



# Making

# Space

Your gentle companion to *SICK AF*

# Take A Moment

**This journal invites you to look slowly, feel deeply, and connect creatively - with the exhibition, your senses, and your own inner world.**

The activities draw on science-backed art and health practices like breathing to calm the nervous system, symbolic drawing to express emotion, and observation tasks that activate neural pathways and mindfulness.

There's no right way to participate - only your way.

Respond in whatever form feels right: a line, a word, a mark, or a breath.

This is a space for quiet curiosity and reflection.

Take your time. Look again.



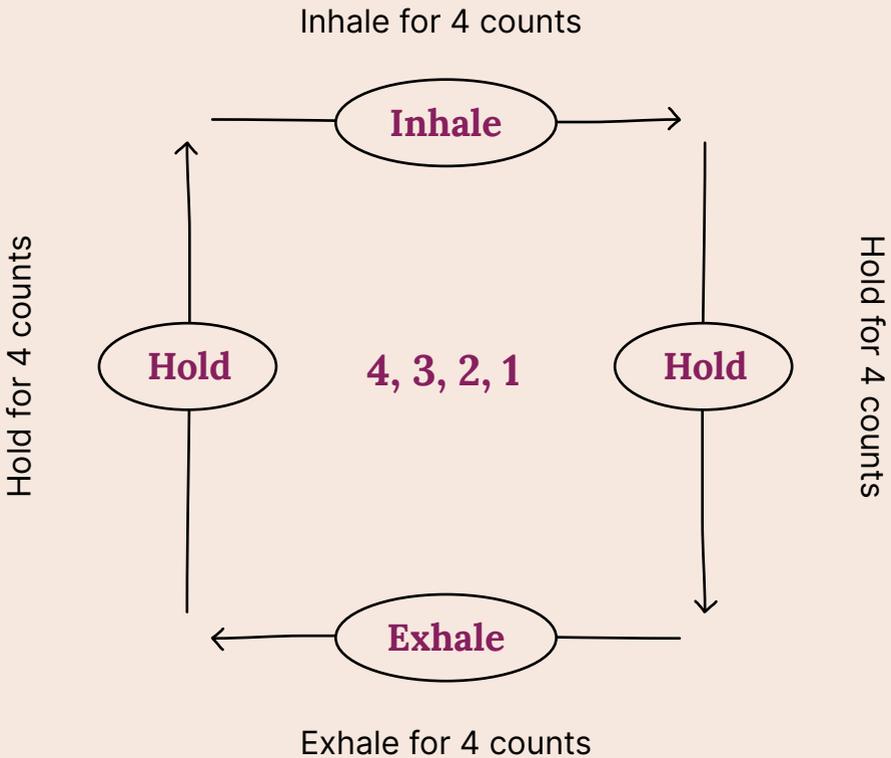
*Let art do what it does best -  
meet you where you are.*



# Just Breathe

We breathe to live, but breathing to calm ourselves is different, there is both an art and a science to it.

Before you start looking at the exhibition try this breathing technique.



# Artist Reflections

“When I first became injured, I was consistently prescribed nature, sunshine and art. Nature and sunshine offered a place for rest, reflection and healing and art became my neurorehabilitation. It helped manage symptoms, gave me tangible goals to work towards, and, most importantly, sparked joy.

While curating *SICK AF*, I listened to artists whose stories echoed my own. Facing life-changing diagnoses, navigating the long tail of recovery and finding acceptance as patients or as carers.

This exhibition honours what the process of making gives us: refuge, connection, purpose, joy, self-expression and a place to rebuild.”

**Amanda Alderson**

“Art was a safe space for me and my mind would go off to other worlds. It comforted me when my environment couldn’t.”

**Nadeen Brown**

“The act of creating is more than just a visual pursuit – it’s a moment of stillness amid the demands of daily life.”

**Brad Coleman**

“For me, the calm solitude of stitching has offered healing and solace during difficult times.”

**Wendy Lugg**



# Filling Up Space

Look at the exhibition. Which shape catches your eye?

Is it a fragment of an artwork, a shape that is repeated, how light is reflected?

Draw this shape. Fill up this space. 

With each in breath, draw a mark. 

Notice how your breathing guides the drawing process. 

 With each out breath, draw a mark.

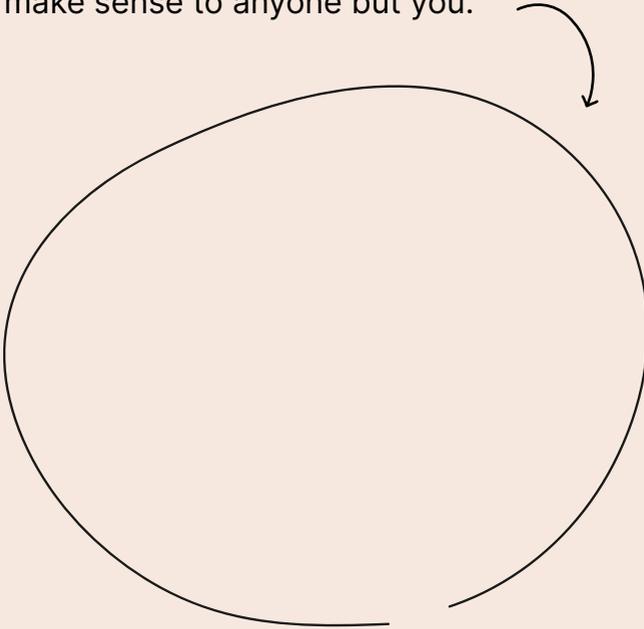
# Lines Of Thought

**Some experiences and feelings do not have words that describe them.**

Many artists in *SICK AF* use symbols to capture what words cannot.

Look closely at their work. Can you see hidden symbols in the lines, shapes, stitches, or images?

Create your own marks, symbols, or abstract shapes to express your thoughts or feelings right now. It doesn't need to make sense to anyone but you.



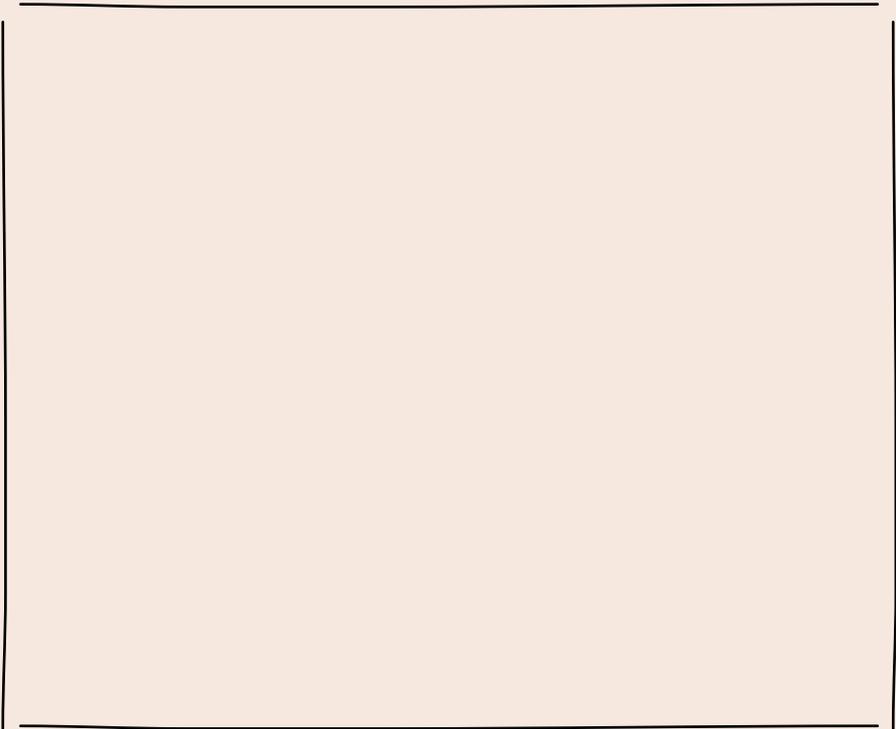
*“The textures, colours, and forms I work with evoke moods and memories, offering a visual language for the thoughts and emotions that often remain unspoken.”*

**Brad Coleman**

# Look, Repeat, Feel

Find a shape that repeats in the gallery. Each time you spot it, sketch, or write it down. Notice how the repetition builds rhythm.

What does this pattern do to your senses? Does it feel calming, energetic, heavy, or light in your body?



*‘I see beauty in life and when I physically cannot see the beauty, I create it, to view for myself.’*

**Nadeen Brown**



# Creativity & Wellbeing

**In homes and hospitals, in bedrooms and studios, creative activities are a quiet yet powerful tool for healing and hope.**

Research shows that doing something creative offers emotional, physical, and mental wellbeing benefits including:



strengthening brain function



regulating the nervous system



improving fine motor skills



helping manage physical pain



fostering social connections



supporting holistic recovery



providing a safe space for emotional expression



connecting us to cultural and spiritual meaning

*For the artists in SICK AF, art making is a vital part of their journey.*



[sickaf.com.au](https://sickaf.com.au)

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