

Holding Emotions

Self-Care Guide



We hope this guide will support your reflections after your visit to the Holding Emotions display.



1. Find a reflective space

Take some time and find a calming space to reflect.

Victoria Park

54 minutes' walk away
(30 minutes by bus)

Promenade Canary Wharf

(River Thames)
7 minutes' walk away

Pennyfield Park

9 minutes' walk away

Comfy seats

Sainsbury's Study Centre
Floor 1

Museum café

Use enclosed voucher for 20% off hot drinks

Quiet space

If you wish to use the museum's quiet space, speak to a Museum of London Host wearing a pink shirt.

2. Ground yourself

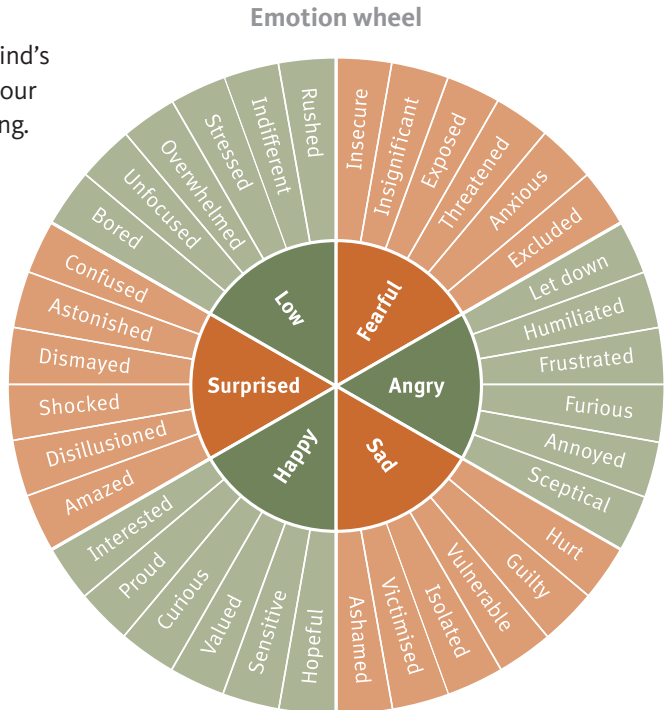
Grounding is a transformative practice rooted in the power of presence. It offers us a refuge amidst the chaos – a way to anchor ourselves in the present moment and cultivate stability within our inner landscape.

- To help anchor yourself, write three things you can see, hear, and feel right now.

- Take deep breaths and focus on the sensations of your breath and how they make your body feel. Think about how it feels to be fully present in this moment.

Grounding techniques

Scan this QR code to explore Mind’s Self-Care activities to support your own and others’ mental wellbeing.



3. Reflect

Here's some space to journal your thoughts. You can write or draw, doodle or scribble. Simply use this space to release your thoughts. Why not use the emotion wheel to inspire your reflection?

4. Calm

Why not try one of these calming spice-inspired suggestions from Taking Shape Association?



Vanilla

'I enjoy adding vanilla essence in my cornmeal porridge to keep warm.'

'I use vanilla in my Guinness punch.'

Cloves

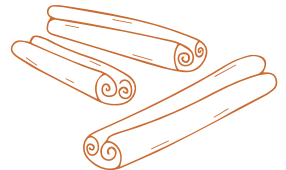
'I love cloves in my Christmas ham.'

'Cloves are good for toothache. My mum used clove oil for my toothache, to relieve pain.'

Cinnamon

'I like to add cinnamon, orange and honey to my tea. It is refreshing, a pick me up and wind me down.'

'I like to use cinnamon for my cooking and baking.'



Reading list

*My Grandmother's Hands:
Racialized Trauma and the Pathway to
Mending Our Hearts and Bodies*
by Resmaa Menakem

*Racial Trauma: Clinical Strategies and
Techniques for Healing Invisible Wounds*
by Kenneth V. Hardy

*What Happened To You?: Conversations
on Trauma, Resilience, and Healing*
by Bruce D. Perry and Oprah Winfrey

*Decolonizing Trauma Work: Indigenous
Stories and Strategies*
by Renee Linklater

*Trauma and Recovery:
The Aftermath of Violence –
From Domestic Abuse to Political Terror*
by Judith Lewis Herman

*The Body Keeps the Score:
Brain, Mind, and Body in the Healing
of Trauma*
by Bessel van der Kolk

*Healing Racial Trauma:
The Road to Resilience*
by Sheila Wise Rose

*Take Care: The Black Women's Guide
to Wellness*
by Chlöe Pierre

For Younger People

*Me and My Feelings: A Kid's Guide
to Understanding and Expressing
Themselves*
by Vanessa Green Allen

Dear Black Boy: It's Ok to Cry
by Ebony Lewis

I am Enough
by Grace Byers

*Boys Can Journal, Too: A Journal For
Boys to Express Their Feelings*
by Wendy Ball Bridgeman

*Girls Can Journal, Too: A Journal For
Girls to Express Their Feelings*
by Wendy Ball Bridgeman

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