for growth and discovery.

TRAVEL WITH COMPANIONS Companions aren't just friends, they are individuals who understand you deeply, challenge you to be your best self, and genuinely care about your growth. Companions offer a safe space for you to be your true self, creating memorable experiences, and fostering personal growth.

TAKE THE FIRST STEP This principle addresses procrastination, one of the biggest roadblocks to productivity. Whether it's fear of failure, self-doubt, or feeling overwhelmed, the key to overcoming procrastination is understanding its root cause and then taking that initial step, no matter how small. Each step you take builds momentum, keeping you moving forward towards your goals. Remember, overcoming procrastination is a gradual process. It's about making consistent changes to your habits and mindset. By taking that first step, you set the stage for a journey of continuous improvement and growth.

THE TEAM

WHO ARE STEVE BONHAM AND CHRIS LYDON?



STEVE



THE BISHOP

Steve Bonham is a writer, musician, adventurer and award-winning psychologist. He has released ten albums and written five books, the latest being *Stumbling Over Eden*, about his trek from the top of the Atlas Mountains into the Sahara desert. His previous book, *How to Survive and Thrive in an Impossible World*, is the starting point for all things *How to Survive and Thrive!*

Christopher Lydon is a renowned producer, musician, arranger and composer. He has performed around the UK and Europe, and has worked on projects with the BBC, National Youth Orchestra of Great Britain, Channel 4, The Hallé Orchestra, Global Grooves, Air Arts, and 1623 theatre company, including running wellbeing and arts & health events in hospitals, community settings, the criminal justice system, and arts centres.

Together they are members of **The Long Road** band and partners in many other musical and theatrical activities. The Long Road, which includes their friend Kev Moore, created the American Wilderness Odyssey album and theatre show which tours the UK, alongside performances, gigs and festivals.



The Bishop's Body Scrub

Ingredients:

1 cup sugar (white or brown sugar)

½ cup coconut oil (solid state)

10-15 drops of your preferred essential oil (such as lavender, citrus, or peppermint)

Guaranteed to deliver the here and now!
The Bishop x

1. In a mixing bowl, combine the sugar and coconut oil. If the coconut oil is in a liquid state, you can solidify it by placing it in the refrigerator for a few minutes before mixing.
2. Using a fork or spoon, blend the sugar and coconut oil together until well combined. The mixture should have a slightly grainy texture.
3. Add 10-15 drops of your preferred essential oil to the mixture. Essential oils not only add fragrance but also offer various benefits for the skin. Feel free to experiment with different scents or even create your own blend.
4. Continue to mix the ingredients until the essential oil is evenly distributed throughout the scrub.
5. Transfer the body scrub into a clean, airtight container, such as a glass jar or plastic container with a lid.
6. To use the body scrub, take a small amount and gently massage it onto damp skin in circular motions. Focus on rough areas like elbows, knees, and heels. Rinse thoroughly with warm water, and pat your skin dry. Enjoy the soft and smooth feeling of exfoliated and moisturized skin!

IMPORTANT: Do a patch test on a small area of your skin to check for any allergic reactions or sensitivities before applying the scrub all over your body.

RISE

*Music by Steve Bonham
and Christopher Lydon*

Lyrics by Steve Bonham

In times like these, when the smoke of the night
Takes a while to clear, until you can see the light
And all the colours run in the tears of the morning sun, and rise
Over a lonely little town, like an antique eiderdown
Which seems to have sadly frayed, with no hope of being saved

In times like these, when we don't know what to do
When even small things fall apart, and the train just passes through
Tired of the same old lies, as the truth wears her disguise again
Running along on empty, in the land of plenty
Feeling it's now or never, to steal a chance whenever

**Together we are strong, together we can breathe
Unfold from all our history, sail the seven seas
Get a little wild, become more reconciled
Together we can rise! Together we can rise!**

In times like these, when the questions turn to dust
Where there once was gold, now there's only rust
Where the ghosts of the fall can't take the time to call on you
You and I were lovers, now we're real good friends
Don't you run for cover, I'll love you till the end



Forest Bathing: Embracing Nature's Serenity for Inner Peace

Welcome to the wonderful world of forest bathing, or as the Japanese call it, *shinrin yoku*.

It's not a quick dip in a pool of greenery; it's about mindfully immersing yourself in nature's embrace to find a profound sense of calm and connection.

The Science Behind the Magic: Believe it or not, there's some serious science behind the enchanting spell of forest bathing. Studies have shown that spending time among trees reduces stress hormones, lowers anxiety levels, and even improves concentration. The sights, sounds, and smells of nature have a soothing effect on our minds and bodies.

Disconnect to Reconnect: In a world obsessed with screens and notifications, forest bathing is a sweet escape from the digital buzz. Take this opportunity to disconnect from your gadgets and plug into the natural rhythm of the forest. It's a chance to be present, to savor the moment, and to simply be.

Taking Life at a Gentle Pace: In the forest, time slows down, and so should you. Don't rush through the experience; instead, take a leisurely stroll or find a comfortable spot to sit and observe. Give yourself permission to pause, breathe, and let go of life's pressures for a while.

Inhale Nature, Exhale Stress: The air in the forest is pure, crisp, and brimming with the scent of earth and foliage. Take deep breaths and feel the freshness filling your lungs. As you exhale, release the tension and worries that might be lingering within. The forest is a master of relaxation: let it guide you.

A Conversation with the Natural World: Among the trees, the sound of silence speaks volumes. Allow yourself to listen to the subtle rustle of leaves, the distant calls of birds, and the soft whispers of the wind. Engage your senses and let the symphony of nature be your meditation.

An Open Heart and Mind: Nature has a way of surprising us with its hidden treasures. Be open to unexpected encounters – a deer peeking from behind a tree, a sparkling stream you didn't anticipate, or a vibrant wildflower that catches your eye. Embrace these moments as gifts from the forest.

Gratitude and Farewell: As you bid adieu to the forest, express gratitude for the peace it bestowed upon you. Thank the trees, the wildlife, and the elements for sharing their energy and wisdom. Carry the serenity of the forest with you as you step back into the outside world.

In a busy and fast-paced world, forest bathing provides a chance to reconnect with nature and with ourselves. So, the next time you seek a moment of tranquility and reflection, venture into the woods, and let the forest weave its gentle magic around you. It's a serene journey you won't regret.

Happy forest bathing!
The Bishop x

THERE ARE FOUR WAYS TO HEAL

By Steve Bonham

There are four ways to heal,
Each as old as time itself.
Four ways to mend
How we think and feel
And unlock the door
To a happier self.

The first is to be still,
Silent as the mirrored lake
Over which a moon suspends
And its ancient light distils
That of which we may be sure
In each moment that we take.

The second is to sing,
Full throated and sublime.
Sing alone or with a friend,
The notes that nature brings
That rise from the heart and core
And with your soul can rhyme.

And then there is to dance,
Break free from hidden chains
That seek to bind and bend.
Take the beat and chance
The kiss of Terpsichore
And let it all go round again.

Finally, tell a tale
on the edge of a fading day.
Long or short, tell it to the end.
It's a transport minus wind or sail
To the spell of a better shore,
And the easing of the way.

There are four ways to heal,
Each as old as time itself.
Four ways to mend
How we think and feel
And unlock the door
To a happier self.





Unleash Nature's Spirit: Rewilding Your Patio

Step into the Wild Side: Who said you need vast wilderness to connect with nature? Rewilding your patio or window box is like opening a secret portal to the great outdoors right in the heart of your home. Embrace the wild spirit and transform these small spaces into a sanctuary for flora and fauna alike.

Embrace Biodiversity: Ditch the traditional garden rules and embrace biodiversity like a boss! Mix native plants with flowering herbs and aromatic shrubs. Let different species coexist, attracting butterflies, bees, and birds to create a bustling ecosystem that's both beautiful and beneficial.

Choose Native Champions: Pick plants that are local heroes – native to your region. They're hardy, low-maintenance, and provide essential support to local wildlife. Native plants are like old friends for butterflies and birds, inviting them to your patio or window box party.

Reconnect with Soil: Get your hands dirty and reconnect with the earth. Use organic soil and compost to nourish your plants. It's like giving them a wholesome treat to grow strong and healthy.

Embrace the Wild Side: Allow your plants to grow freely, like a bohemian spirit. Let them dance and sway with the breeze. Don't fret about perfect symmetry; the wild charm of untamed growth is what we're after.

Water with Love: When it comes to watering, don't be shy with the H_2O . Give your plants a good soak, but not too often. Let them savour the raindrops and sunshine in between. It's all about balance.

Attract Wildlife: Hang up a bird feeder or birdhouse to welcome winged visitors. Birds are like the delightful musicians of the wild, and their presence will bring your rewilded space to life.

Observe and Learn: Take the time to observe the life unfolding in your rewilded space. Learn about the plants, insects, and birds that visit. You'll be surprised by the unique stories each creature brings.

Cozy Up: Create a cozy nook amidst the greenery, a spot where you can unwind and read a book, or simply daydream. Your rewilded patio or window box can be your personal oasis for relaxation.

Share the Love: Spread the joy of rewilding with friends and family. Encourage them to do the same, and watch as a network of miniature wildernesses blooms around you.

In the hustle and bustle of urban life, rewilding your patio or window box offers a slice of untamed paradise. It's an opportunity to reconnect with nature, find peace amidst the green, and rediscover the wonder of the wild in the most unexpected places.

Happy rewilding!
The Bishop x

How to Survive and Thrive is supported by:



TherapyFinders

therapyfinders.co.uk

Alongside our stage show, our accompanying website - htsat.co.uk - also provides resources and information to help you navigate the complexities of life.

However, if you feel you may benefit from one-on-one support, we recommend exploring the services **Therapy Finders** offers. Let them be your compass on the path towards a happier and brighter future.

In the whirlwind of life, maintaining mental and emotional wellbeing can sometimes be challenging. When these challenges grow, having the right professional support can make all the difference.



Claire Williams, founder

Introducing: Therapy Finders.

Founded with a mission to simplify the often-daunting journey of finding the right therapist, Therapy Finders has developed an expert matching service that bridges the gap between clients and therapists. Their service is driven by the understanding that a strong therapeutic relationship is vital for effective therapy, which in turn, contributes to a brighter future.

To achieve this match, Therapy Finders uses a bespoke questionnaire that delves into your unique needs, preferences and circumstances. Your answers are then matched with their comprehensive database of therapists, ensuring that you are paired with a professional who can best support your journey to wellness.

In addition to their core matching service, Therapy Finders offers a unique 'Emotional First Aid' service. These one-off online therapy sessions aim to provide immediate support to those facing current emotional difficulties such as anxiety. A single session with a qualified therapist can provide you with the tools you need to better cope with your day.

Therapy Finders is committed to being your ally on your path to emotional health. Their team is available online or by phone from 9am – 5pm to assist you with any queries or help you might need with the questionnaire.

Remember, everyone's journey through therapy is personal, but you don't have to navigate it alone. Therapy Finders is here to guide you every step of the way, aligning you with the perfect therapist to meet your unique needs. Discover more about Therapy Finders and how they can support you in finding your perfect therapeutic match on their website. therapyfinders.co.uk

If you are having suicidal thoughts and need to speak to someone immediately please call the Samaritans on 116 123.

ROLL OF HONOUR

Massive thanks to the brilliant people below, who have supported Crowdfunders for the show. We couldn't do it without you!

Poppy Allen
Linnet Arthur
Tansy Arthur
Jessica Bayliss
Andy Bean
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Nick Broad
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Lucy-Jane Carter
Mike Carter
Samantha Carter
Scott Chambers
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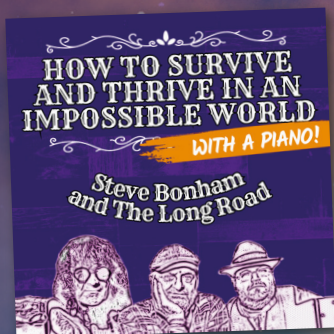
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Sara Walker
Jason Webster
Natalia Wiczorek
plus eight anonymous supporters

MUSIC RECORDED BY

STEVE BONHAM
AND THE LONG ROAD

thelongroadband.net



Steve Bonham: lead vocals, guitar.

Stuart Jones: engineer & record producer.

Christopher Lydon: piano, hammond, percussion, vocals.

Kev Moore: guitar, bass, drums, percussion, vocals.

Recorded at Woodworm Studios.

 bandcamp

 Listen on
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 Spotify

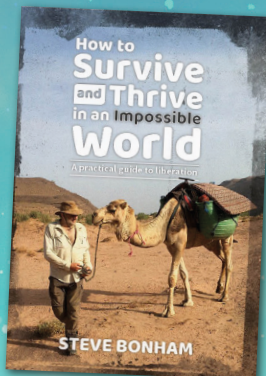

SOUNDCLOUD

ORIGINAL BOOK BY STEVE BONHAM

This live show is based on the original book by Steve Bonham, *How to Survive and Thrive in an Impossible World*, published by Artisan Creative.

Available to buy from artisan-creative.com.

Also available on Amazon and Kindle.





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EXPLORE A LITTLE MORE...



Step into a world of resilience and growth at the HTSAT Lab.

htsatlab.co.uk

