

# ACTIVITY

Identifying and naming what causes us pain is often the first step toward healing. Consider using this space to create a memorial acknowledging a loss or obstacle. Using drawings as well as text, feel free to fill this space in a way that will facilitate moving away from grief and decidedly toward resilience and healing.



**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:

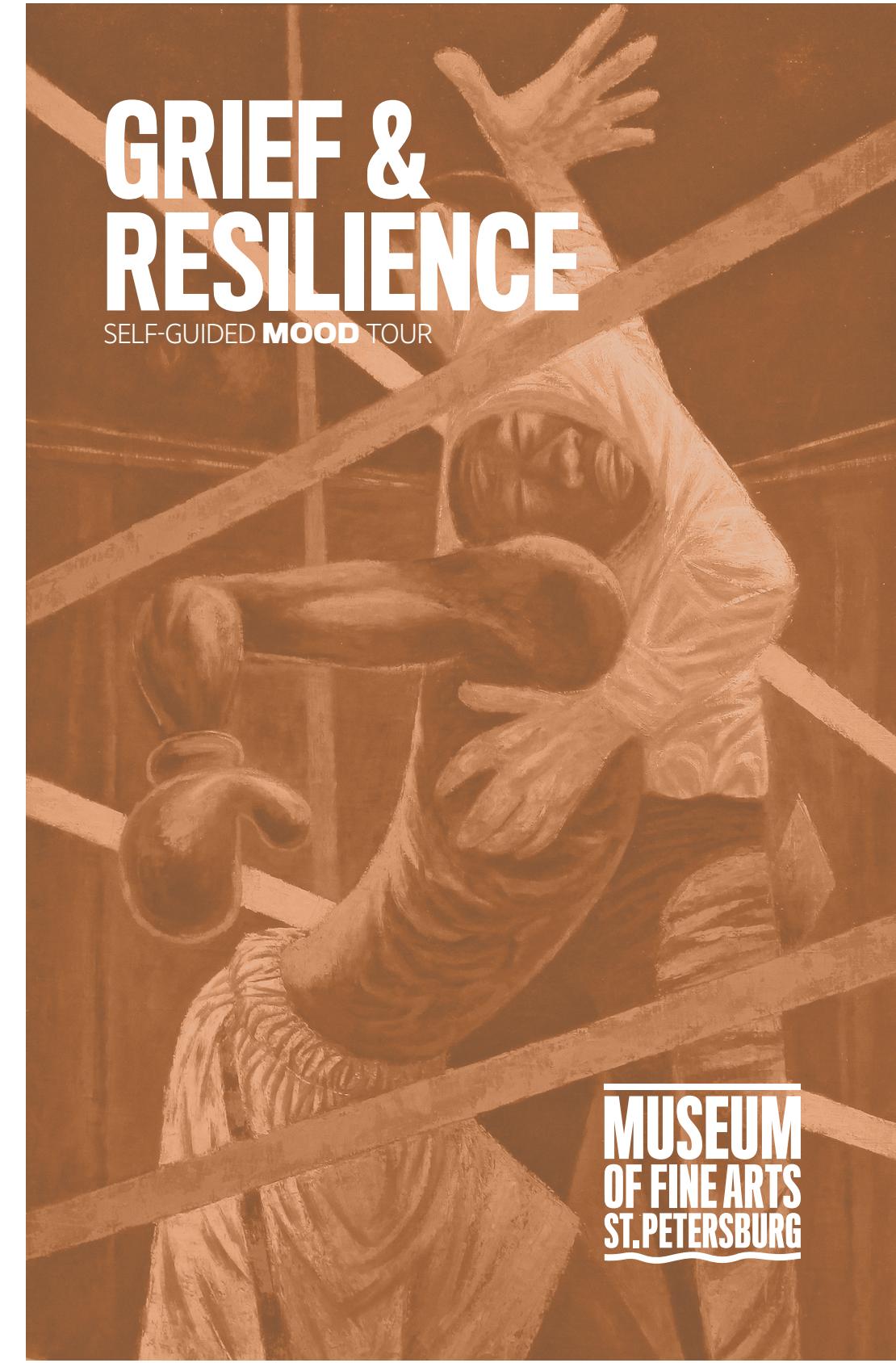
- **MFA MOOD TOURS**
- **SIT, STAY, HEAL**
- **MUSEUM ON PRESCRIPTION**

PLEASE VISIT [MFASTPETE.ORG](http://MFASTPETE.ORG) FOR MORE INFORMATION AND TO BEGIN INCORPORATING ART INTO YOUR WELLNESS PRACTICE.



# GRIEF & RESILIENCE

SELF-GUIDED **MOOD** TOUR



# GRIEF & RESILIENCE

TO GRIEVE REQUIRES STRENGTH; TO MOVE BEYOND IT CAN OFTEN SEEM HERCULEAN. HERE, WE EXAMINE WORKS OF ART THAT ALLOW US TO JOURNEY PAST OUR GRIEF, EMERGING WITH A NEWFOUND STRENGTH AND RESILIENCE.

Gravestone of Hadyneika, Roman Imperial Period, c. A.D. 150–200

FIND THIS IN THE ANCIENT ART GALLERIES

The last stage of grieving is acceptance and the *Gravestone of Hadyneika* honors, thereby accepting, the death of a young woman. The piece is simple in design, yet delicate care has been taken detailing the facial features and hair. This monument to honor a beloved family member pays homage to a woman whose absence was strongly felt. In accepting loss, we can honor those no longer with us and leave the grieving process behind. Whatever the circumstances that bring us to these definitive crossroads, acceptance helps our ability to honor past relationships and identify the importance of their presence in our lives. Using constructive, meaningful ways to express the love that was lost is impactful and can allow for easier movement to work through the loss. Celebrating a life can be done in many ways, so take a moment now to create a personally meaningful way to acknowledge a loss, and allow yourself the gift of acceptance.



Studio of Michael van Mierevelt, *Portrait of Margaretha van Santen*, 1615

FIND THIS IN THE EUROPEAN ART, 13TH–18TH CENTURIES GALLERIES

The emotional exchange between the woman in the painting and the viewer is unclear, as would have been expected of a woman during this period. Social mores of the day placed great value on a woman's conduct and virtue; with an emphasis on modesty, courtesy, and gentleness. Exuberant displays of emotion or engaging in overly talkative behavior was considered unseemly, worthy of censure. Recent developments in therapy have illustrated the danger of suppressing emotions, which hinders our ability to process and move forward. As you look at Margaretha van Santen, imagine the things both she and you would like to say, yet have been discouraged from saying. As these thoughts unfold, allow yourself to experience the joy in unleashing your voice. Think of your voice itself as you imagine these conversations. Is your tone angry or persuasive? Are you able to shift emotionally toward a more positive perspective, allowing yourself the opportunity to feel as if you have been heard?



Daniel Vertangen, *The Expulsion from Paradise*, 1650

FIND THIS IN THE EUROPEAN ART, 13TH–18TH CENTURIES GALLERIES

Rejection, regret, and shame are some of the unmistakable emotions in this small but vivid depiction of Adam and Eve being cast out of the Garden of Eden. At times, we have all felt some of these feelings. This can create an almost insurmountable emotional wall separating us from belonging or feeling love. These intense emotions can manifest physical pain as shown by Adam, hunched over, unable to even look at either the angel or Eve as they exit paradise. Dwelling in these feelings will only perpetuate the pain and loss, and increase the feeling of isolation. Releasing these feelings in positive ways can help reframe a new way forward. Take the time now, while looking at this image, to develop a set of actions that will cultivate wellness and strength—and leave regret behind.



Henry Moret, *Near Riec-sur-Belon, Finistère*, c. 1908

FIND THIS IN THE EUROPEAN & AMERICAN ART, 19TH–20TH CENTURIES GALLERIES

Moret's painting, completed more than a century ago, bears a startling resemblance to images appearing in today's social media fueled landscape. This seemingly idyllic scene is brightened and heightened as a means to an end—to depict the picturesque countryside as a more spiritual alternative to the city, namely nearby Paris. It is, in many ways, similar to the highly filtered and curated images we encounter on social media today. What lies in the field and behind the walls of this French farmhouse is unknown. They may have contained both struggles and joys, which remain hidden from the viewer. Embracing our own emotions offers the opportunity for true healing, as challenging as it may be when surrounded by the filtered imagery of our friends and acquaintances. Once we have accepted that our truth—and in fact, everyone's truth—contains sadness, seen or unseen, a space for profound healing reveals itself, much like this path to the farmhouse.



Fletcher Martin, *The Undefeated*, 1948

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

*The Undefeated* is an energetic painting which invites the viewer ringside, moving their eyes back and forth throughout the piece to fully take in the intense emotion and physicality of exhaustion. The painting interprets a moment in time from Joe Louis's last championship fight against his losing opponent Jersey Joe Wolcott. It shows Wolcott giving all that he can, and amplifies the emotional response of the viewer. Allowing for support during times of stress builds connections that can promote more resilience to difficult circumstances. The referee supports Wolcott—allowing him to fall but not completely collapse—in the ring. At moments in our lives, we have been either the referee or the fighter, each instance requiring determined focus on the struggle at hand. As you look at the painting, turn your thoughts to a time in your life, whether far in the past or more recently, where you have experienced the emotions depicted in *The Undefeated*, and recount the strength you displayed in moving forward.



Georgia O'Keeffe, *New York-Night (Madison Avenue)*, 1926

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

An unusual shape for a painting, *New York-Night* is tall and narrow, constricting the viewer's viewpoint. This small, contained view is an abstract snapshot of one of the most famous streets in New York City, Madison Avenue. The artist perpetuates the confinement using thin lines and a narrow slice of canvas, forcing the viewer to decide what is on view. Are we looking up or down? The gray palette mimics the months of gray sky in the winter, with only hints of color and warmth. The abstract lines draw the eye off of the center point, toward the convergence of skyscrapers. In grief, we can feel a loss of color or purpose in life. Moving out of the grays of melancholy to find lightness in life again builds back our strength. Deciding to harness the resilience of our mind and body is the first step in recovering a limitless and colorful sky. Painted before O'Keeffe moved to her beloved Ghost Ranch in New Mexico, *New York-Night* perhaps illustrated for the artist what was vital for her well-being. Take this moment to determine what is vital for your own happiness, whether it's a small step or a monumental change. Think of actions you can take that will foster a sense of joy in your life.



**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: Fletcher Martin, *The Undefeated* (detail), 1948, Oil on canvas, Museum purchase with funds donated by The Collectors Circle  
Inside, activity: Gravestone of Hadyneika, Thessaly, Northern Greece, Roman Imperial Period, c. 150–200 A.D., Marble,  
Gift of Costas Lemonopoulos in memory of Magdalene Hionides

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