




封面故事

傳說中，牠的三隻眼睛都能分別看見不同的現實。然而，外界的資訊實在太多了，使牠看得頭昏腦脹。於是，牠把所有眼睛都闔上，專注於自己的身體和情感上，重拾心境的寧靜... ..



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觸不到的
社區。

VOL. 08

Mindful Moments:
Nurturing
Self-Compassion



**We mentioned how to relax our muscles last time.
Let us introduce another way to destress!**



“Mindfulness” is to face life with the mentality of “living in the moment.” Don’t criticize your own thoughts and feelings. Carefully feel and focus on what is happening in the moment.

Some of you may think that mindfulness is like relaxation techniques. They do have similarities, but the purpose of relaxation techniques is to make the body relax while mindfulness makes you feel what is happening at the moment as it is.

The Treasure of Relaxation

When you feel significant pressure, irritability, anxiety, or fear, you might want to try diaphragmatic breathing. By expanding the diaphragm horizontally, diaphragmatic breathing can allow the lungs to intake more oxygen, helping to slow down the heartbeat. Research indicates that diaphragmatic breathing can induce a sense of relaxation and even alleviate symptoms of anxiety and depression.

Steps for Diaphragmatic Breathing



- 1 Inhale deeply and slowly through the nose, allowing the abdomen to naturally expand.
- 2 Hold the breath for a moment.
- 3 Exhale slowly through the mouth.
- 4 After exhaling completely, slowly inhale the second breath, and repeat the practice 5 to 10 times.

When a person is in a prolonged state of stress, the muscles in the body tend to become tight without awareness, making it difficult to relax. The principle of progressive muscle relaxation exercises is to alleviate the feeling of tension by deliberately relaxing the muscles in the body. Through repeated and continuous practice, we become more adept at understanding how to relax the muscles, enabling us to cope with tense situations and achieve a state of physical and mental relaxation.

Guide to Progressive Muscle Relaxation

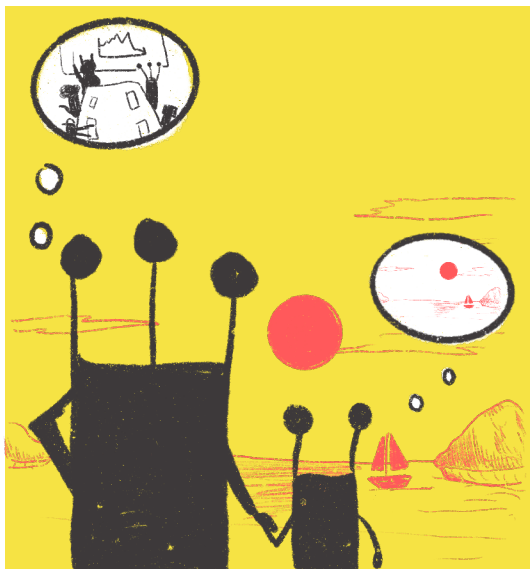


- 1 Systematically tighten muscles in different groups and then relax them.
- 2 Pay close attention to the sensations when muscles are tightened and relaxed in each group.

Relaxation Tool

3 Mindfulness

▼ What is the difference in the 'mindset' between the adults and the children in the picture?



As we grow older, we often ponder over various worries and concerns, forgetting to appreciate and be grateful for the things around us. It becomes challenging to live life as simply and directly as we did when we were children.

Benefits of Practicing Mindfulness

- Alleviate pain
- Enhance concentration
- Increase resilience to stress
- Help find meaning in life
- Bring a sense of calm and balance
- Assist in embracing emotions, reducing critical thoughts

There are many exercises that can help us experience mindfulness. Remember, mindfulness emphasizes approaching the sensations in different parts of the body with curiosity and an open attitude.



Body Scan: Gently bring attention to different parts of the body, noting the present moment's sensations. Listen closely to the messages your body provides, fostering a closer and positive relationship with your body.



Mindful Stretching: During a series of stretching exercises, focus on the changes in bodily sensations. Feel and gently explore your limits.



Mindful Eating: Choose any food and begin by observing its appearance and smelling its fragrance. Then, feel the texture of the food in your hands. As you put the food in your mouth, notice any sounds when biting down and feel the changes in texture and taste.



Mindful Walking: While walking, use your heart to feel each step, paying attention to every movement and transition during walking. Remember, the key is to focus your attention on each step in the present moment.

Experiencing Mindfulness

Three-Minute Breathing Exercise

1 Inspect the Present Moment

Whether you are sitting or standing, through mindfulness, we can calmly bring our body posture back to a vertical and tranquil position, helping us focus on this moment. If possible, after reading this passage, you may want to close your eyes briefly and ask yourself the following questions to sense your inner self:

"What thoughts just passed through my mind?"

No need to judge or hold onto the thoughts, just observe them as they arise, pass by, and dissipate.

"What emotion do I have at this moment?"

Quickly scan your body, paying attention to any sensations from head to toe. Try to accept all the sensations you notice, whether it's tension, relaxation, or a lack of sensation.

"What bodily sensations do I have at this moment?"

Quickly scan your body, paying attention to any sensations from head to toe. Try to accept all the sensations you notice, whether it's tension, relaxation, or a lack of sensation.



2 Gather your Thoughts

Next, gently shift your attention to your breath. Pay attention to the rising and falling sensation of your breath every time you inhale and exhale.



3 Expand Outward

Now, expand your attention from your breath to your entire body and the space around you, including your posture, facial expressions, the surrounding sounds, and the flow of air...

Some Common Challenges

- ▶ **Drowsiness:** During mindfulness practice, relaxation may lead to drowsiness. Try to stay awake to achieve awareness of the present moment.
- ▶ **Impatience:** If you're accustomed to a busy and hectic life, adjusting to a slower pace might be challenging. You can start with easier, more manageable, interesting, and shorter exercises.
- ▶ **Distractions:** It's common to experience distractions, especially in the early stages of practice. Don't worry too much. When you notice your mind wandering, gently bring your attention back to the current practice. Together, let's try a three-minute breathing exercise!

Let's try Three-Minute Breathing Exercise



Practicing Mindfulness: Breaking Free from Autopilot

Do you remember whether you brushed your teeth starting from the left or from the right this morning? In our daily lives, we often act based on our habits, just like entering autopilot mode. We can lock the door, put on shoes, or have a drink without much thought.



Although autopilot allows us to multitask, relying on it too much can lead to habitual neglect of the present. We may become absent-minded and unfocused. One of the benefits of practicing mindfulness is breaking free from autopilot, allowing us to choose our actions consciously rather than being controlled by habits.



Practice Mindfulness in Your Daily Life!

Let's try to carefully observe every waking moment! Include moments like eating, doing household chores, and working. For example, turn off distracting TV and radio while eating, allowing us to focus on the meal, paying attention to the color, aroma, taste, texture, etc. You may discover that the taste of today's food is even more delightful than usual!



After breaking free from autopilot, we'll experience calmness and tranquility, truly living in the present and savoring each moment.

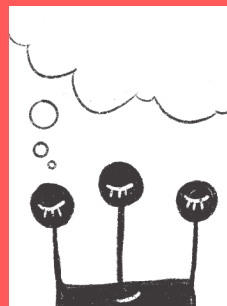


How to Choose a Mindfulness Program?

There are increasingly more mindfulness courses available, with many centers offering one-day introductory classes or workshops, as well as eight-week mindfulness courses that can be chosen based on individual needs.

Currently, "Mindfulness-Based Stress Reduction (MBSR)" and "Mindfulness-Based Cognitive Therapy (MBCT)" are the most widely supported and evidence-based effective courses.

1 Mindfulness-Based Stress Reduction (MBSR) Course



Founded by the Stress Reduction Clinic at the University of Massachusetts Medical School, this program spans eight weeks, consisting of eight sessions and one full-day retreat.

Through guided mindfulness practices, gentle stretching exercises, group discussions, mindfulness communication exercises, individual guidance, etc., the course helps participants cope with stress and reduce depression and anxiety.

It is suitable for individuals experiencing high levels of stress due to work, family, or interpersonal relationships, those dealing with chronic insomnia or pain, as well as those facing a disrupted life pace and feelings of tension and anxiety.

2 Mindfulness-Based Cognitive Therapy (MBCT)



Founded by three psychologists, this program spans eight weeks, including eight sessions and one full-day retreat.

Through guided mindfulness practices, group discussions, learning relapse prevention strategies, and individual guidance, the course helps participants reduce emotional lows and negative thoughts, promoting mental well-being.

It is suitable for individuals undergoing treatment for depression, anxiety disorders, eating disorders, etc.

Establishing Goals

Consistency is crucial in mindfulness!

Hoping that you can set goals and practice mindfulness throughout the coming week.

Short-Term Goals

I will practice times in the upcoming week.

On at am/pm, I will engage in the practice.

[illegible]

You can write down which exercise you did and your feelings before and after the practice below:

After introducing mindfulness this time, everyone is invited to take good care of both their body and mind, and practice regularly!

Next time, we will talk about ways to deal with anxiety!

