

Exhibition self-care toolkit.

Produced by Chan Fagan, inspired by Spike Islands' *Your Self Care and Wellbeing Support Guide* which was produced by ZYA Community.



Take a listen to our calming playlist - just open your spotify app, press the camera icon and scan the code!

Introduction

At Nottingham Contemporary, we are dedicated to fostering a supportive and inclusive environment for all. We believe in working together with our staff, artists, partners, and audiences to create a dynamic and meaningful cultural experience. As such, we have created this toolkit help support you throughout your visit of our current exhibitions. We invite you to join us on our journey as we explore and celebrate the power of contemporary art and culture.

During your visit

Take a moment to check in and assess the pace that you are connecting with the content of the exhibition. Are you feeling over/under - stimulated? Do you need a break?

If you are feeling impacted by the content of the exhibition, gently remind yourself that this is okay to feel and that it is normal. How can you support yourself whilst feeling this?

You may have lived experience that relates to some of the content and/or themes of the exhibition. As such, it is important to remember to respond to any thoughts, feelings or memories with care.

Additional resources and self soothing tools are outlined in this toolkit.

Resources

Mind UK

Supporting people to understand their mental health and providing services across UK.

Infoline: [0300 123 3393](tel:03001233393)

Imara

Supporting children & families move forward from the impact of sexual/domestic abuse.

Referral line: [0800 183 0023](tel:08001830023)

Email: info@imara.org.uk.

Base 51

Youth charity proving services such as counselling, group work and 1-2-1 support.

Infoline: [0115 952 5040](tel:01159525040)

Self-Soothing exercises

In for 4, out for 6

Place yourself in a position that you find most comforting.

You can close your eyes or keep them open, gently focusing on a point in front of you.

Allow yourself to breathe in the way that feels normal for you for 4 breaths.

Focus on directing your lower body to expand on the inhale, and to sink back towards your spine on the exhale, do this to a degree that feels as comfortable and easy for you.

Start to make your exhales longer than your inhales, eventually inhaling for 4 counts and exhaling for 6 counts, with a 3 second pause in between.

These breaths should be soft and slow for you.

Continue with this breath pattern for a few minutes and then return to your natural breathing rhythm, noticing any change in yourself...

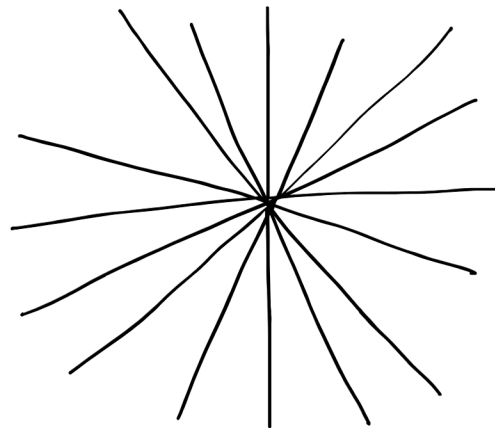
Grounding through senses

Try to slow down your breathing if you can.

Take note of what's around you as you begin to intentionally check in with your senses.

If you can, pick out...

- 5 things you can SEE
- 4 things you can TOUCH
- 3 things you can HEAR
- 2 things you can SMELL
- 1 thing you can TASTE



Deep listening

Here are some listening exercises inspired by Pauline Olivero's *Anthology of Text Scores*, from our Hollow Earth exhibition.

My body is sound

Breathe deeply and relax. Begin by sensing your body from top to bottom. Think about the natural rhythms of your body – breath, heartbeat, blinks and steps. What other rhythms can you hear when you listen deeply?

Receiving / returning

Choose a sound. Breathe deeply as you prepare to make that sound. Breathe in, then make your sound as you exhale. Choose another sound and repeat. If you are with others, do this together. What kind of music can you make together.