

Health Rocks

Wellbeing trail

Connect

Be active

Take notice

Keep learning

Give

This trail will take approximately 30 minutes to complete. You can do as few or as many of the exercises as you want. Look for the logo **Health Rocks** to help you find the objects.

Health Rocks

Wellbeing trail

We all know that we should eat five fruit and veg a day to care for our physical wellbeing, but did you know that scientists recommend we also take five simple actions a day to look after our mental wellbeing? **Dubbed the five ways to wellbeing, these actions are:**

Connect - because people are important to our wellbeing

Be active - because it raises mood and helps us sleep better

Take notice - because practising awareness of sensations, thoughts and feelings can help our wellbeing

Keep learning - because learning is good for our self-esteem and gives us skills for life

Give - *and receive* - because both make us feel good.

Inspired by the Museum's beautiful collections of fossils and minerals, this trail features five practical exercises to give you a taste of the five ways to wellbeing.

You can try some of the exercises in the Museum, and some can be done elsewhere. Each time you do them you will experience something different.

This trail has been created by people from the local community on a course run by Start and The Manchester Museum. All the people involved recognise that creative activity and visits to museums and galleries can make a valuable contribution to improving and protecting wellbeing.



These fossil leaves are from Australia and are about 290 million years old. They are called Glossopteris.

LOOK in section
The Age
of Reptiles
(Fossils Gallery)

FIVE A DAY THEME

Be active

This exercise is designed to encourage us to get active in mind and body. Keeping active mentally and physically is good for us, as it stimulates our immune system and keeps us alert.

Go for a walk in the Museum.

Look around you and see if you can spot an object or notice something that makes you:

Smile or laugh

Feel curious

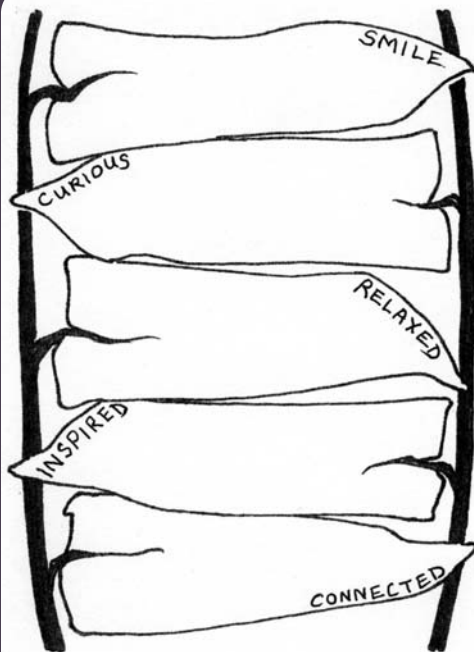
Feel relaxed

Feel inspired

Feel connected to nature or people.

Write each thing, as you spot it, on a leaf so that you end up with five memories of things you have seen, that have made you smile, feel inspired, curious, relaxed or connected.

Walk about



TIP You can also try this exercise on a walk around the park, the neighbourhood, or anywhere you happen to be.

"I liked the way this exercise gives you focus and a new way of thinking about exhibits."

"It made me appreciate the sheer scope of history."



A fossil is like a preserved memory, fixing something from the past forever. We would all like to have, and give, memories that last.

LOOK in section
Jurassic Seas
(Fossils Gallery)

FIVE A DAY THEME

Give

In this exercise you will create a special memory that you would like to give to a friend. Research shows that thinking about a happy memory can improve your mood, cheering you up and brightening your day. Spend a few minutes thinking about a happy memory spent with a friend. It could be something that happened very recently or something long ago.

If you were to preserve this happy memory in words, to be enjoyed again and again, what would you like your friend to remember?

Recreate the memory by jotting a few words in each of the fish bubbles, one answer per bubble. Ask yourself:

Where am I?

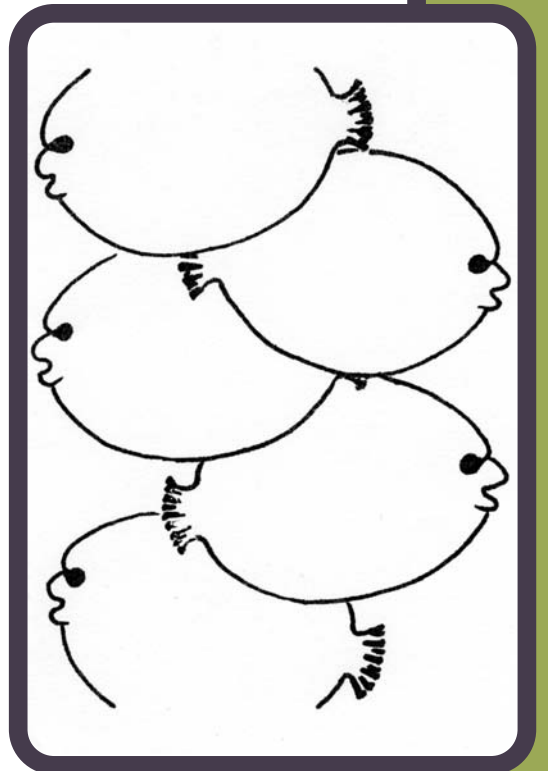
What am I doing?

What sights, sounds and scents are around me?

How do I feel?

Other stuff I want to say.

Preserve a memory



"I found it relaxing thinking about a nice memory. Stopping to think in a busy world is not something we get a chance to do that much."

"At the end of the exercise I felt happier as I had re-lived my happy memory."



LOOK in section
Early Life
(Fossils Gallery)

FIVE A DAY THEME

Connect

Connecting with things around us makes us feel more a part of the world we are in. A good way to connect is through observing something really closely.

Take a minute or two to look at this beautiful fossil of a crinoid and observe some details about it.

Try answering these five questions by jotting a few words in each of the shapes opposite, one answer per shape.

How many different and subtle colours can you see? Look closely, the fossil is not all grey!

How many different patterns can you see?

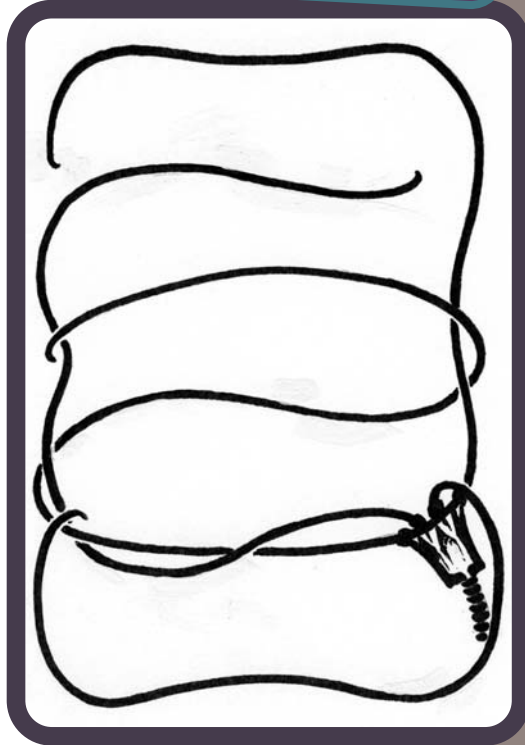
How does the light fall on this fossil?*

Is it a plant or animal?*

Where did it live, on land or sea?*

* Answers at bottom of the page

If you look closely...



"The fossil is beautiful and the colours are very subtle. Looking at it made me feel curious to find out more."

"I enjoyed really looking and focusing on one object in the collection. It made me look at the fossil differently. It was relaxing and thought-provoking."

Crinoids, also known as sea lilies or feather stars, are marine animals. They live both in shallow and deep sea waters. There are a few hundred modern forms, but many more species existed in the past.



These meteorites have come through millions of miles of outer space, travelling in silence until they reached the earth's atmosphere.

LOOK in the Meteorites case
(Mezzanine Floor)

FIVE A DAY THEME

Take notice

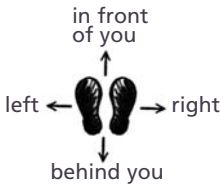
Stopping to listen is something we don't tend to do very often. This listening exercise encourages you to absorb and record the richness and detail of the sounds around you. By just being attentive to one sense for a few minutes, you can still your mind and change your focus.

Sound of silence

You can do this exercise now, in the Museum, or take it away to try elsewhere.

1. Choose where you want to sit or stand, be comfortable and safe.
2. Stand or sit quietly. Close your eyes. Listen to the sounds around you. What can you hear? Where are the sounds coming from? Can you tell what they are?

Using words, marks or drawings, mark the sounds on the map. Mark sounds in relation to the direction they are coming from, so if a sound is coming from behind you, mark it behind you on the map.



"It makes you aware of sounds that you usually ignore."

"It gave me time to appreciate my surroundings."



This mineral is called Langite. The blue colour comes from copper minerals. It was found in Ireland.

LOOK in Our Minerals case

(Rocks and Minerals Gallery)

FIVE A DAY THEME

Keep learning

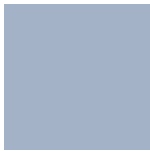
Cool dude mood?

This exercise encourages us to think about feelings and colours and consider the connections between them.

Whether we are aware of it or not, colour affects many aspects of our lives, influencing our senses, sight, sound, smell, and taste and also our feelings. Colours are often associated with certain feelings or moods. For instance, here are some common associations:



energised
and bright



peaceful
and cool

However we all experience moods in our own way, and we all see colours differently and feel their effects differently too.

Think about what COLOUR these FEELINGS would be for you.

What colour is **HAPPY**?

What colour is **EXCITED**?

What colour is **RELAXED**?

Can you find a colour in the mineral collection that you think matches each of these feelings?

Can you find objects in your home or outside that are these three colours?

By surrounding ourselves with colours that we know make us feel good, we can improve our wellbeing.

"It made me appreciate the benefits of understanding the link between colour and mood, particularly when considering objects for the home."

"I felt interested. It's amazing how many shades of colour there are. It makes you think about your mood and how colour can affect it."

The **Wellbeing trail** is a concept originally developed by Start (part of Manchester Mental Health and Social Care Trust) with Manchester Art Gallery. Start is an NHS service working with people recovering from emotional distress who wish to use creative activity to help them reshape their lives.

For more information about Start visit www.startmc.org.uk

For more information about the Trust visit www.mhsc.nhs.uk

If you would like to know more about the Five ways to wellbeing visit www.neweconomics.org/publications/five-ways-well-being-evidence

Start and The Manchester Museum would like to thank everyone who participated in the development and design of this trail.

Health Rocks



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Manchester Mental Health **NHS**
and Social Care Trust

