

1 in 7 Singaporeans experienced a mental disorder in their lifetime. Mental disorders were the second largest contributor to ill health in 2017.

Do you recognise a feeling of joy when you take part in art and cultural activities such as arts & crafts, music, museums and dance?

The arts have an important role in promoting mental well-being and creating a space for social connection.

An initiative by **Mind Science Centre, MAELab** is an innovative space for discovery of creative and integrative interventions through art, mindfulness and transdisciplinary research to promote mental wellness and enhance quality of mind.

This non-drug approach to preventing mental health problems can alleviate anxiety, depression and stress, enhance cognitive functioning, improve quality of life and reduce disease burden.

## “An Undefeated Mind”

Building resilience across all ages.”

The **Mind Science Centre** is the first in Asia to take an upstream and evidence-based approach to optimise cognitive performance, build emotional resilience and promote mental wellbeing across all ages. It focuses on translational research in neuroscience and mental health, education and services to develop population-based innovative holistic solutions that are uniquely Asia.

### Follow us!



@mindsciencecentre



coe.nuhs.edu.sg/mind-science-centre/



Receive updates for upcoming events!

## BOOK AN APPOINTMENT

To visit us, please make an appointment by scanning the QR code or email us at [wan\\_yu\\_lee@nuhs.edu.sg](mailto:wan_yu_lee@nuhs.edu.sg)



Admission is by appointment only

## BE A VOLUNTEER

Do you have passion for the Arts? We are looking for volunteers who are fascinated with the Arts & its benefits on mental wellness and cognitive functions.

Sign up at [wan\\_yu\\_lee@nuhs.edu.sg](mailto:wan_yu_lee@nuhs.edu.sg)

## MAKE AN IMPACT

The Mind Science Centre is fully dependent on philanthropic support and grants to defray the costs of capacity building, on-going translational research, development and the roll-out of intervention programmes to more communities across Singapore. With your continued support, we hope to make Singapore a more resilient nation.



Scan the QR code, to find out more:

### Mind Art Experiential Lab (MAELab)

Alexandra Hospital  
Block 29, Level 2  
378 Alexandra Road  
Singapore 159964



Yong Loo Lin School of Medicine

# ARTS, MINDFULNESS & THE AGEING BRAIN



## EMBODIED SPACE



# GALLERY GUIDE

APRIL- AUGUST 2021

## GALLERY SPOTLIGHT

### ARTS, MINDFULNESS & THE AGEING BRAIN

The inaugural curation showcases an exciting mix of artworks featuring arts in community and mind-body-space connection.

It explores the link between mental wellness and the arts, with the aim to empower visitors to take ownership of their emotional and cognitive wellbeing.

### ARTIST'S VISUAL REFLECTIONS

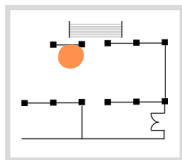


**SIA JOO HIANG**

*Stop Chewing*

2019  
Digital Print on Gesso Board

This is a little visual diary that the artist made about her father who has dementia. She was away from Singapore at that time and this was her way to record some thoughts and feelings about his condition.



## ARTS IN COMMUNITY

A collaboration with **Montfort Care**, a network of programmes committed to improving the lives of individuals, families and the community facing transitional challenges.

**Goodlife!** is a programme established by Montfort Care to promote and improve the overall wellbeing of seniors. A project team under Goodlife! have created **De-Adventure**, which organises monthly outings co-created with persons living with dementia and their caregivers through weekly activities i.e. drawing and sculpture making.



**HO SHIEN JOO**

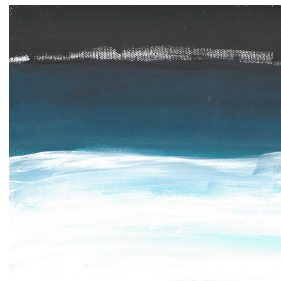
*Cows and dog*

2019  
Ink on paper

**TAN HAN CHEE**

*Mountain of Lalang*

2019  
Ink on paper



**S. Y. CHEONG**

*How's life?*

2019  
Acrylic on canvas

**TAN SUANG FONG**

*Gift for my grandchildren*

2019  
Mixed Media



**S. Y. CHEONG**

*How you look at it?*

2019  
Acrylic on canvas

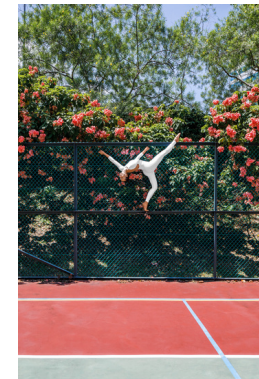
**C. L. KUEK**

*Kampung House*

2019  
Colour pencil on paper



## EMBODIED SPACE



**ANJA HUMLJAN**

*EMBODIED SPACE*

2019  
Photography by Marcus Lim

The Embodied Space exhibition is set around two approaches that Anja Humljan designed to contribute towards mind-body-space connection.

