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ARTpreciate Mindfulness Facilitator Guide

This program introduces the idea of viewing art and mindfulness practices, and how it facilitates healing and foster mental well-being.

Mindfulness is a state of being where one chooses to be present with their body sensations, emotions, thoughts, or experiences with others and the environment.

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SingHealth Duke-NUS Institute for
Patient Safety & Quality
in collaboration with
Singapore General Hospital

Artworks from The Care Collection
by National Gallery Singapore
and Singapore Art Museum

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CONTENT

01 - 02

INTRODUCTION

Checking in & Housekeeping.

Prime and encourage participants to adopt mindfulness stance.

03 - 04

BRIEF RELAXATION EXERCISE

Promote grounding and to prime participants to mindful viewing practice.

Short mindfulness practice such as mindfulness of breath practice.

05 - 16

GUIDED ART VIEWING

Introduction to the 4 curated artwork for each guided art viewing sessions,
and how to conduct guided mindful art viewing practice.

17-19

INQUIRY AND DISCUSSION

Inquire and discussion of learning experience.

Introduction to the artist's short biography and curatorial notes.

PREFACE

The SingHealth Duke-NUS Institute for Patient Safety & Quality (IPSQ) is established to integrate cluster-wide efforts in patient safety and quality within the SingHealth Duke-NUS Academic Medical Centre (AMC). IPSQ aims to develop both healthcare professionals and patients to become advocates and leaders in patient safety and quality improvement to enhance capacity in improving patient safety.

IPSQ has developed a suite of programs aimed at upskilling and uplifting the Patient Safety, Quality and Innovation capabilities of staff under its Academic Medicine – Enhancing Performance, Improving Care (AM-EPIC) Framework. The AM-EPIC Framework is an education and professional development framework that comprises a portfolio of programs in 6 identified competency domains namely Improvement Sciences, Patient Safety, Innovation & System Design, Clinical Governance & Risk, Patient Centeredness & Advocacy, and Staff Resilience & Care Support.

To further enhance the learning experience of our learners beyond the classroom-based teachings, IPSQ is always seeking new innovative approaches outside of the classroom.

This ARTpreciate Mindfulness Facilitator's Guide is designed and intended to serve as a handy guide for you to facilitate the practice of the four guided art viewing techniques, as well as provide tips on how to engage and facilitate the inquiry and discussion segment during the mindfulness session.

WELCOME

At the heart of ARTpreciate is the idea that viewing art and mindfulness practices can facilitate healing and foster mental well-being. Mindfulness is a state of being where one chooses to be present with their body sensations, emotions, thoughts, or experiences with others and the environment. Baer et al. (2006) suggest that mindfulness comprised of five components, (1) Observing, (2) Describing, (3) Being aware/being present, (4), Non-judgment (to self and others), (5) Non-reactive.

Viewing art itself has been linked with the observing aspect of mindfulness (Harrison and Clark, 2016). There is growing evidence of the benefits of art viewing in addressing psychological challenges (Roberts et al., 2011). In trauma therapy, for example, viewing positive art images helps one regain inner balance and prompts an individual to divert attention from disturbing experiences to a safe, external space (Payne et al., 2015). The therapeutic experience of art viewing also facilitates self-reflection and awareness (Walters, 2020). Specifically, the art viewing process allows one to project and express what is difficult to articulate through words, process undeveloped experiences, and eventually develop these thoughts and feelings into full form. This may result in healthful transformations of muddled emotions, attitudes, personality, and cognition (Walters, 2020).

WORD OF CAUTION

This manual is not designed to train you to become an art therapist. Art therapy is a profession that requires appropriate accreditation, as well as years of practice, training, and supervision. Rather, this manual intends to increase the capacity for mindfulness facilitators to engage in another type of mindfulness practice, namely mindful seeing. Note that mindful seeing is distinguished from visualization techniques, which focuses on creating an imaginary scene. Mindful seeing emphasizes being present with an external artwork and experiencing its impact on one's inner sensations, thoughts, and feelings. Through viewing and reflecting on the arts (see art-as-therapy that is detailed on the next page), both facilitators and participants are provided a familiar and external means to cultivate a mindful posture, including observing, being present, and being non-judgmental towards self and others.

KEYS ELEMENTS OF GUIDING ART VIEWING

While art viewing can be rewarding or pleasurable, it can also act as a stimulus that evokes various thoughts, emotions or body sensations. As such, it is essential to begin the ARTpreciate with a short primer to remind and normalise participants on the possible "side-effect" that mindful art-viewing can bring.

Subsequently, you can begin the session with brief mindfulness or relaxation practice to help participants be grounded and present with the here and now before you proceed to guided art viewing exercise.

By following the above sequencing, you and the participants are encouraged and prepared to be more open to attending to your thoughts, feelings, and sensations evoked by the session.

We have outlined the suggested sequencing of the session, on the next page, based on a 30 minutes session.



INTRODUCTION

Self-awareness is an essential tool in our lives. As we become more aware and centred, we can better identify what we need, what we value, and what we are sensing in this present moment.

Here is an interesting thing about viewing artwork: our inner landscape may get projected onto the artwork we see. For example, a busy or buzzing artwork may be too much when we are under much stress. Also – from time to time, instead of feeling calm or relaxed, you may experience discomfort, emotion such as anger/sadness may arise. Alternatively, if we have been feeling down, a colourful and busy artwork may energise us.

These feelings are normal. In fact, we should welcome these experiences, thoughts, and emotions and attend to them without judgment. These are great opportunities to practice self-compassion and gentleness toward your inner experiences.



LINK:
[HTTPS://TINYURL.COM/INTROBYDIAN](https://tinyurl.com/introbydian)

PLEASE SCAN THE QR
CODE OR CLICK THE LINK
TO ACCESS THE
INTRODUCTION VIDEO
BY DIAN HANDAYANI

BRIEF RELAXATION EXERCISE

[START]

Let's begin by settling into a comfortable position.

You may choose to close your eyes. Or, to keep them open with a softened gaze towards the object on the screen.

Allow the chair to support your back and legs.

You can place your arm on your lap if comfortable

Place your feet flat on the floor for support.

Take a moment to settle in, letting go of the day's events for the next few minutes.

Take a deep cleansing breath, that is breathe in deeply through your nose and exhale slowly through your mouth

Take another breath. This time hold your breath for 2 seconds.

Let out your breath, and as you do, notice any worry or tension you are experiencing in your body at this moment.

Allow your worries or tension to slowly leave with each exhalation.

Repeat the process 3 more times.

(wait for 1 breath)

Noticing how despite your good effort, sometimes, your worry and tension remain. And noticing how with each breath, you may slowly and gradually let go of tension, one breath at a time.

Becoming more relaxed, calm, and at ease with each breath.

(wait for 1 breath)

Breathing in, I calm my body and mind

Breathing out, I let go of my tension and worries.

Spend a few moments focusing on the sensations of your breathing and continue to feel at ease and relaxed.

(wait for 1 second)

When you are ready, allow yourself to feel present in the room. You may open your eyes if they are closed. And now, gently shift your attention to the image in front of you.

BRIEF RELAXATION EXERCISE



LINK:

[HTTPS://TINYURL.COM/DIANHANDAYANI](https://tinyurl.com/dianhandayani)

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BRIEF RELAXATION
EXERCISE VIDEO

BY DIAN HANDAYANI



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BRIEF RELAXATION
EXERCISE VIDEO

BY BERNICE LIN
XIANG TING

GUIDED ART VIEWING



Begin by observing the painting in front of you.
Notice how your mind starts to label or analyse this painting.
This is normal, as this is the nature of our minds.
However, for this short moment, let us set aside our judgements and analysis.
And let us make room in our minds for curiosity and wonder.

Continue to observe this painting.
Notice its background
Observe the sky, the clouds
The faint landscape of the mountain behind the canyon
Notice the hilly rock surrounding the canyon

Let us now move our gaze to observe the foreground
Notice the canyon
The paddy fields underneath the canyon
Observe the details around the field, notice the house, trees
Begin to notice the river, the reflection in the water, the rocks around the river
Continue to appreciate this scenery.
(pause)

Allow your eyes to rest at something that invites the sense of stillness or groundedness.
Perhaps at the canyon
Or to rest your gaze at the faint outline of the mountain
Bearing witness to the scenery below
(pause)

GUIDED ART VIEWING

Invite yourself to imagine that you are the mountain or the canyon
Grounded in your posture,
Stable like the mountain and canyon, from the top of your crown,
Like the cliffs, descending to your neck, shoulder and arms
And coming to rest in your sitting bones, either on the chair or on the floor
(pause)

Like the mountain and the canyon. You remain alive, aware yet still.
Completely centred and grounded. Aware of the changes that each moment brings,
As the water flows, the sunrise or set. You continue to remain present and grounded
(pause)

And as you begin to connect to the part of you that is grounded, still and centred.
Pay attention to the shift in your body,
Notice that you may begin to sit taller.
You may breathe deeper
Perhaps to notice a sense of calmness and easiness
You may recall a moment when you were calm and grounded despite many challenges
And feel a jolt of strength,
Assurance that like the clouds around the mountain,
these challenging moments too, will pass
(pause)

Wherever you are,
Let' appreciate all these different sensations that emerge within you.
Acknowledge that this is where you are right now.
Moving away from judgement, should and must.
(Pause)

As we near the end of the ARTpreciate experience,
Gently bring your attention back to the breath.
As you focus on the breath, allow yourself to reflect on this experience with the following
question:
"What does this experience bring to my life right now?" (pause)
Stillness, Centred, Strengths, Calmness
(Pause)

And when you are ready, allow yourself to become present in the room and open your eyes if
they are closed. This is the end of the practice.
(Switch screen)

GUIDED ART VIEWING (VIDEO)



LINK:
[HTTPS://TINYURL.COM/THENGARAI SIANOK](https://tinyurl.com/thengaraisianok)

PLEASE SCAN THE QR CODE OR CLICK ON
THE LINK TO ACCESS THE GUIDED ART
VIEWING PRACTICE OF THE NGARAI
SIANOK (C.1940S, WAKIDI)

BY DIAN HANDAYANI

The Care
Collection

Caring through the Arts
by National Gallery Singapore
and Singapore Art Museum

GUIDED ART VIEWING



Begin by observing this Chinese painting in front of you.
Observe how your mind starts to label or to analyse this picture.
This is normal, as this is the nature of our minds.
But for this short moment, let's set aside our labels and analysis.
And let's make room in our minds for curiosity and wonder.

Continue to observe this painting. Notice how its white background is dotted with soft green, yellow or soft grey. Be present with the faint lines that represent bamboo shoots

Notice the panda in the foreground. Observe the different shades of their fur.
Be present on the different hues of grey, white and black. Notice their body language
One of them is smiling, enjoying the bamboo shoot. The other one is rolling around, perhaps sleeping. Some are just sitting, perhaps quietly

Continue this art viewing practice.
And now, let your eyes rest upon something that invites joy, happiness or even a smile
(pause)

Allow yourself to imagine that you are part of this group of pandas
Relaxing, rolling around without a care in the world
Sharing food. Being together with your loved ones.

And now (pause), pay attention to the shift in your body,
(pause)

GUIDED ART VIEWING

Notice that you may begin to smile.
You may find your heart begin to pound with excitement
Or, you may recall a joyful memory with those who you love
And noticing a sense of expansion in your heart
Or a sense of longing
A wish to re-create joyful moments with your loved one

(pause)

Wherever you are,
Appreciate all these different sensations that emerge within you.
Acknowledge that this is where you are right now.
Moving away from judgement, should and must.

(Pause)

As we near the end of the ARTpreciate experience,
Gently bring your attention back to the breath.
As you focus on the breath, allow yourself to reflect on this experience (with the following question):

"What does this experience bring to my life right now?"

(pause)

Joy
Relax
Carefree
Good memories
Fun
Freedom
(Pause)

And when you are ready, become present in the room and open your eyes if they are closed.

This is the end of the practice.
(Switch screen)

GUIDED ART VIEWING (VIDEO)



LINK:

[HTTPS://TINYURL.COM/PANDASWUGUANZHONG](https://tinyurl.com/pandaswuguanzhong)

PLEASE SCAN THE QR CODE OR CLICK ON
THE LINK TO ACCESS THE GUIDED ART
VIEWING PRACTICE OF PANDAS
(C.1992, WU GUANZHONG)

BY BERNICE LIN XIANG TING

The Care
Collection

Caring through the Arts
by National Gallery Singapore
and Singapore Art Museum

GUIDED ART VIEWING



Begin by observing the painting in front of you.
Notice how your mind starts to label or analyse this painting.
This is normal, as this is the nature of our minds.
However, for this short moment, let us set aside our judgements and analysis.
And let us make room in our minds for curiosity and wonder.

Continue to observe this painting.
Notice its background
Observe the fuzzy shades of dark pink, or maybe green and black
Notice the leaf behind the flower

Allow your gaze to rest at the dahlia flower
Observe its full shape
Notice the details of the flower
The shape and texture of its petal
It's colour
Continue to appreciate this flower.

Continue this art-viewing exercise
(pause)

Allow your eyes to rest at something that invites courage
Perhaps at the tip of the flower
Or to rest your gaze at the bloom of this magnificent dahlia
(pause)

GUIDED ART VIEWING

Invite yourself to imagine that you are this flower
Blooming with a purpose and an intention

Being aware that to bloom and to grow takes a tremendous amount of strength and courage

Allow your inner strengths to blossom.

Continue to courageously bloom One petal at a time
(pause)

To welcome and to appreciate that when the time is right
This flower will blossom and display its strengths

And as you begin to connect to the part of you that is blossoming
Growing in strength and courage
(pause)

Pay attention to the shift in your body,
(pause)

Notice that you may begin to sit taller.
You may breathe deeper
Perhaps to notice a sense of expansion in your heart or chest area
You may recall a moment when you bloomed with courage.
And feel a jolt of strength,
Assurance that this challenging moment too will pass

(pause)
Wherever you are,
Let's appreciate all these different sensations that emerge within you.
Acknowledge that this is where you are right now.
Moving away from judgement, should and must.

(Pause)

As we near the end of the ARTpreciate experience,
Gently bring your attention back to the breath.

As you focus on the breath, allow yourself to reflect on this experience with the following
question:

"What does this experience bring to my life right now?" (pause) Growth, Courage, Strengths

(Pause)

And when you are ready, allow yourself to become present in the room and open your eyes if
they are closed.

This is the end of the practice.

(Switch screen)
Page 12

GUIDED ART VIEWING (VIDEO)



LINK:

[HTTPS://TINYURL.COM/SUMMERDAHLIAINPINK](https://tinyurl.com/summerdahliainpink)

PLEASE SCAN THE QR CODE OR CLICK
ON THE LINK TO ACCESS THE GUIDED
ART VIEWING PRACTICE OF SUMMER
DAHLIA IN PINK (2009)

BY DIAN HANDAYANI

The Care
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Caring through the Arts
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GUIDED ART VIEWING



Begin by noticing the image in front of you.

Allow your eyes to wander around this image.

Slowly, shift your eye gaze from the bottom of the artwork to the top; from one end to another.

(pause)

Now I would like to invite you to notice what you see. The green leaves, white and yellow petals, the blue and white backdrop...

Notice how you feel in the presence of the image, or in the image itself... "Is it warm, cool, or hot?"

Now, imagining how it feels to be in the image itself.

"Can you feel any breeze; is the air still and heavy?"

GUIDED ART VIEWING

Notice what you hear. Perhaps it's the leaves rustling, wind howling, your own breath...

Notice what you smell. Perhaps a floral scent... "Is there anything you taste in the air?"

If your mind is starting to wander, gently welcome any experience you have in this moment and, when you are ready, slowly return your attention to this image.

(pause)

Now shift your attention to the details of this image. Perhaps it's the flower, a leaf, the thin stalks, clouds, sky...

Allow your eyes to rest on something that brings to mind strength.

Now, if you'd like, just imagine what it is like to be with this image of strength, this thing your gaze is resting on right now.

"What if it could talk to you? What is it saying to you?"

(pause)

As we close this art-viewing experience, I would like to invite you to bring your attention from the details of the image, to the whole image. Then, bring your attention back to the room or space you are in.

(pause)

You might want to wiggle your toes, or gently move your head and body.

GUIDED ART VIEWING (VIDEO)



LINK:

[HTTPS://TINYURL.COM/LOTUSINABREEZE](https://tinyurl.com/lotusinabreeze)

PLEASE SCAN THE QR CODE OR
CLICK ON THE LINK TO ACCESS THE
GUIDED ART VIEWING PRACTICE OF
LOTUS IN A BREEZE
(C, 1970, GEORGETTE CHEN)

BY BERNICE LIN XIANG TING

The Care
Collection
Caring through the Arts
by National Gallery Singapore
and Singapore Art Museum



INQUIRY AND DISCUSSION

What did you notice about your experience doing the practice today?

What was your experience viewing these artworks?

What part of this experience are you most appreciative for at this moment?

What were some difficulties you had with this practice?

DISCUSSION

To become more aware of present moment experiences, whether or not they are relevant to the artwork

To cultivate non judgment and self-compassion toward any negative experiences, including but not limited to boredom, incomprehension, and momentary impulses

To express gratitude toward oneself and others through art appreciation

To identify and express links between ARTpreciate theme or experience and one's current life encounters

CURATOR'S NOTE

This work is created by pioneer artist, Georgette Chen.

It depicts elegant, long-stemmed lotuses that are set against a bright cloudy sky. There is a hint of surrealism as well as of Art Nouveau, an artistic style which often involves abstract representation of nature using dramatic curving lines.

In many literary and artistic works, lotus flowers often represent purity and growth. This is because they grow out of muddy waters, and their beauty contrasts against the dirt and murky depths which they emerge from. The lotus forms a powerful symbol for our development of resilience and strength.

INTEGRATING MINDFUL VIEWING INTO EVERYDAY LIFE

We can amplify and integrate the benefit of mindful viewing into every moment in our everyday life. These are a few tips on how to incorporate mindful viewing into our life:

ORIENT:

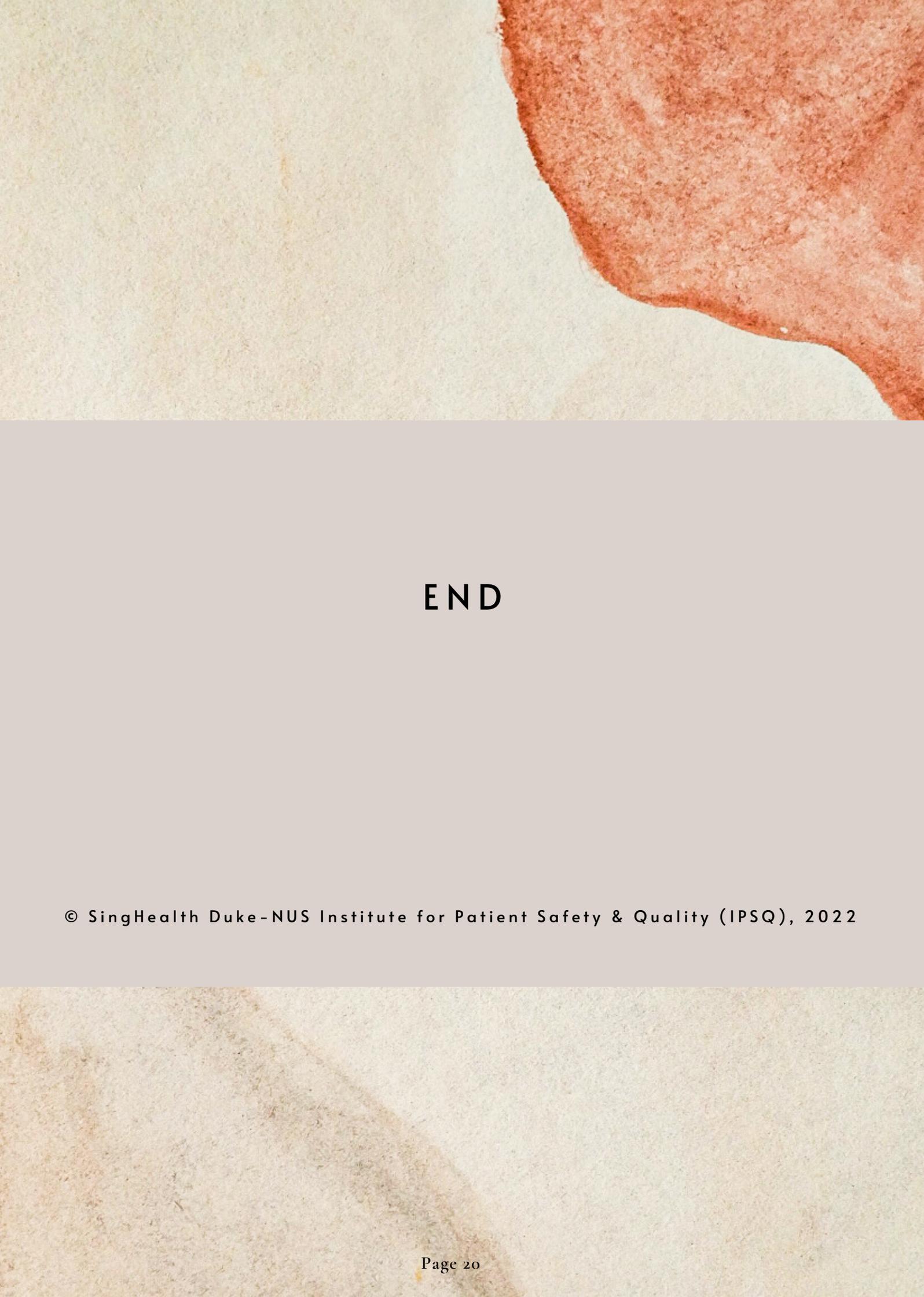
Mindfully place a preferred artwork near your work area (e.g. cubicle/ screen saver) that allows you to have a brief visual holiday

SLOW DOWN:

Be present with the image, noticing the sensation on your body as you are engaging with the image

ENGAGE:

Share your favourite “visual holiday” artwork with family, friends or colleagues.



END

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