



متحف قطر الوطني
NATIONAL MUSEUM OF QATAR

ACTIVITY GUIDE



PIPILOTTI RIST

YOUR BRAIN TO ME,
MY BRAIN TO YOU



Your *Brain to Me, My Brain to You* is a large, immersive video installation by the internationally renowned Swiss artist Pipilotti Rist symbolising the power of the mind through flashing pixels inside a dark space, which represents neurons firing inside our minds. Visitors are encouraged to take a moment of reflection while viewing the vibrant display and taking in the ambient sounds.

This exhibition also serves as a reminder to engage in self-care, so we have prepared this activity guide, featuring brainteasers, mindfulness exercises and useful information, to help you along your mental health and well-being journey.

Please note that this activity guide is not a replacement or substitute for medical advice. Please seek professional help if you have any concerns about your mental health and/or well-being.

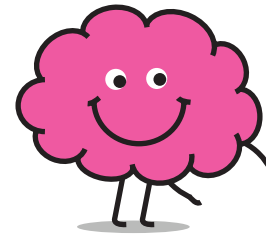
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'Name it to tame it'
—Dan Siegel, UCLA School of
Medicine psychologist

SEARCH YOUR FEELINGS

When you are feeling uncertain or uncomfortable, it can help to notice what emotions are at play inside your head. If you can identify your internal emotions, then you will be better equipped to find ways to release them.

The word search below features common words related to emotions—this game is meant as a fun reminder to stop and become aware of your own mental state!



STRENGTH CALM FEAR STRESS
EMOTIONS BRAIN ANXIETY

	Z	M	E	M	O	T	I	O	N	S	
	L	C	H	R	W	P	S	G	C	U	
	I	A	P	I	X	I	U	T	O	N	
	N	L	S	T	R	E	N	G	T	H	
	Q	M	I	R	L	W	J	T	K	S	
	S	N	I	A	R	B	Z	S	S	G	
	T	E	C	A	N	X	I	E	T	Y	
	F	S	N	Q	D	Y	R	Z	S	V	
	D	S	Q	M	J	T	Z	T	Z	D	
	Q	D	Z	B	S	Z	F	E	A	R	

Be in the present moment and colour in or doodle on the parts of the brain. Take time to apply colour and feel the effects of different levels of hand control. Mindful colouring has become a popular pastime among adults—try it and see if you feel calm and refreshed!

COLOURFUL MINDS

In this exhibition, you might have noticed the lights are shaped into one giant brain! How about we take a closer look at this incredible and complex part of our body? Our brain is divided into four main sections, known as lobes. Here is what they do:

FRONTAL LOBE

This part of the brain is responsible for decision making. It combines lots of information from different parts of the brain to help us reason and plan the future. It is also where our personality lives. If the four lobes worked for the same company, the frontal lobe would be the boss!

TEMPORAL LOBE

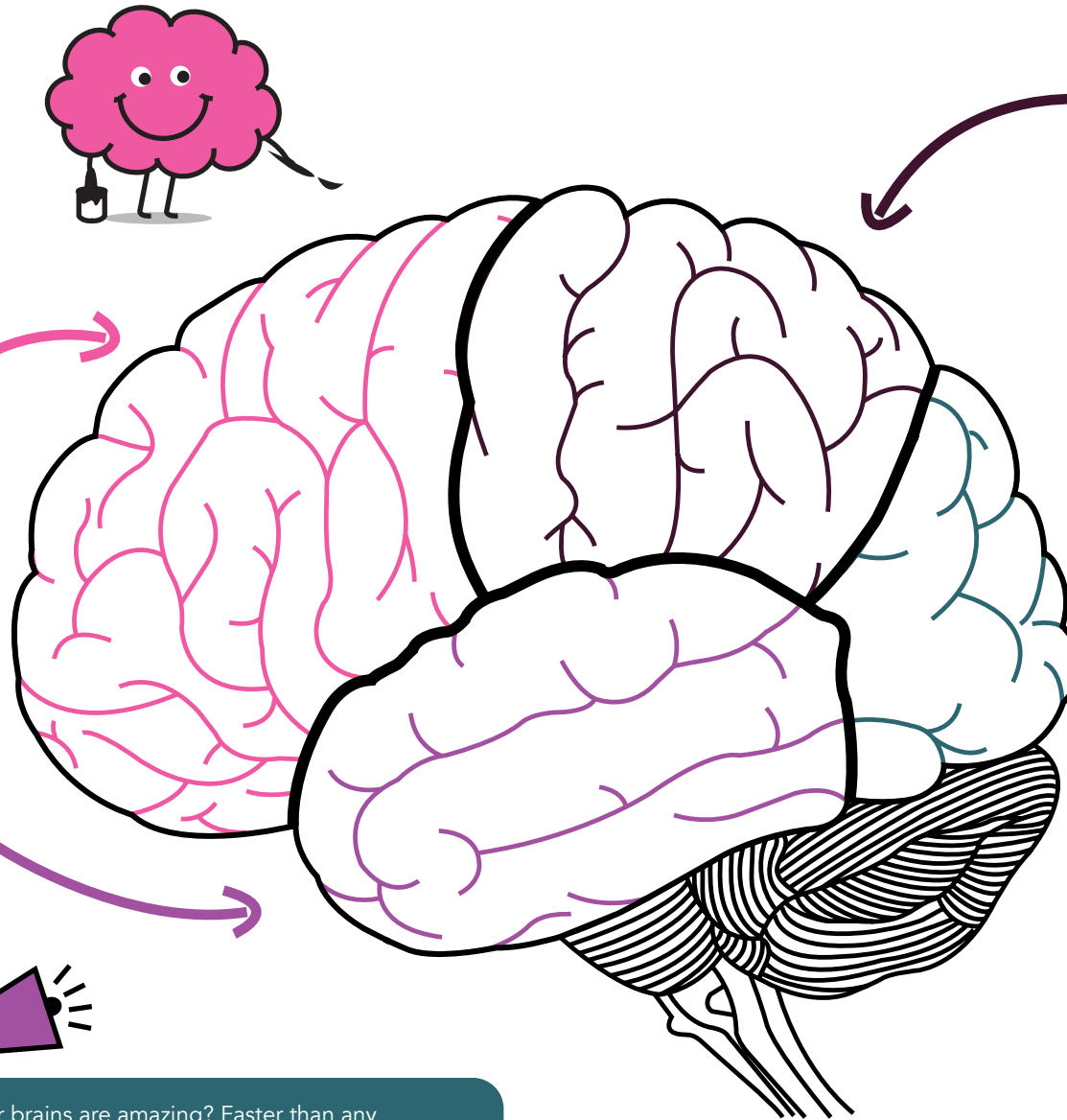
Near your ears you will find the second-largest section of your brain: the temporal lobe. It controls hearing, language and memory. Without the temporal lobe, you wouldn't be able to remember things like words, faces and objects.

PARIETAL LOBE

The parietal lobe sits at the top of brain, and it helps us process information from the world around us. Using information from our five senses, it helps us to understand things like pain and temperature as well as movement, action and location. Can you imagine what life would be like without this important part of your brain?

OCCIPITAL LOBE

Our visual cortex is stored in the occipital lobe, which is located at the back of the brain. This lobe helps us to understand information related to sight such as distance, depth, faces, movement and colour.

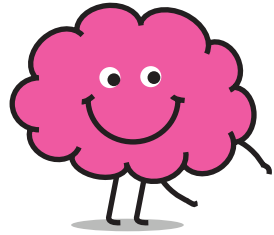


Did you know that our brains are amazing? Faster than any supercomputer, our brains can receive information from our senses and process it in hardly any time at all! Visual cues, for instance, can be identified within 13 milliseconds!

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GROUNDING ACTIVITY

Life can get a little overwhelming so bringing your attention to the present moment is a great way to focus and feel in control, which can help reduce feelings of stress and anxiety. The '5, 4, 3, 2, 1' technique is an excellent way to calm yourself down and focus on the present.



Observe your surroundings and then write down what you sense under each prompt:

Five things you can see

Four things you can touch

Three things you can hear

Two things you can smell

One thing you can taste

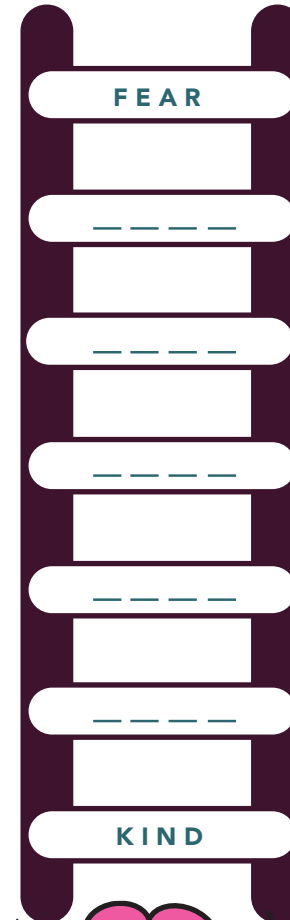


Did you know that the National Mental Health Helpline number is 16000?

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THE WORD LADDER

Challenge yourself with this fun brainteaser! Make your way from FEAR to KIND by changing one letter on each step of the ladder to make a new word.



Being scared or frightened

A large grizzly animal

The rhythm of a heart

To have gone from straight to curved

Present tense of the above word

To tie things together

To be friendly and polite



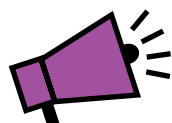
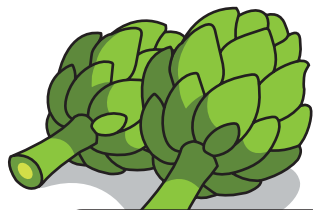
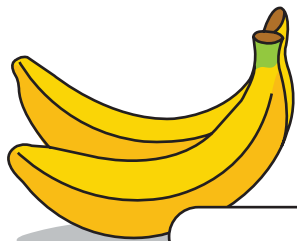
Did you know that this game was invented by Lewis Carroll, the author of *Alice in Wonderland*?

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GUT INSTINCTS

A healthy and balanced diet is not only good for your body, but it's also great for your brain! Increasingly more research is uncovering the role our gut plays in relation to our mood and overall mental health. The health of our gut is linked to the vast community of 'good' bacteria and fungi that naturally cover our gastrointestinal tract, commonly known as our microbiome.

Can you identify these six 'gut healthy' foods (hint: answers are on the back page)



Did you know that your gut is sometimes referred to as 'the second brain'?

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NEURO CHEAT SHEET

Hormones are 'chemical messengers' in our body, and they carry around different signals which can affect our mood. There are little things that you can do every day to influence your internal chemistry and help you feel better. Have a look at some of the major hormones made by your body below and learn effective ways to naturally release them.



Dopamine *The 'feel good' transmitter*

Feel good by listening to music, eating something sweet, getting a good night's sleep and completing a small task.



Endorphins *The natural painkiller*

Feel better by exercising, eating dark chocolate, laughing and meditating.



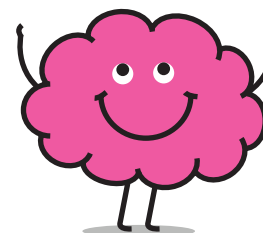
Oxytocin *The love hormone*

Feel more connected by cooking and eating with your family or friends, playing with a pet, giving someone a hug and spending more time with loved ones.



Serotonin *The mood stabiliser*

Feel calmer by soaking in the sun, exercising, getting a massage and eating probiotic-rich foods.



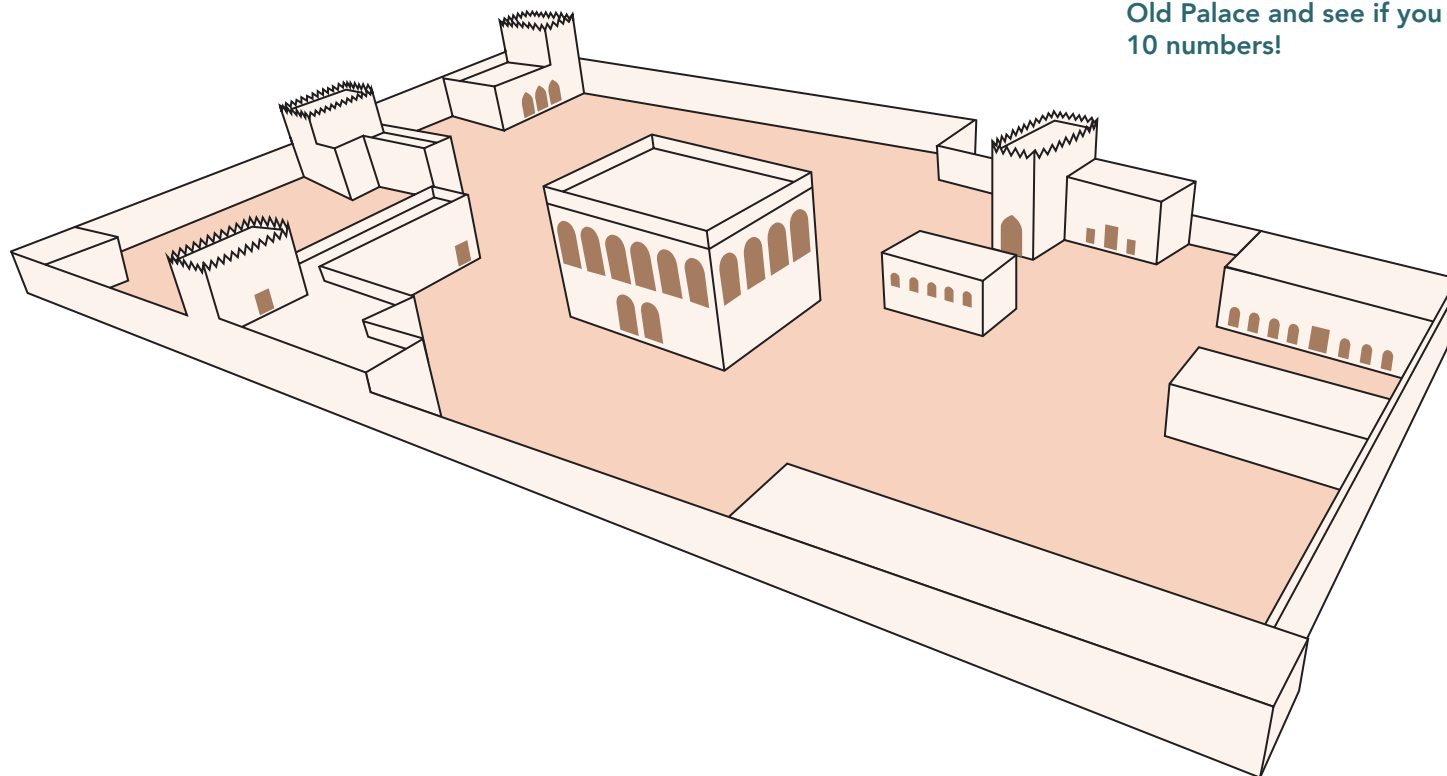
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THE MEMORY PALACE

'When information goes "in one ear and out of the other", it's often because it has nothing to stick to'
— Joshua Foer

A 'memory palace' is an imaginary place in your mind that helps you store large amounts of information. It is a commonly used technique in competitions where people are required to memorise large chunks of information in a short period of time; you can use it in everyday life to memorise numbers, phrases or complex pieces of information.

Your memory palace should be a location familiar to you, perhaps your home, school or office. We will use the Palace of Sheikh Abdullah bin Jassim Al Thani at NMoQ to help you understand how to use this powerful memory tool. First, plot a numbered route, from one to ten, through the palace (we have included a diagram below). You will always use the same sequence, no matter what you are trying to memorise.



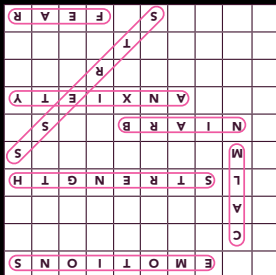
Challenge yourself with the first 10 digits of Pi: 3.141592653

Visualise each numeral as an image. Perhaps three might represent a monkey, one a banana, four a banana tree. Associate one image for each distinct number in Pi. Then, close your eyes and string together the associated images in a fun story or narrative as you mentally 'walk' through your palace. Each stop of the palace sequence will be associated with an image that recalls a specific numeral in Pi (e.g. A monkey [3] holds a banana [1] while climbing a banana tree [4] to grab another banana [1] ...)

Create a memory journey in the Sheikh Abdullah bin Jassim Al Thani palace and see how many numbers you can remember. While you can simply do this in your mind, you can also physically walk through the Old Palace and see if you can recall all 10 numbers!

Answers

Activity 1



Activity 4

- F E A R Being scared or frightened
- B E A R A large grizzly animal
- B E A T The rhythm of a heart
- B E N D To have gone from straight to curved
- B E N T Present tense of the above word
- B I N D To tie things together
- K I N D To be friendly and polite

Activity 5

- Bananas
- Yoghurt
- Salmon
- Kimchi
- Artichoke
- Seaweed



Please scan the QR code above for NMoQ's 'Action Calendar' with helpful tips and mindful activity suggestions for every day of the month!