



# **A Small Book**

# **on Mental Health**

**or Thriving at the Fringe of Madness**



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# Well, well, well.

Picking up from where we left off in 2022, we at Objectively Funny have made another Small Book, to add a little support to your day-to-day life at the Fringe. Hopefully this one's ended up in the hands of someone who's working at the festival, doing whatever needs doing to make this behemoth of a cultural staple the beautiful beast it is.

This is the third edition of this tiny tome, and things look pretty different to that first time around. In 2019, when we originally had the idea, it felt like a gentle response to the challenges experienced by people who prop up this festival. A polite riposte to the vulnerable artistry, the extreme hours, the dreamy expectations, the financial ludicrousity.

In 2022, for the second edition, we'd just come back from a couple of pretty globally noteworthy years, for one reason or another. Over that time we'd been promised a utopian Brand New Fringe to come back to, but when it returned the costs were soaring, the conditions slipping, and artists were being increasingly undervalued against the megaweights of PR, marketing and social media.

That year also revealed a darker side of the Fringe than I had experienced previously. Reports of racism, homophobia and transphobia were notable. Performers I admired hugely were being abused and dehumanised. But on the other side of that, I saw an artistic community come together in beautiful solidarity.

After a year off for all of the reasons I just mentioned, it's time for Small Book number three. I wasn't going to make one this year; it feels like we as a society have a better understanding of our individual mental health than ever. Alongside that,

# Here we are again.

many people in the arts world especially are getting diagnosed with neurodiversities of one form or another. We know ourselves better, and are more equipped to handle our shit. But the Fringe doesn't function like normal life; the social and artistic pressures are on another plane, pounds slip out of your account with every step, and full weeks without proper rest means emotions can flip in an instant.

It's important to note that this book doesn't touch on a lot of elements of mental health - most, probably. It's only small after all. But hopefully it can put an arm around a shoulder, be a pal in your pocket. Whether you're a flyerer, technician, venue worker, performer, director, producer, stage manager or whoever else makes this month as incredible as it is, I hope it provides a small reminder to keep looking after yourself and others as best you can while you're here.

I've said it before and I'll say it again: I hope this book is of no use whatsoever. I hope the month is kind to you, and you achieve sweet success at every turn. But if you hit any hurdles, feel yourself dip or start to struggle, I hope there's something in here that can help. Either way, have a bloody good Fringe.

Martin Willis  
Founder, Objectively Funny  
@martinvwillis

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MHFA England

Mental Health First Aid teaches people the skills and confidence to recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right support.

A month in Edinburgh for the Fringe will hopefully be fun, but it also could be stressful. We all squeeze into Edinburgh with high hopes, under intense pressure to make it the best possible experience. We are surrounded by busy people during the Fringe: performers, venue staff, flyerers, producers, friends and colleagues. Below are a few tips on how to start a chat with someone who you feel may be experiencing poor mental health.

- Actively look out for those around you. You may be around the same people every day, whether they are the performer that you are working with, staff at the venue you are performing in, or part of your street team. If you notice that someone's demeanor has suddenly changed, or they are acting out of character, this may be a good indicator that they are experiencing poor mental health.
- One of the easiest things you can do is ask "how are you?" Simply checking in with people around you can make them feel cared about and heard within the hubbub of the Fringe. Don't be afraid to ask twice - sometimes people feel they need permission to really open up.
- Invite the person for a chat while doing something non-Fringe-related. You could suggest a walk in Holyrood Park, or a hot drink in a cafe out of the centre of town. Taking yourselves out of the heart of the Fringe will give you both some breathing space and open up space to chat.



MHFA England

- Give yourself time to talk. Ten minutes may be enough, but do not rush them. Put your phone on silent and out of sight. Make sure you are giving them your whole attention.
- Everybody communicates differently so pay attention to their body language and tone. This can hint at how they are feeling. Mirroring your own body language and tone to theirs can put people at ease.
- Keep your questions open. Asking “how are you feeling?” instead of “are you feeling OK?” gives the person the opportunity to elaborate and opens up the conversation.
- Affirm what the person has told you in a supportive manner. Acknowledging what someone is going through can help them feel validated, and tackle the stigma around talking about poor mental health.
- It may seem helpful to say “it’ll all be better soon” but this can shut the conversation down and trivialise their feelings. By listening attentively, you are being positively supportive.
- Contrary to what may feel natural, try not to offer advice. Remember that what works for you will not necessarily work for others. It is very likely that the person you are trying to support has already thought of it.
- Practice active listening - listen to understand. Accept the person for who they are and do not judge or criticise them because of your own beliefs or values.



MHFA England

## What to Do Next?

- Keep the conversations going. Check in with them and reassure them that they can come to you with any further issues. It's always a comfort to know that someone has your back.
- Offer reassurance that there are lots of resources out there. Many of us will be only staying in the city temporarily, but there are still plenty of UK-wide and Edinburgh-based resources available. You can find a list of some of them at the back of this book, and further at the MHFA website (list here).
- Encourage further support from a professional. Once they are back home, they may want to talk to their GP about NHS-funded mental health support programmes.

The more we check in with people and practice these basic Mental Health First Aid tips, the better we can tackle the stigma surrounding poor mental health. Edinburgh Fringe can be tough, but if we look out for each other's mental health, we can strive to make it better for everyone.

If you have questions about providing one-on-one support to someone who is experiencing bad mental health or have questions about becoming a Mental Health First Aider, you can email our team at **hello@objectivelyfunny.com**.



# **Edinburgh and UK-Based Resources**

## **Campaign Against Living Miserably (CALM)**

[www.thecalmzone.net](http://www.thecalmzone.net) – 0800 58 58 58

A free and confidential helpline as well as a webchat service, offering help and information to anyone who is struggling or in crisis.

## **Drinkaware**

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Provides independent alcohol advice, information and tools to help people make better choices about their drinking. Lots of good online resources and tips for managing alcohol intake.

## **Living Life to the Full**

[www.lltff.com](http://www.lltff.com)

Free and short online courses covering low mood, stress and resilience in the cognitive behavioural therapy (CBT) approach. Recommended by major charities and widely used within health and social care services.

## **Samaritans**

[www.samaritans.org](http://www.samaritans.org) / 116 123 / [jo@samaritans.org](mailto:jo@samaritans.org)

Samaritans provides emotional support for anyone who's struggling to cope, via a 24/7 365 days a year phone line and email service.

# Self-Help Techni

A guide for performers  
experiencing stress or anxiety.

## **Too Stressed to Impress?**

Stress causes physical changes in the body designed to help us take on threats or difficulties. Changes such as our breathing quickening, heart racing, muscles tensing and increased sweating. This is sometimes known as the flight or fight response. This response is helpful when we face immediate danger, but debilitating emotionally, physically and mentally if we feel constantly stressed.

In the creative industries, anxiety and high levels of stress can be triggered by factors which include working hours, pressure to meet high standards, irregular work, meeting new people, financial pressures, travelling around, and balancing work and family life.

We can always do more for our mental health. Here are some simple techniques for helping to manage stress and anxiety which can easily be practiced during this busy month.

# Self-Help Techni

Brought to you by Breathing Space,  
Scotland's mental health phone line

## **Calming Breathing Technique**

This technique for stress, anxiety and panic attacks takes just a few minutes and can be done anywhere. Performing this exercise regularly, as part of a daily routine, will achieve the most benefit.

- Make yourself as comfortable as possible
- If you're sitting or standing, place both feet flat on the ground and hip-width apart
- Let your breath flow as deep down into your belly as is comfortable, without forcing it
- Breathe in through your nose and out through your mouth
- Breathe in gently and regularly. Some people find it helpful to count steadily from one to five. You may not be able to reach five at first
- Without pausing or holding your breath, let it flow out gently, counting from one to five again, if you find this helpful
- Keep doing this for three to five minutes

## Being More Mindful

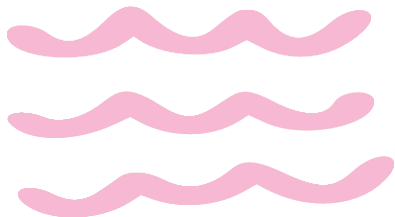
Mindfulness is a simple form of meditation which involves maintaining a moment-by-moment awareness of our thoughts, feelings and surrounding environment. Being fully present in the moment can help to decrease stress, and increase levels of focus and happiness. There are several free mindfulness apps that can be downloaded but here are a few tips to get started.

- Take notice – avoid going through life on ‘auto-pilot’. Becoming more aware of our thoughts, feelings and body sensations can help us to enjoy the world around us
- Keep it regular – pick a regular time to practice mindfulness, whether that’s in the morning or on a lunchtime walk
- Try something new – trying new things, which can be as simple as choosing somewhere different for lunch, can help us notice the world in a different way
- Watch your thoughts – becoming more aware of thoughts and feelings can help us see thoughts as ‘mental events’ which have no control over us
- Name feelings – sometimes silently naming thoughts and feelings e.g. ‘This is anxiety’, can help us to develop more of an awareness of them
- Free yourself – take a mindful approach if you realise that for several minutes you have become ‘trapped’ into reliving past problems or ‘pre-living’ future worries

# Techniques On The Go

## It's Good to Talk

Sharing our problems with family or friends can help. Talking to someone might sound like a simplistic solution but it really is one of the best possible things we can do. Speaking to a GP or calling a helpline such as Breathing Space can also help.



Breathing Space is a free and confidential phone service for anyone in Scotland feeling low, stressed or anxious. Advisors are available on **0800 83 85 87** in the evenings (6pm-2am) and 24 hours at the weekend (6pm Fri- 6am Mon) to offer listening, advice and compassion. Further advice on managing stress anxiety can be found under 'Mental Wellbeing' on [www.nhsinform.scot](http://www.nhsinform.scot)

# Techniques On The Go

# How to Survive as a Flyerer

by Christian Brighty,  
Former street team manager



Personally, I hate that the Edinburgh Annual Festival of Flyering is hijacked by artists demanding we publicise actual, real shows. Our egos don't require baying crowds or reviews. However, our integrity comes at a cost. Constantly putting yourself in the firing line, dealing with rejection – all for someone else's career – is exhausting and terrifying. But, if you follow the below, it can also be the best way of experiencing Edinburgh.

## **Survival**

Get the physical basics sorted. Have somewhere to permanently stay. Eat a big breakfast. Wear trainers or good boots. Waterproof coat. Backpack. Water bottle. Portable phone battery. Vegetables. Drink less. Drink even less. Sleep more. Honey & lemon & ginger. Make friends (it's easy here). Get cuddles. As many cuddles as you can find.

## **Quit**

You don't need to work for a dick. It's very easy to find flyering work during the fringe, through the Flyerer Network facebook group or by asking to work for an act you loved. Trust me, they would rather have you than some randomer. If someone is abusive or exploitative in any way, such as paying you less than £13.50 p/h, don't work for them.

## **Don't Trust Strangers**

You're being paid to talk to strangers, but some strangers are AWFUL. Be extremely careful flyering after 9pm on Fridays and Saturdays, as that's when the baddies come out. Avoid night time on Cowgate at all costs. Put your physical wellbeing first in all instances, and don't approach groups if you don't feel comfortable.

## **Play**

You're being paid to talk to strangers, and most strangers are AWESOME. Flyering is a chance to perform for longer each day than anyone else at the Edinburgh fringe. You get to make strangers laugh, to play and to help support an artist you believe in. If you can find the joy in it, and I promise you it's there, it's the easiest and most fun job in the world. That's why I do it full time, with a lot less success outside August.

## **Remember Why You're Here**

You're probably already following a dream by being up here, but don't trick yourself into thinking that that in itself is enough. You'll be so much happier if you make the effort to see even more shows, meet more people and learn as much as possible about the art you want to make. And crucially, come back next year with a show. There's a home for you here - you just need to find it.

Christian has a BBC Radio 4 Sitcom "The Many Wrongs Of Lord Christian Brighty" coming out on August 24th. But that probably wouldn't have happened had he not spent 5 years mainly flyering. @brightybuoy

# Awfully earnest diary entry

by Kiran Saggu

Dear Diary,

I'm debuting at Fringe this year. I'm scared. Not just because I'm writing this during work hours at my non-comedy day-job. (Hope no one sees.) There's so much joy that comes with bringing up a show you're proud of. But there are also a lot of anxieties. I wrote this as a means of cathartic release, but hopefully it'll help me connect with any other people at Fringe struggling with the occasional hellscape that is Putting Oneself Out There™ and Spending Your Life Savings To Be An 'Artist'®.

## Some things that worry me about debuting at Fringe this year

- I'm actually kind of shy... Just kidding. Sort of. Albeit I am a comedian, but I still struggle with facing public scrutiny. From competitions or showcases, networking, to inviting important people to shows or even posting content online, I AVOID AVOID AVOID. I love performing, writing jokes, being silly and entertaining people. But I steer clear of situations where I feel... desperate or spongy. It doesn't work with the nonchalant, 'too good for you' persona I've worked so hard to create!



Reels and TikToks, although fleeting in the scheme of the algorithm, somehow feel too permanent on my profile. Plus, having dealt with virality paired with bountiful comments about my appearance (as any woman online has), posting becomes more daunting than dopamine inducing. I get past this by remembering no one gives a f\*ck about you as much as you do. Which honestly, is kind of depressing in itself. Swings and roundabouts. But... the only thing worse than doing is not doing and wishing you had.

→ **I don't see a lot of people like me at EdFringe**, but the privilege of being one of so few is also a big pressure. People come to my show sometimes just because they see I'm Desi and want to support me. Along with the other South Asian comedians I look up to, I worry about letting them down. Especially when your entire reputation within the South Asian community can be put to an end via Whatsapp chain message. With great power comes great responsibility. I'm pretty sure my uncle said that. But my uncle said he'd come to my show.. And that he already loves it. So there's that.

→ **Is this a worthy investment? Am I wasting my life? Here come the South Asian cliches...** According to my family, now is when I should have a partner, get a house and pop out some babies. The stark difference my life is to that is enough to bring a silly gal to tears. Comedy or Fringe aren't solely to blame for my commitment issues and tradwife procrastination, but there's probably an overlap in the venn diagram.

Fringe is EXPENSIVE. That's inescapable. Doing it at all requires a level of privilege. One that I definitely have, but it's not to say that Fringe isn't absolutely obliterating my already non-existent net worth. I don't have a solution for this one, truthfully. I just tell myself at least I'm investing in something I know I love, and the only future I'm willing to wholly commit to.

→ **Am I doing this at the right time?** I have only one published review of my comedy – for my split bill back in 2022. Great people have seen me and liked me (flex), but nonetheless, I worry that I don't have enough industry attention deserving of a debut. I also don't have representation. I avoided it because I wanted to wait until I was fully confident in what I have to offer and could make the right choice. But recently I wondered, if I had an agent, would I have met more opportunities with an extra push? Gotten the right people to see me to fuel my debut? Honestly, all of this might still be true. But I still back myself. Sorry for the cliché but... there really is no better time than the present.

→ **Do I deserve to be here?** The way Fringe works... it's possible anyone with a dream and enough change can do a show. So why should I? To subdue this feeling I try and remember the popularised quote(s) referring to modern art: 'I could do that.' '...But you didn't.'

...Plus the fact that I have a lovely team and many talented comedy peers that believe in me and support me.

But then comes the guilt. The older generations in my family didn't have the privilege to pursue dreams of becoming an artist. What makes me special? For this, sometimes I have the audacity to tell myself, I have to do it because that's what they struggled for: the option to follow passions. Corny... but true.

Thanks for letting me vent, Diary, hopefully no one ever reads this.

Kiran Saggu is performing *Slacks*, her debut stand-up hour, at 15:55 at Underbelly Bristo Square from the 31st July to the 26th August. @kswaggu



August is an exciting and hectic month for performers heading to the Scottish Capital to take part in the infamous Edinburgh arts festivals.

Each summer many creatives visit our central Crew Drop-in on Cockburn Street, looking for resources, information and support on drugs, drinking and sexual health.

We specialise in harm reduction, so we thought we'd share a quick essential guide to looking after yourself while you're at the Fringe.

## **Tips for a safer festival**

All drug use has risks, and the best way to avoid them is to not take drugs. If you choose to drink alcohol or take drugs, the following info can help to reduce harm...

### **Be prepared**

- Eat well to maintain energy and line your stomach. Supplements like magnesium, and vitamins C, D and B12 can also be helpful when combined with a good diet
- Think about any other health conditions and medication you may be taking – including antidepressants. If you're diabetic, make sure your body has what it needs to avoid hypo- or hyperglycaemia and pack snacks. Our "Drugs and Diabetes Guide" has some great tips on how to look after yourself
- Sleep! A "play hard now/sleep in September" approach is tempting, but as many seasoned performers will

tell you, factoring in good sleep, including naps, will improve your experience. Sleep may help you avoid feeling strung out or making unwise decisions and generally putting on a less-than-good performance!

- Plan how you are getting home before you start your night and make a note of where you are staying. Never drink/drug drive - the drink drive limit in Scotland is low (22 micrograms of alcohol per 100 millilitres of breath) meaning even 1 drink can put you over the limit!
- Spend a few hours researching any drug you plan to take
- Try not to accept/buy drugs from people you don't know
- Carry safe sex materials and think about consent - Crew has free condoms and lube!
- Home drug testing kits are available online. They give a basic understanding of what the drugs contain but may not identify mixtures, newer drugs or adulterants, and can't tell you about purity or strength

### **Taking drugs**

- Avoid mixing with alcohol and other drugs (including medicines)
- Avoid taking drugs alone and try to have a 'straight/sober' friend around
- If taking for the first time or taking a new batch/ packet take a small test dose first - this might be a tiny dab of powder or scrapings of a pill
- The purity of some drugs in Scotland is at an all-time high. Start low, go slow - take small amounts - this might be quarter of a pill, one small line, a few puffs of a joint or vape
- Pace yourself and wait 2 hours before taking any more
- Drug paraphernalia isn't for sharing. Keep all injecting equipment, pipes and tooters/snorters to yourself

- Stay hydrated, drink small sips of water or isotonic drink (about half a pint or 240 millilitres per hour) and never leave drinks unattended
- If experiencing issues with jaw clenching, chew gum or soft sweets
- Take regular breaks when dancing

### **Need help?**

- If you feel unwell, tell someone and be honest about what's been taken, how much and when
- If the effects are stronger than expected, stay relaxed and take small sips of flat sugary juice
- Negative feelings will pass, changing the environment and letting someone know how you are feeling can help
- If the person taking drugs is sleeping or unconscious place them in the recovery position (on their side) and check them frequently
- In an emergency – get help. Call 999 and ask for an ambulance. Be honest about what has been taken. Stay with the person and reassure them
- Have at least a few drink/drug free days a week to allow your body to recover
- If you need support, our Drop-in is open Monday - Saturday 1-5pm and Thursday 3-9pm, during the Fringe. We offer free pregnancy testing, blood borne virus testing (including rapid HIV testing on the 3rd Thursday of August 5-9pm), confidential chat and signposting to services

For information about specific drugs please check out [www.crew.scot](http://www.crew.scot)  
For a confidential chat with one of our trained staff or volunteers, visit the **Drop-in at 32-32a Cockburn St, Edinburgh, EH1 1PB** (just behind Waverley Station) or call **(+44) 0131 220 3404**.

**Raging at the  
Dying  
of the Light**

**and the**

**Mobile  
Silent  
Disco**

by James Rowland

Hello fellow humans,

I'm James, I make storytelling theatre shows and tour them around the UK and sometimes the world, and I love the Edinburgh Fringe. Like almost all beloved things it isn't always straightforward and it requires a lot of compromises.

My feeling is that, hopefully, maintaining the energy and excitement to perform every day is the easy bit. That you love your show, and the reason you're doing the fringe is in order to do a thing you love every day... but what's that being dropped off with the roses? A lorry full of shit?

Perfect. Awful.

Alongside the doing of the show there are so many subsidiary issues; are people coming? are press coming? do people like it? is it selling out? Is it gonna be nominated for an award? are you going to lose £10000 to unscrupulous venues and cut-throat producers and lovely bars? are you doing as well as your peers? has a telly person come? is your accommodation infested with wasps?

Fuck.

Even writing out those things is stressful and frankly it's absolutely valid if you get overwhelmed or ill or have a difficult time. Your feelings are valid. Sure, making art may not seem like you're contributing to society like a nurse or a cleaner but hopefully you, like me, believe that an essential part of humanity is our ability to create, to revel in the things we can imagine and share.

Check your privilege absolutely but carrying guilt about that doesn't help anyone and frankly worrying about the above things doesn't either.

I think that there are some basic things that can help, you know - exercise and sleep and food and water. The main thing for me is just letting go of the things I can't control (almost everything) and focusing on the thing I can: the show.

If you've made something you like that's fantastic, watch it bloom through the month and enjoy sharing that gift with whoever comes. If you don't? change it; no one is gonna be mad at you for trying to make something you feel delighted to share (unless you are in a play as an actor in which case I would suggest at least pretending that you are enjoying doing your lines and following the direction enough to not make anyone else sad).

The surrounding stuff is so difficult to forget about so don't beat yourself up when you end up focusing on that; you can't control your feelings and anxieties, you can just decide what to do about them. So get out of those spirals as soon as possible by noticing they're happening and finding the peace and understanding for yourself that you would wish for the people you love.

## **Then focus on the show.**

Your time, your hour, your shout into the infinite abyss of space and time, your one-person protest against the homogenisation of art, your raging at the dying of the light and the mobile silent disco.





Make friends with and be kind to your front of house staff and venue techs, it's their fringe as much as yours and they are lovely. If you need help then reach out to friends. If you feel exhausted then go to bed when you can for as long as you can. If you feel demoralised from flyer-ing then wait till a young person comes to your show and enjoys it and speak to them afterwards and ask if they will flyer for you, £15 an hour is such a drop in the ocean comparatively that it's an easy price to pay. The sea is 20 mins from town, maybe get in it for a minute. There are loads of swimming pools and some have saunas and steam rooms. Maki and Ramen's black garlic ramen is really good. So is Mosque kitchen. Stay off social media, it won't sell your show. Don't read reviews unless you really want to. If you need air then walk up Arthur's seat. If you need your soul refilled then go to the Captains Bar while a session is on. YOU DON'T HAVE TO WATCH ANY SHOWS so only go if you actually want to.

**Enjoy your  
show, you  
deserve it.**

James Rowland is performing James Rowland Dies at the End of the Show at Summerhall, 6pm every day (not 12th or 19th). @jdsrowland



# Fringe Cen

Fringe Central is a space exclusively for participants and industry (the Fringe's very own green room!), so you can pop in to escape the crowds and grab a cup of tea or just sit down.

Every year, Fringe Central also puts on a programme of events for participants. The Fringe is an opportunity to connect with others as well as performing and seeing lots of great shows and Fringe Central have programmed tons of events to help you do this, including meet-ups for artists of colour, LGBTQIA+, women, disabled and working class artists. All of the events are free for participants so you can just turn up and get involved.

The Fringe has again partnered with Health in Mind to offer free 1:1 sessions for Fringe artists throughout the Fringe. Health in Mind is a strategic partner of the Edinburgh Festival Fringe Society and has been commissioned to supply mental health and wellbeing support to artists, performers and their teams who are scheduled to appear at this year's Fringe Festival.

We understand that the Fringe festival experience, while exhilarating, can also be demanding.

To address this, the service will offer trauma-informed, person-centred one-to-one discussions which will take place in person, online or by phone in relation to the artist's preference. This meeting will be an opportunity for the artist to access support to explore any difficulties, distress or emotions they are experiencing during their experiences at the Fringe. Resources are available, based on the person's needs.

You can access the service by emailing [fringe@health-in-mind.org.uk](mailto:fringe@health-in-mind.org.uk) or [hello@health-in-mind.org.uk](mailto:hello@health-in-mind.org.uk) or by calling the Support Service Line: 07776594315 or Health in Mind Business Support on 0131 225 8505.

# tral Events

There are also a couple of our mental health and wellbeing events that may be useful for you. You can find more information on their whole programme at [edfringe.com](http://edfringe.com) under the Take Part section, or pick up a programme from Fringe Central when you can.

## **Producer Gathering: Wellbeing in the world of producing**

Wednesday 7th August - 10:30 - 13:00 - Greyfriars Hall

Producer Gathering is the first in the Fringe Society's International Conversation Series – three events occurring every Wednesday morning of the festival. Each offers unique and thought-provoking perspectives and insights on contemporary issues within the performing arts sector today. At this event experts from within and around the world of producing share insights and experiences of different approaches to wellbeing within the global arts landscape. This event is for Fringe artists and industry professionals who are interested in hearing more about the contemporary issues facing today's performing arts sector.

## **Mind, body, soul: How can wellbeing advance your career?**

Friday 9th August - 14:00 - 16:00 - Fringe Central

Join us in discussing the most crucial element in delivering professional work: your wellbeing. This panel discussion will delve into the misconceptions around working in the arts, how to prioritize the importance of you and your team's wellbeing, and how this can help you build a sustainable career in this sector. This event is open to all Fringe artists and industry professionals interested in learning more about how to take care of themselves and wider teams in an arts sector setting, and to develop an understanding of a healthy career in the arts.

# 5 things to do when you're feeling overwhelmed at the Edinburgh Fringe

by Lorna Rose Treen

- 1 Eat.** Eat a snack. Heck, eat a MEAL! But not a home cooked meal. What a waste of your precious time. Spend £50 on reconstituted halloumi wings from one of those vans run by a 30 y/o Australian guy in a cap called Brick.
- 2 Smoke!!!!** Makes you feel and look so cool and it is good for you!!! MAKE SURE you get your five smokes a day.
- 3 Don't bother sleeping** - you're wasting time when you could be seeing bad student theatre!!!! Do a line of instant coffee and strap in to an immersive Macbeth set in McDonald's (McBeth).
- 4 Do not leave the city.** If you step out into the wonderful silent calm pentlands, even for a second, you COULD miss Robin Williams' secret for one night only 'back from the dead' set. If you, even for a second, take a day trip to Portobello beach (easily accessible by bus) you MIGHT miss the free BAFTA give away pop up. If you, even for a second, get a spa deal (Balmoral has an affordable all-access pass) you WILL miss out on the 30 minute window where tv commissioners are looking to throw money at sketch comedy.
- 5 Don't let yourself feel** any emotion other than having a laugh. It is NOT okay to cry or be angry or be sad or be worried. You must at all times be laughing. If you're crying, stand on your head so everyone thinks your frown is a big smile.

Lorna Rose Treen is performing Skin Pigeon at the Pleasance Dome from the 31st July to the 12th August at 21:50. She'll then be performing at work in progress from the 15th to the 22nd August at Hoots @ The Apex. @instalorns @lornlornlorns

# **Objectively Funny Comedy Shows**

Objectively Funny are proud to be producing four incredible comedy shows this year. Why not support our work by treating yourself to some of these great artists:

## **Andrew Doherty: Gay Witch Sex Cult**

Pleasance Attic, 23:00, 31st July to  
25th August (not 12th)

## **Alex Franklin: Gurl Code**

Underbelly Cowgate, 20:25,  
1st to 25th August (not 12th)

## **Freddie Hayes: The Magic Lady**

Hoots at Potterow Big Yurt,  
18:00, 2nd to 11th August

## **Kiran Saggu: Slacks**

Underbelly Bristo Square, 15:55,  
31st July to 26th August (not 12th)

# Special Thanks

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The brilliant acts that we are producing for being lovely, kind, hilarious people. Go and see their shows.

You, for making it to the end of the book. You're a star. 



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