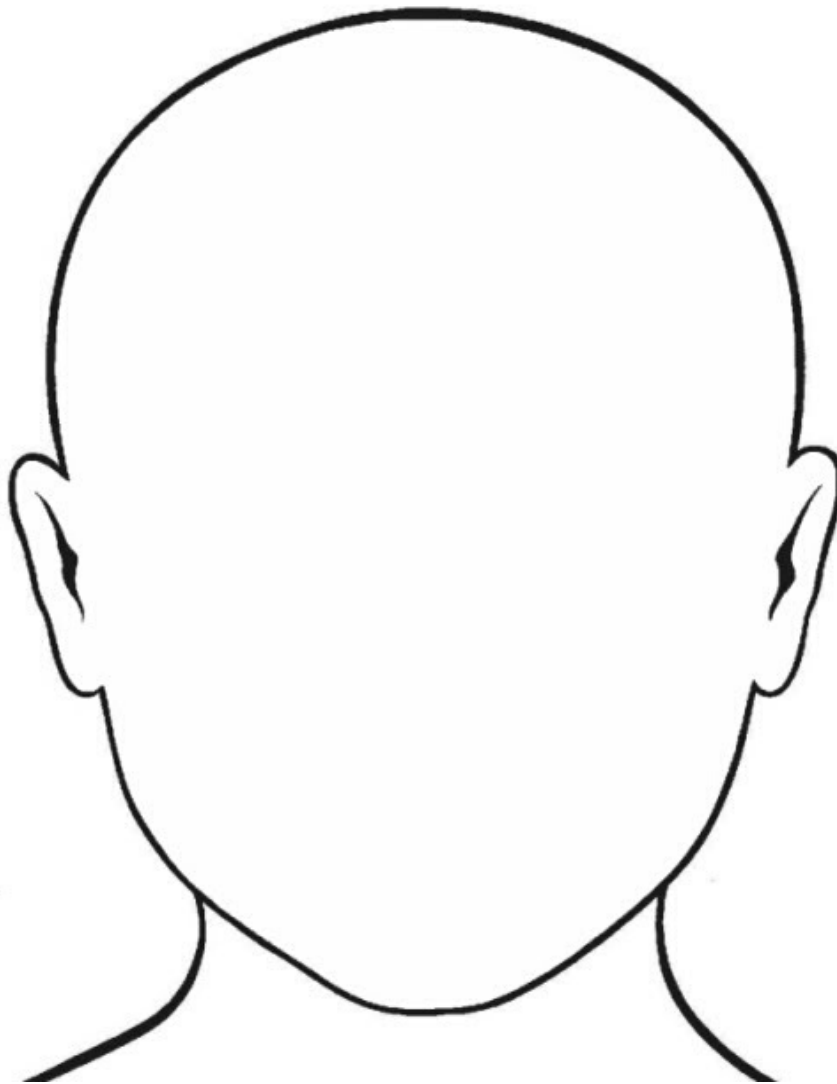


MINDFUL FOR MUSEUMS - FOCUS ON YOU

Feeling a little overwhelmed? Take a moment to note down things you can smell, see, touch, hear and taste. Thinking about your senses like this can be a great way to relax your mind and ground yourself in the present.



Now think about each of these senses. Do any of them evoke strong happy memories for you? If so, write these down too.

Reminiscing in the past is also good for your well-being and can start some great conversations. Pick up the phone and share your memories with a loved one.

Maybe have a flick through some old photo albums. Do any of your photos belong in a museum? Maybe try to make an art gallery of your life with some photos. What does it look like?