

ACTIVITY

Looking back on this morning, before your visit to the museum, make a list of the activities that brought you pleasure. Was it the sunlight filtering through the window? Was it drinking a cup of coffee, or hearing a songbird outside the window?



MORNING ACTIVITIES

_____	_____
_____	_____
_____	_____
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Next, using either text or images, fill the page with your ideal things for a perfect morning—items that will allow you to move through your day with calm purpose, enjoying all that the day has to offer.



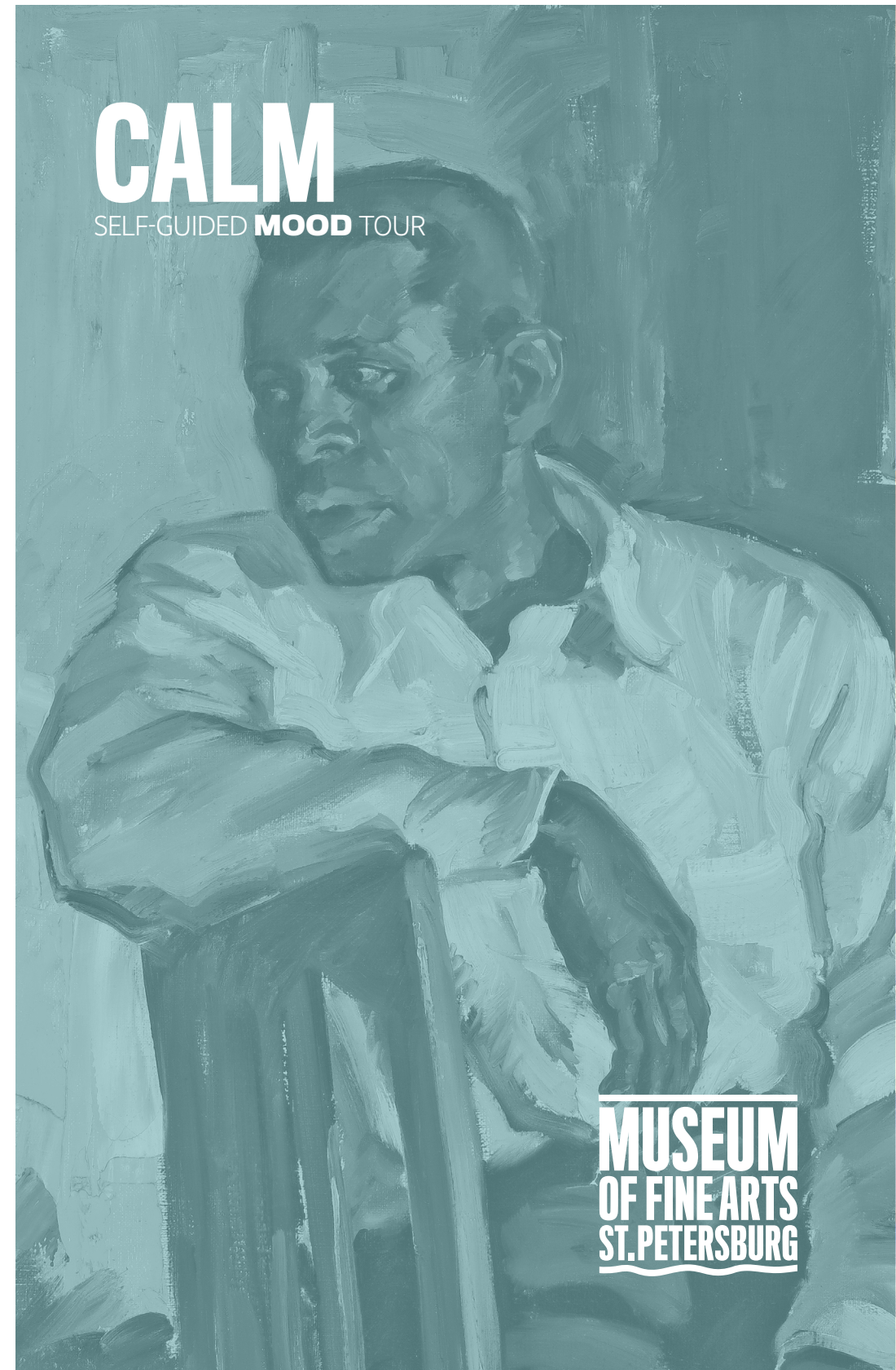
PICTURE OF HEALTH IS A MULTIFACETED PROGRAM FOSTERING WELLNESS AMONG OUR MUSEUM MEMBERS AND GUESTS.

THIS INNOVATIVE APPROACH TO WELL-BEING, THE FIRST OF ITS KIND IN THE TAMPA BAY AREA, ALLOWS US TO HARNESS THE POWER OF THE MUSEUM OF FINE ARTS' GALLERIES AND GARDENS AS A PLACE OF HEALING AND SOLACE FOR OUR MEMBERS AND GUESTS.

THE **PICTURE OF HEALTH** INITIATIVE INCLUDES:

- **MFA MOOD TOURS**
- **SIT, STAY, HEAL**
- **MUSEUM ON PRESCRIPTION**

PLEASE VISIT MFASTPETE.ORG FOR MORE INFORMATION AND TO BEGIN INCORPORATING ART INTO YOUR WELLNESS PRACTICE.



CALM

SELF-GUIDED **MOOD** TOUR



CALM

VIEWING ART IN A MUSEUM SETTING CAN OFTEN EVOKE A SENSE OF SERENITY, INVITING CONTEMPLATION AS YOU MOVE THROUGH THE GALLERIES. THE PIECES BELOW HAVE ALL BEEN SELECTED TO ALLOW YOU TO EXPLORE HOW COLOR, SHAPE, AND SUBJECT PLAY A ROLE IN ENHANCING OUR SENSE OF CALM.

Standing Buddha, c. 1880–1920

FIND THIS IS IN THE ASIAN ART GALLERIES

This graceful and simple Buddha sculpture is brimming with symbolism, notably through the standing position of the Buddha atop a lotus flower. The lotus flower is regarded throughout the world, and in many eastern religions, as a symbol of purity and enlightenment. A seated or standing Buddha on top of the lotus flower is one who has transcended the pain of the material world to achieve true enlightenment. As you look at the Buddha, you see that he holds the pod of a medicinal plant, symbolizing his ability to transcend or heal ailments. Together, these symbols allude to the attainment of ultimate truth. Meditation and yoga can provide therapeutic benefits. Feel free to explore calming breathing techniques or meditative thoughts while you stand before the sculpture or throughout your visit to the museum. If you would like to delve deeper into meditation, please visit our Membership Garden through the glass doors in the next gallery and use the tranquility of the garden to achieve your own sense of enlightenment.



Alfred Thompson Bricher, *Along the Coast*, c. 1880

FIND THIS IN THE AMERICAN ART, 19TH–21ST CENTURIES GALLERIES

Along the Coast serves as a reminder to be present in the natural world. Like a window to a serene and inviting coastal scene, it can easily take your mind off the stresses of daily life. Allow the sound of the slow lapping water to steady your mind as you watch the big coastal clouds drift by. The painter, Alfred Thompson Bricher, includes so



much detail and clarity in this image that it is easy to imagine yourself as a component of the painting—standing there, in the sand, feeling the shore breeze on your face. Images of open spaces in nature are calming and help reduce stress levels; it is innate to the human mind to connect to nature. Take this opportunity to imagine yourself in a favorite spot or moment in nature, with all the sounds, smells, and emotions associated with it. A momentary escape to a peaceful place, whether physically or imaginatively, offers an opportunity to recharge our emotional batteries, and prepare us for the challenges of daily life.

George Inness, *Early Morning Moonrise, Florida*, 1893

FIND THIS IN THE AMERICAN ART, 19TH–21ST CENTURIES GALLERIES

There is a warm smell of dried pine needles and cedar tree bark. Even in early morning, the humidity hangs heavy in the air and you can also smell the sweetness of star jasmine in the breeze. These could be among the senses experienced when stepping into George Inness's *Early Morning Moonrise, Florida*. This beautifully soft painting shows a quiet, natural moment of early morning in Florida. A time when song birds begin to awaken and chatter, and farmers prepare to tend to livestock while the moon is still rising, looking over the start of a new day. There is a calm serenity to this landscape. How can you create quiet mornings like this in your life, to move forward from a place of peace? Take a moment to think of rituals you can add to your morning to lay the foundation for the rest of your day. Reflect on what you can subtract, as well. Consider what stressors you can remove that will allow you to evoke the feeling of tranquility we see here.



Randall Davey, *Portrait of Paul Robeson*, 1922

FIND THIS IN THE AMERICAN ART, 19TH–21ST CENTURIES GALLERIES

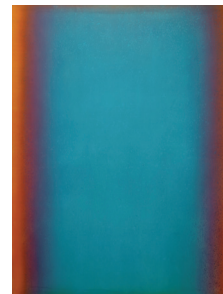
This vibrant painting by Randall Davey depicts a thoughtful moment in the life of Paul Robeson (1898–1976)—a highly accomplished professional athlete, lawyer, actor, singer, and civil rights activist. This image shows a grounded man, hopeful, and in a moment of reflection. He is reclined and approachable, inviting the viewer to spend a moment with him. Even the busiest of us can take moments to find calm and collect our thoughts. What are ways to stay grounded in your everyday life? When are you able to carve out moments to sit down, and take time for yourself? These periods of rest are like little moments of meditation that can help your mind find peace. As you look at this painting, allow yourself to revel in a recent success, and experience both the joy of accomplishment and the calm of a well-deserved period of reflection.



Leon Berkowitz, *Big Blue*, c. 1970

FIND THIS IN THE AMERICAN ART, 19TH–21ST CENTURIES GALLERIES

Big Blue feels like a big calm. The center blue color, bright and limitless, is reminiscent of lying on your back and staring at the open sky, letting it envelope all of your surroundings. The painter Leon Berkowitz wanted us to see the dimensions and vibration of color. *Big Blue* achieves that depth with layers and transitions in gradations of color. It is expansive and yet not overwhelming like falling into an abyss. There is a comfortable calm in the red and purple color transitions running vertically on either side of the blue that allows the viewer to feel a gentle embrace rather than a free fall while standing in its presence. The fields of colors allow the viewer to take a mental rest and let the blue wash over them. Like cool waters on a hot day or the perfect warm bath, this blue is a healing color that can soothe and quiet our active minds. Take this moment to let *Big Blue* be the space and time needed to slow down, find the quiet inside of you. Pick one thing to be grateful for today, and hold onto that feeling.



Albert Carrier-Belleuse, *La Source*, 19th century

FIND THIS IN THE STUART SCULPTURE GARDEN

This elegant sculpture is a traditional image of a beautiful woman gracefully holding a water vessel on her hip. The title of the sculpture, *La Source* or The Source, suggests that she is an allegory of nature and creativity, as well as water—an essential element we cannot live without. There is another vessel lying at her feet and a garden fountain gently bubbles behind her. What are ways that you can tap into a source that brings you calm, focus, or creativity? Giving our minds and bodies the chance to recharge in nature or creative expression are great ways to foster a sense of well-being. After your visit to the museum, consider visiting the Bay right outside our door and contemplate the activity you see—the lapping of the waves, the sea life moving underwater, the birds skimming above the surface.



THANK YOU FOR PARTICIPATING IN THIS MOOD TOUR. BE SURE TO COMPLETE THE ART ACTIVITY ON THE NEXT PAGE.

WE HOPE THAT THIS PROVIDED AN OPPORTUNITY FOR REFLECTION AND CLARITY. PLEASE COMPLETE OUR WELL-BEING QUESTIONNAIRE, AVAILABLE NEXT TO THE MOOD TOURS, AND DROP IT OFF AT OUR VISITOR SERVICES DESK.

Cover: Randall Davey, *Portrait of Paul Robeson* (detail), c. 1920–25, Oil on canvas, Museum purchase in honor of Carol A. Upham with funds donated by the Collectors Circle

Inside, activity: George Inness, *Early Moonrise, Florida*, 1893, Oil on canvas, Gift of Costas Lemonopoulos

**MUSEUM
OF FINE ARTS
ST. PETERSBURG**