

## Tips for a Restorative Museum Visit

Don't rush! Wander with curiosity, not a checklist.

Listen to calming music or an audio meditation.

Stay hydrated, mindful moments are thirsty work!

Pause frequently. Let your senses catch up.

Try going tech-free for part of your visit.

**DID YOU KNOW?**  
Viewing art in person increases oxytocin, the “connection hormone.”  
**SOURCE**

Next time you visit a museum, remember: You're not just looking at art, you're healing through it.



## WANT MORE ARTFUL WELLNESS?

### Resources:

- Reading list courtesy of Oceanside Public Library (OPL)
  - “Your Brain on Art” by Susan Magsamen & Ivy Ross
  - “The Connection Cure” by Julia Hotz
- Local art therapy workshops
- Museum mindfulness tours (check with your local museum!)
- Apps for art-inspired meditations



OCEANSIDE  
MUSEUM OF ART

[www.oma-online.org](http://www.oma-online.org)

Instagram @oceansidemuseum

704 Pier View Way Oceanside, CA 92054

(760) 435-3720



OCEANSIDE MUSEUM OF ART

## ART & WELLNESS GUIDE

unwind, slow down, reflect

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## WHY ART IS GOOD FOR YOU

Looking at art lights up the brain's pleasure centers—just like falling in love!

Studies show that engaging with art can lower cortisol levels (a stress hormone).

One hour of art viewing can reduce anxiety by up to 30%.

Creating or viewing art helps improve empathy, memory, and focus.

### CITATIONS

"Art washes away from the soul the dust of everyday life."

— Pablo Picasso



## MINI MINDFULNESS MUSEUM ACTIVITIES!

### The 5-Minute Gaze

Pick a piece of art. Sit or stand quietly. Look at it for 5 full minutes. Notice: Shapes? Colors? Emotions? Changes in your body?

### Breathe with Brushstrokes

Match your breathing to what you think the rhythm of a painting is. Slowly inhale and exhale. Let the artwork guide your pace.



### Art-Inspired Journaling

Borrow a small notebook from the front desk. After each room, jot down: This piece made me feel... "I saw something that reminded me of..."

### Mindful Movement

Walk slowly between the galleries. Count your steps. Focus on the sound of your shoes, the feel of the floor.

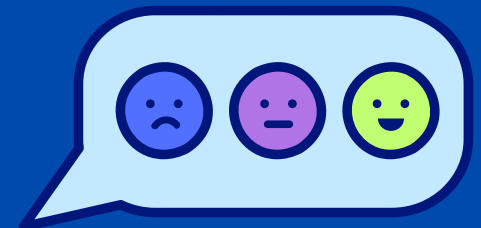
## HOW ART SUPPORTS EMOTIONAL WELLNESS



### Mood Boosting Through Art:

Art...

- lets you process emotions you can't always say.
- creates space for reflection and personal insight.
- activates the parasympathetic nervous system (rest & digest).



- is a workout for your brain! Creating art activates both sides of your brain (logic and creativity), helping you problem-solve in new ways.

Van Gogh knew the power of nature. He painted outdoors ("en plein air") because fresh air and scenery boosted his mood.