

Mindful Reminders

Mindfulness is the ability to be fully present, aware of where you are and what you are doing. We are often preoccupied with thoughts and anxieties that are not actually connected to our immediate environment. Allow the natural environment and the artistic creations to impact and speak to you, and savor the experience. Savoring means to spend at least 30 seconds immersed in a sensory experience. Practice gratitude and appreciation.

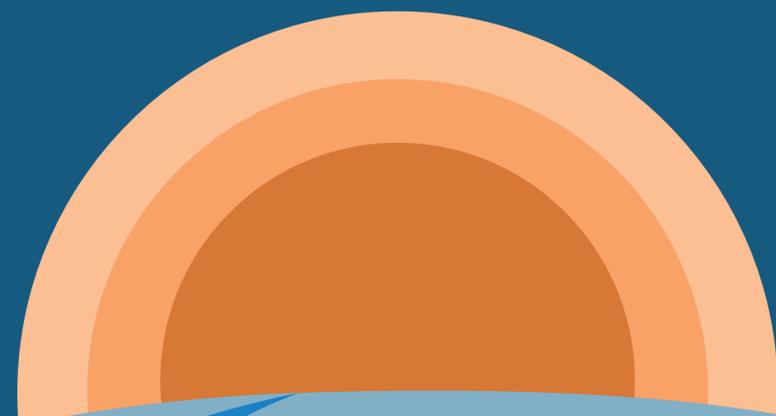
How might you approach what you see if this was either the first time you have seen it or the last time you will see it?

Moving Experiences

Everyone moves differently in space. Some people walk in straight lines, in a direct and structured way, others meander. Laumeier Sculpture Park allows you to explore sculpture and nature in your own way.

Placed throughout the Park you will find **Mindful Reminders**. You are encouraged to search, pause, reflect and practice mindfulness techniques that can contribute to a positive sense of well-being. Bring awareness to your presence on earth, in this unique space with both your mind and your body.

The Mindful Reminders project is one of many programs offered in 2022 focused on health and wellness. Scan the QR code below for Reminder locations and an overview of programs.



Breathe

Like Michael Heizer's Compression Line, 1968, are you feeling under pressure? Squeezed? Stretched too thin?



Take a moment to practice opening your mind and body. Imagine that pressured sensation and curl inwards. Next stand tall and expand. Push your arms out, opening your chest and lungs. Raise your arms to the sky.

How does that feel?

With your body open, practice mindful breathing. Here is one technique:

Box Breathing

1. Breathe in counting to four slowly, feeling the air enter your lungs
2. Hold your breath for 4 seconds
3. Slowly exhale through your mouth for 4 seconds
4. Repeat until you feel re-centered

Try to be present in the moment, without thought.



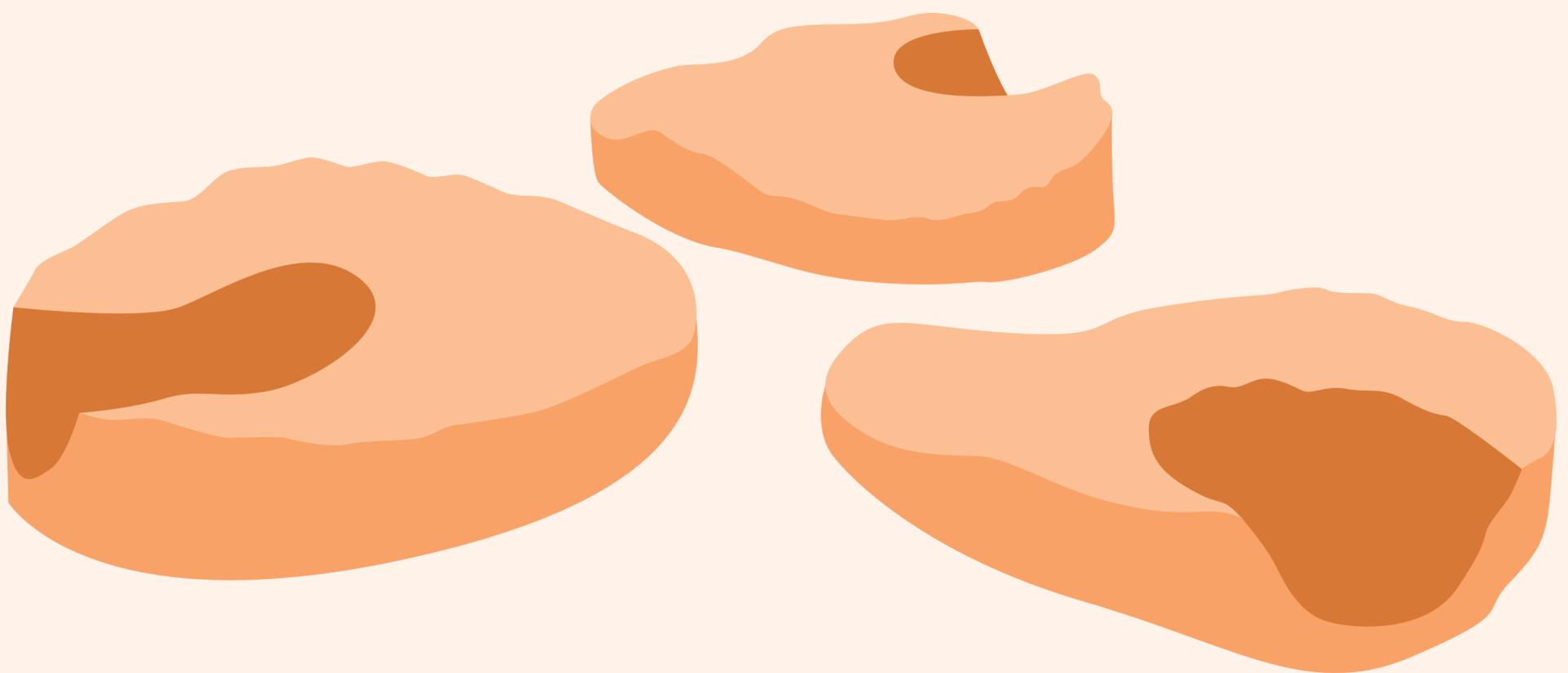
Rest

A place to rest.

You have been moving throughout the Park. Here you are encouraged to sit. To rest. To breathe.

This artwork expresses an absence of form--use it to experience absence of thought. Carved out of natural material, Mark Mennin's *Cores for Laumeier*, 2003, provides a unique place to rest. Allow yourself to be held within the stones and present in the moment. Try to sit for five minutes and experience the space and surroundings through your senses.

How did it feel to be still? Did you feel resistance to this, or appreciation? What did you notice in the stillness?



Scale

Our sense of self in the world can change in relationship to what is around us.

Stand still at the maquette of Alexander Liberman's *The Way*, 1972–80. Note how you feel in your body in relation to this representation of the sculpture. Then, walk toward the monumental sculpture, and while underneath, let your eye wander from the foot of the sculpture all the way to the top. Note how this experience makes you feel in your body.

Do you feel differently when you are larger or smaller than something?

As you continue on your walk, notice the things that are small enough to hold in your hand and those that are larger than you.

Which are you more drawn to, and why do you think that is?

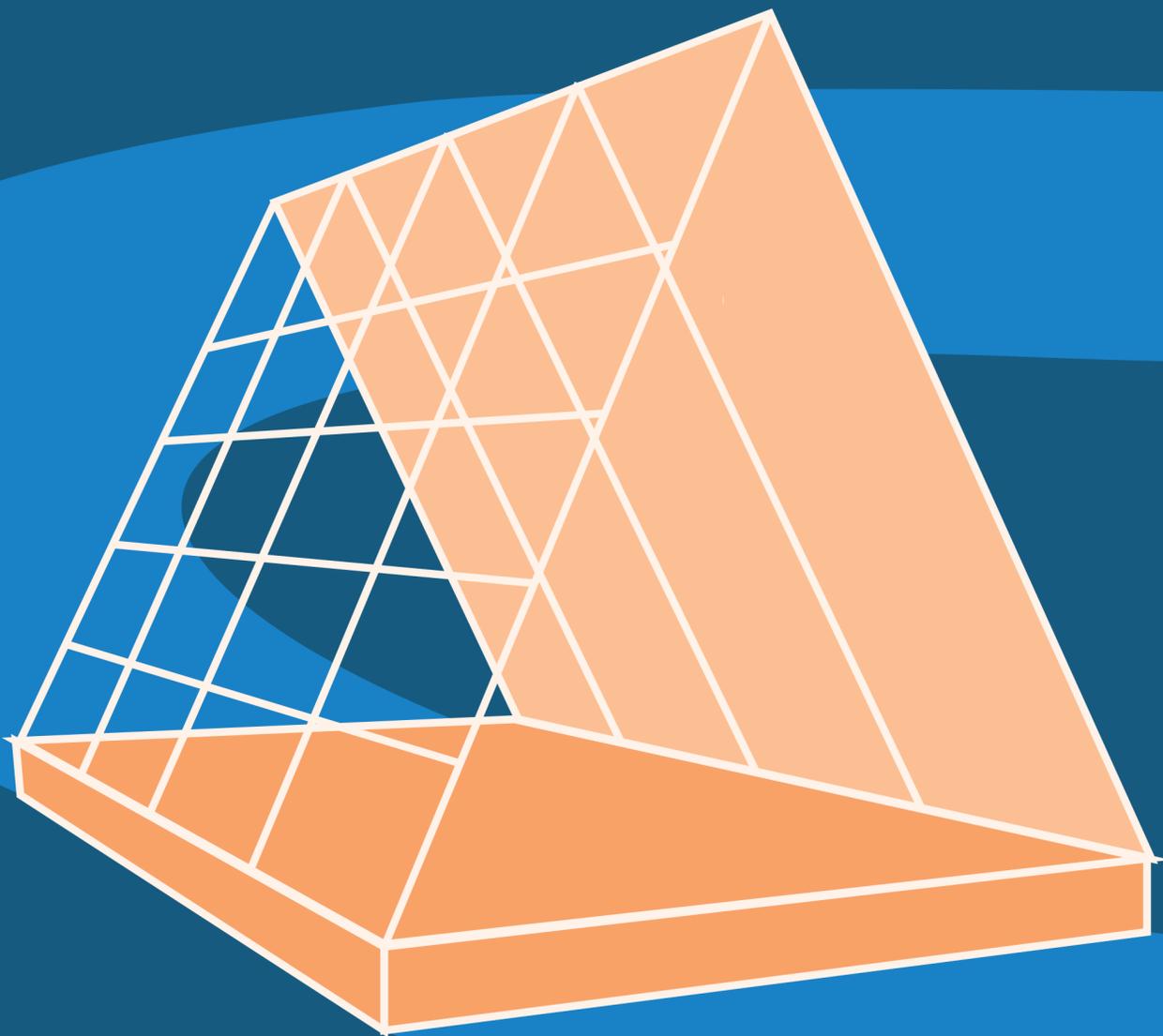


Perspective

Dan Graham's *Triangular Bridge Over Water*, 1990, is not just a sculpture to be viewed from all sides, but one the viewer can also walk through.

The mirror glass wall of this bridge allows you to see your reflection in nature, and its translucent quality makes visible the creek and trees on the other side. When we reposition ourselves and are open to other viewpoints, we gain perspective and understanding.

How might a change in perspective help you understand a challenging situation?

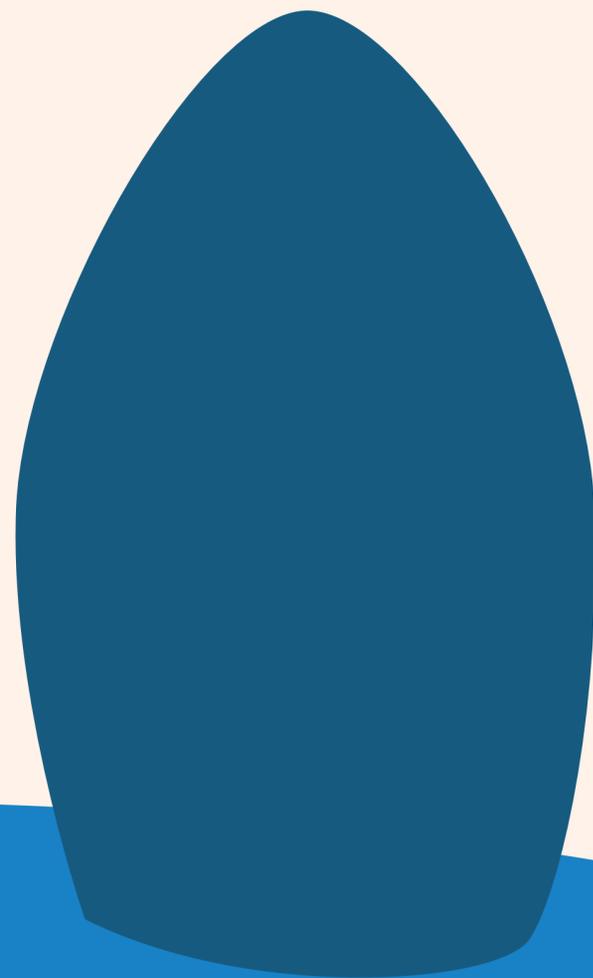


Grounded

Nature shows us how to nurture ourselves - like a tree whose roots seek nourishment and whose branches reach for the sunlight.

Notice how the heavy material of Jene Highstein's *Ada's Will*, 1990 reflects a natural form. It promotes a sense of being connected to the earth.

Take a moment to feel your feet on the ground. Notice what it feels like to be connected to the earth. Practice this skill when you are feeling anxious. This sculpture and its title suggest we reflect on our memories. ***Take a moment to reflect on what has been and what might always be.***



Free

While *Ada's Will* encourages the viewer to look downwards and in, Richard Hunt's *Linked Forms*, 1999 urges us to gaze out and up. It encourages us to imagine, play, ideate, and explore.

As you look up imagine what possibilities lie ahead of you. Allow yourself to identify something you would like to release and let go.



Affirmation

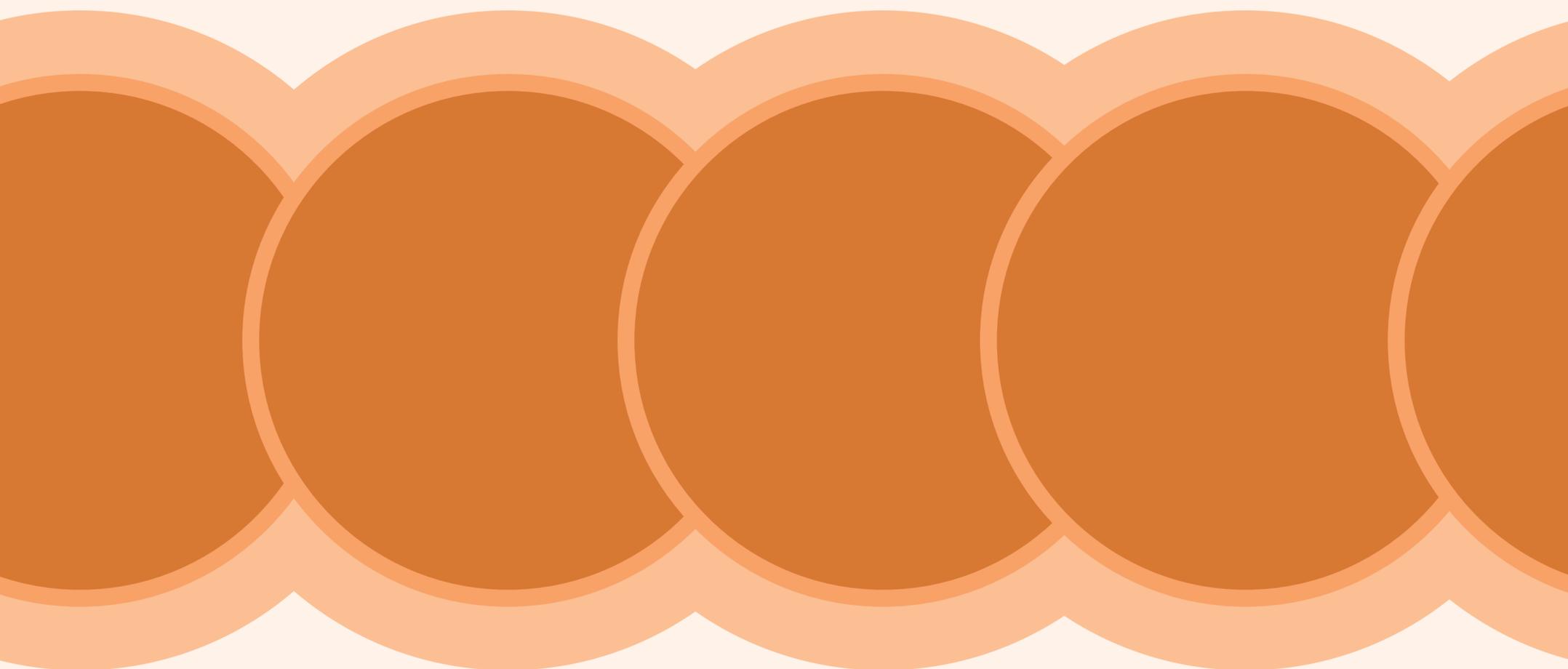
What are affirmations, and do they work? Affirmations are positive statements that when repeated can shift your thinking.

Identify 1 thing you want to believe in or change.

As you walk alongside Donald Lipski's *Ball? Ball! Wall? Wall!*, 1994, stop at each of the 55 buoys and repeat the phrase.

By the time you got to the end was it easier to do? Take note of how the statement feels—is there disbelief or resistance?

Continue repeating this phrase throughout your week. Practice by saying it 3 times at each stoplight, 5 times while waiting in line, 3 times while brushing your teeth, 2 times while you put on each shoe...



Healing

Nature heals - spending time in the outdoors can improve your health.

Forest Therapy is rooted in the Japanese practice of *Shinrin-yoku*, often translated as “forest bathing.” The term refers to taking in the forest atmosphere. It is a therapy that was developed in Japan during the 1980s, becoming a cornerstone of preventative health care and healing in Japanese medicine. Studies have demonstrated reductions in stress, anger, anxiety, depression and sleeplessness as the health benefits of spending time amongst trees. As few as 15 minutes spent in nature can reduce blood pressure and stress levels, and improve concentration and mental clarity.

If you think it all sounds too good to be true, why not try it yourself? You don't have to have a forest or woodland nearby—you can practice Forest Therapy in the Park.

- **Be Present.** Leave behind your phone or any other distractions.
- **Wander aimlessly** without goals and expectations. Allow your body to take you wherever it wants.
- **Pause** to look more closely at a leaf or notice the sensation of the path beneath your feet.
- **Listen to the sounds around you.** See how the behavior of the birds and other animals changes when they become used to your presence.
- **Resist talking** if you go with others. Agree to share your experiences at the end of the walk.