

Mindful Gallery Tour

Catalyst: New Adelphi Exhibition Gallery

9 Sept 2024 – 10 Jan 2025

The Gallery

The New Adelphi Exhibition Gallery is here for everyone. We show modern and contemporary art throughout the year, on a range of different topics and themes. Whether you want to find a moment of peace and quiet, a burst of inspiration and enjoyment, or just to take a break from a busy schedule, we hope you enjoy your visit.

Mindful prompts

This booklet includes some ideas to encourage a moment of mindfulness in your day. You can do them alone or with a friend or colleague. There is space following each prompt for you to jot down any thoughts or reflections. Do as much or as little as you like, and only what's comfortable. You will need 5 – 15 minutes.

If there are any activities that particularly inspire you, the final page provides some suggestions for ways to incorporate them further into your day.

1) The Focused Five

In a world of mass media, busy schedules and constant emails, five minutes could seem like a long time to look at one thing. But over time this slowing down practice can help reset the mind and boost concentration. It is also great to practice elsewhere in your day, particularly out in nature!

- **Choose any work you are drawn to, and set a timer for up to five minutes to spend time with that work.**
- You might consider – the colours, shapes, texture, composition, themes, and anything else you enjoy or are intrigued by.
- What do you see in it? What does it remind you of? What meanings might it have? How do you think it was made? Any responses to the artwork are important, valid and welcome.
- If your thoughts wander to other topics or worries – gently let the thought pass by for now and return to looking.

2) Nature Memory

Being out in nature is great for mindfulness and wellbeing, and studies have shown that even images of nature can have similar positive effects.

Works like *'The birds will sing, that you are part of everything'* by Adam Rawlinson (the large green abstract painting) and *'Arcadia; Queer by Nature'* by Jack Jameson (the large island sculpture on the plinth) consider our relationship to nature – the former inspired by moss, lichen and natural environments, the latter imagining a nature-filled utopia.

- **Looking at these works, can you think about the last time you were out in nature, or any of your favourite natural places?** It might be as small as a view from a window, or as large as the forest, hills and oceans.
- What sights, sounds, smells and textures were there? Were you alone or in good company? Was there wind, rain or sun and how did that feel?
- What do you imagine, feel or remember when looking at these works?

3) Box Breathing

Gentle breathing can help reset your nervous system, even after only a few minutes. A popular technique is ‘square breathing’ or ‘box breathing’ - slowly breathe in for a count of four, hold for four, breathe out for four, and rest for four. **Try this for a few minutes. You can imagine tracing the four sides of a square while you do this.**

Works by Lizzie King (*‘Belonging’* – the large monochrome print of a bench) and Joshua Turner (*‘A Seat in the Shade’* – the smaller square print of a city scene) both consider the topic of rest – taking a break in Peel Park, and in Venice, respectively. (Helpfully both works are squares too!)

With breathing exercises only do what feels good and comfortable. You might find another pattern works better. Generally longer exhales help provide more calm!

4) Gratitude

This exhibition is about celebrating our alumni and their successes. Regular gratitude practices can help shift the inclination to only focus on the negative or problems in our day.

Can you think of anything about your own day or week that you are proud of, grateful for, or was a success? It might be something very small (a good email or a nice lunch) or a big team achievement. Try and think of three – it might help to write them down or share them with someone.

A mindful tour to celebrate World Mental Health Day 2024 (10th October).

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#WMHD2024

Further Information

If any of the activities today have inspired you, here are some more ways you can incorporate the same sentiment into your working day more regularly:

Focus

Focusing on work for extended periods of time can be challenging for many. Make sure you take enough breaks and step away regularly from your desk if your work involves a lot of time on a computer.

Nature

Be creative in how you spend time outdoors during the workday. Can you take a phone call while on a walk, have a walking meeting or outdoor 121, or suggest your team spend some time in the growing space?

Box Breathing

Box breathing aids in stress management and is often practiced in yoga as a powerful relaxation tool that can help clear your mind,

relax your body, and allow you to focus. For our staff, students and alumni, why not try a yoga class at the sports centre on campus? There is a class most days and they are £5 for non-members.

Gratitude

Showing kindness to others has the same positive impact on their mental health as it does on your own. In short, ‘doing good does you good.’ Why not try and include a random act of kindness in your day. For our staff, perhaps show your gratitude to a colleague by nominating them through our internal ‘thank you’ scheme on the My Salford platform.

References & Further Reading

Mental Health Foundation: Kindness and mental health:
[mentalhealth.org.uk/explore-mental-health/kindness](https://www.mentalhealth.org.uk/explore-mental-health/kindness)

Post S. It’s Good to Be Good: 2014 Biennial Scientific Report on Health, Happiness, Longevity, and Helping Others. *Int J Pers Cent Med*. 2014; 2:1–53.

Lackey, N. Q., Tysor, D. A., McNay, G. D., Joyner, L., Baker, K. H., & Hodge, C. (2019). Mental health benefits of nature-based recreation: a systematic review. *Annals of Leisure Research*, 0(0), 1–15. <https://doi.org/10.1080/11745398.2019.1655459>

Hari, J. (2023) *Stolen focus: Why you can’t pay attention*. London: Bloomsbury Publishing.

Fletcher, J. (2024) *And how does that make you feel?: Everything you never wanted to know about therapy*. New York, NY: William Morrow, an imprint of HarperCollinsPublishers.

Mackie, B. (2019) *Jog on: How running saved my life*. London: Williams Collins, an imprint of Harper Collins Publishers.

If you need to explore further support:

Staff:

<https://testlivesalfordac.sharepoint.com/sites/HumanResources/SitePages/Wellbeing.aspx>

Students-

https://testlivesalfordac.sharepoint.com/sites/Uos_Students/SitePages/Wellbeing-&-Counselling.aspx?utm_source=menu&utm_medium=stu_hub

Public -

Mind – <https://www.mindinsalford.org.uk/>

CALM - <https://www.thecalmzone.net/>

Immediate Mental Health Support

Samaritans – call 116 123 for their 24-hour crisis helpline (free for everyone)

NHS 111 now take mental health calls

Shout – fully text-based service accessible by texting ‘shout’ to 85258