

Mind Music Soul: The Adventure of Stories FAQs

Q: What is Mind Music Soul: The Adventure of Stories?

A: Mind Music Soul: The Adventure of Stories was first created in 2022 with local walking and community groups from Glenboig, Kilsyth and Shotts areas as part of Art is Everywhere, a research knowledge exchange project between North Lanarkshire Council's Arts Development team and the University of Edinburgh.

The outcome of Mind Music Soul: The Adventure of Stories was 2 beautiful audio stories that explore mindfulness and wellbeing. We understand modern life is hectic and sometimes taking a moment for yourself can be difficult. We hope our audio stories can be used when you need a little time to yourself.

Q: Who is it aimed at?

A: Initial created for adults, however we've had groups of young people use the resource and we realise anyone can utilise these mindfulness stories and take a wee 10 minutes to themselves when needed.

Q: How do I access the stories?

A: Head to Glenboig Life Centre, Burngreen park Kilsyth, or Shotts Library and scan the QR codes. Ahead of going watch the 'how to videos' under the resources section at www.culturenl.co.uk/arts

Q: I can't get to Glenboig, Kilsyth or Shotts to scan the QR codes, does this mean I can't experience the audio stories?

A: If you cannot get to one of our 3 plaques to scan the QR codes, please download the 'MMS Community Mindfulness resource pdf' from the resources section at www.culturenl.co.uk/arts

Q: I notice there are 2 stories

A: That is right, we have an indoor and an outdoor story. However, if you cant get outdoors we recommend sitting by a window and focusing on green space near you.

Q: Can I share the resource with others?

A: You are more than welcome to share the QR codes for others to listen. We have had groups listen together, couples sharing the experience, as well as individuals who needed some solitude. The beauty of the audio experience is you can pop in your headphones or listen aloud (all though we recommend headphones to get the full immersive experience).

Q: What do I do when it's finished?

A: Once you have listened to the audio stories, sit with that feeling of calm and remember you can revisit this whenever you need to.

If you are with a group, you can discuss how it made you feel, what images it conjured up or what self-care tips you have that you could share with others.

The resource can be used as a cool down activity or to refocus ahead of another task, while walking or sitting stationary.

Got a question you think should be added to the FAQs? E-you're your questions to arts@northlan.gov.uk with MMS: The Adventure of Stories in the subject line and we will get it added.