



When you've noticed that this has happened, gently escort your attention back again to the sensory experience. Repeat as necessary. That's it!

Choose one of your senses to focus on. Pay attention to that sense. Notice the details of the experience. Your attention will inevitably wander off during this process. That's natural.

How to be Mindful



This trail is designed to help you move around the building and notice the beautiful and curious interiors using your senses of touch, sight and sounds. Enjoy!

The frantic demands and over-stimulation of today's modern world can leave us overwhelmed and stressed. Mindfulness is a **science-backed skill** that helps us cultivate positive mental health. It involves paying attention through our senses and taking notice of the present moment and the world around us. Using our senses in this way activates parts of the brain that soothe us and helps lower stress in the body.



Mindful Looking

Pick a painting

Without looking at the label first, take your time noticing what you can see.



Notice the different **colours** and **tones**. Pay attention to **shapes** and **textures**.



Look with curiosity. Allow the artwork time to reveal itself.

Can you notice any thoughts or emotions the artwork may evoke?

It's natural for us to get distracted and want to wander off to look at something else. Can you stay with your selected artwork?

Look again and look for longer.

Take a seat in one of the gallery spaces.

Notice the **sounds** in this space.

What can you hear?

Over time your mind will get drawn away by thoughts. When this happens, simply gently return it back again to listening.

Top tip

Set a timer on your phone and do this mindful listening practice for five minutes.

In the galleries



Find the four columns in Gallery 1

How do the colours and shapes differ at the top from the bottom?

Notice where the light lands on the surfaces.

What about the other objects in the room?

Pick one and try some slow **looking** with it.

Noticing curious detail and its formal elements.

Hallways and Stairs

Spend some time noticing the natural forms in the architectural motifs.

Flowers
Waves
Leaves

Savour the surroundings. What different patterns can you notice?



Top tip

Don't forget to look up. Some of the most beautiful details in architecture are often above us.



Mindful in the Museum

A wellbeing trail for adults



Take notice of nature

Research into green wellbeing has shown that spending time in nature lowers stress and boosts mood.

Be **inspired** by the natural forms in the gallery's lush architecture and collections. Spend some time being mindful in other green spaces around campus.

Notice the **sounds** around you.

Can you feel your feet making contact with the ground as you walk?



Take notice of the changes of the season

Can you feel sunlight, rain or wind on your skin?

Take Notice is one of the **5 Ways to Wellbeing**.

The 5 Ways to Wellbeing are 5 evidence-based actions that have been proven to improve your wellbeing.

Are flowers beginning to bloom?

Have they changed colour?

What is the light like?



Are the leaves still on the trees?