

Supporting Your Wellbeing

Take time: Choose your pace to connect with the content of the exhibition and take a break whenever you need to.

Normalise: Be gentle, kind, and supportive to yourself if you are feeling impacted and overwhelmed.

Lived Experience: If you have a relatable experience to any of the content in the exhibition, remember it is important you respond to any memories and experience by taking care of yourself and supporting your wellbeing. Information and self-care supportive strategies are available to use on this page.

If you require any further support beyond what we can provide, please contact your GP for further guidance and information.

Interacting with the Exhibition

While interacting with the exhibition you may feel you need:

Reflection: If you notice your thoughts and feelings are causing you to feel upset, recognise your response and validate it as a normal reaction to what you are experiencing.

Connection: If your body feels unsettled, take some time to breathe into where you feel any discomfort. If you need to, follow the body practice or grounding strategies in this booklet.

Comfort: If you need to take a break, consider returning to the beginning of the exhibition in our central gallery. There is seating for you to spend as long as you need to there.

Purpose: If helpful, acknowledge that the purpose of the exhibition is a call to action for us to come together to create change. Reassure yourself with this shared purpose.

Self-Care Practice for Self-Regulation: Body Practice and Self-Soothe

We have included the following self-care support strategies to help with any unsettling response you may experience.

BODY PRACTICE

Tap the chest area with your fingers to regulate and calm your mind.

Take short breaths through the mouth to feel safe.

If you can, take deep belly breaths in and out through the nose.

Ground your feet on the floor, lifting the heels and toes and placing the foot back down.

Take movement and exercise to regulate and calm the body.

SELF SOOTHE

Something to touch: blanket, stress toys, pillows, cushions, create something with your hands.

Something to hear: music, podcast, radio, meditation guide.

Something to see: scenery, calming room or outdoors, relaxing TV show.

Something to taste: chewy food, tea, mints, your favourite flavour.

Something to smell: candles, essential oils, lotion, incense perfume.

Self-Care Practice for Self-Regulation: Grounding and Distraction

GROUNDING

Check the date and time and remind yourself that this is the present.

Name five objects in your space to help you feel safe.

Stamp your feet on the ground and feel where you are in contact with the ground and your surroundings.

Rub or tap your hands up and down your arms and feel contact with your skin.

Carry a small stone or familiar safe object in your pocket and touch it to remind yourself this is the present.

DISTRACTION

Be creative, do a task that will make you feel better afterwards.

Be active, get some fresh air.

Connect to a topic of interest. Spend time with people who make you feel safe and secure.

Do something that creates comfort for you like a shower a bath and/or eating something nice.

Do a practical task that takes your attention.

Read, listen to, or watch something.

Post Exhibition Self-Care

If you think you may be experiencing a response to the exhibition, take time to support your self-care and well-being.

You could reflect on the following questions noting down what stands out for you and create a self-care support process.

Have you noticed any changes in your thoughts or feelings?

How do you feel physically since you visited the exhibition?

Are you experiencing any difficult thoughts and feelings relating to the content of the exhibition?

What do you need to do to care for your wellbeing and release any distress that you may be holding?

How can you be compassionate with yourself?

Resources

OFF THE RECORD

OTR is a mental health social movement by and for young people aged 11 –25 living in Bristol and South Gloucestershire. www.otrbristol.org.uk | hello@otrbristol.org.uk | 0808 808 9120 (Freephone)

OFF THE RECORD – PROJECT ZAZI

Project Zazi is a project which focuses on creating opportunities, building aspirations and empowering young Black people and young People of Colour, supporting individuals in exploring culture, identity and tackling inequality. www.otrbristol.org.uk/what-we-do/zazi | zazi@otrbristol.org.uk

NILAARI

Nilaari is a Black, Asian and Minority Ethnic (BAME) led community-based charity that delivers culturally appropriate and responsive social care support and talking therapies. All services are designed to support clients' emotional wellbeing and mental health. www.nilaari.co.uk | nilaari@nilaari.co.uk | 0117 952 5742

THE BLACK, AFRICAN, AND ASIAN THERAPISTS NETWORK (BAATN)

Online directory of qualified therapists experienced in working with the distinctive African, Caribbean and Asian experience. This includes lots of free and subsidised services and a library of free mental health resources such as podcasts and books are listed on their site. www.baatn.org.uk | administrator@baatn.org.uk
BAATN Free and Subsidised Service List:
www.baatn.org.uk/free-services/#online

MIND UK

The UK charity Mind lists services for racism related mental health support on their website. Their info-line provides information of available services for people seeking support. Their legal-line provides legal information and general advice on mental health related law. www.mind.org.uk/information-support/helplines
Infoline Contact: info@mind.org.uk | 0300 123 3393
Legal line Contact: legal@mind.org.uk | 0300 466 6463

Your Self-Care and Wellbeing Support Guide

Spike Island