

"Mindful Living" Video Series: Three-step Breathing Space

"Mindful Living" video series

helps us integrate mindfulness into daily life

for enhancement of mental health

There are seven mindfulness practices tailored for elderly people

They are of different durations

some with more movement and some with less

Choose the practices that best suit your needs

and join us to experience the wonders of "Mindful Living"!

My goodness! Are you ready yet?

It's been an hour and you're still not ready!

Got it, got it!

When life gets hectic or stressful

remember to practise Three-step Breathing Space

to let yourself pause

and regulate your emotions in that moment

Oh well, I have to wait for my wife anyway

I might as well make use of this time

to practise Three-step Breathing Space

Before the mindfulness practice

there are a few things to keep in mind

Remember to watch this video first

Three-step Breathing Space

is a brief practice

It provides a moment for us to pause

especially when you feel overwhelmed

or stressed in daily life

Take a little time to do this practice

to help you regulate your emotions

and regain calm

This is the practice of Three-step Breathing Space

For this practice, you may choose to stand or sit down

Begin by consciously adjusting your posture

Settle into an upright and proper position

At the same time, bring attention

back to your present physical and mental state

You may lower your gaze to a spot on the floor in front of you

If you are sitting on a chair

you may also choose to close your eyes completely

The first step: Be aware of the here and now

Pay attention to your present physical and mental experiences

Are there any thoughts

arising in your mind right now?

As best you can, acknowledge that
thoughts are just mental events
What feelings are here right now?
No matter whether they are pleasant
or unpleasant feelings
just acknowledge their presence
What body sensations are here right now?
Quickly scan the entire body
Whether there are sensations of looseness or tightness
or even no particular sensation
just acknowledge their presence
The second step: Bring attention to the anchor
Gently bring your attention
to the anchor in the body here right now
For example, the breath
the contact between the feet and the floor
the hips resting on the chair
the sensations in the hands
or the sounds you notice
Pay attention to the body sensations at the anchor
such as the rise and fall of the abdomen or chest
that comes along with the natural rhythm of the breath
or the sense of steadiness at the contact between
your hips, feet, or hands and the object

or the features of the sounds

Let your mind be grounded in the anchor

Bring attention back

to the sensations in the present moment

If you notice that your mind has wandered away

and no longer pays attention to the bodily experiences

just acknowledge that the mind has wandered away

Then gently bring attention back to the anchor

The third step: Expand attention

Slowly expand attention from the anchor

to the entire body

Notice the breath

along with all body sensations in this moment

for example, the posture, facial muscles

shoulders, lower back etc.

No matter whether you notice

looseness or tightness, warmth or coolness, heaviness or lightness

or any other body sensations

simply allow them to be there

See if you could accept them

and be gentler to different body sensations

When you are ready

gently open your eyes

or lift your gaze

Look around the surroundings

Bring this expanded

and open awareness

to whatever you do today

Hey, Alan

how can I make mindfulness practice a habit?

If you're a beginner to this practice

it's best to find a quiet place

and keep practising as best you can

at the same time each day

You can tell your family

so as not to disturb you

After becoming familiar with it

you can practise anytime, anywhere

depending on your needs

Remember to integrate mindfulness into your daily life

Keep practising

I'm sure you'll be able to make it a habit

How can I integrate mindfulness practice into my daily life?

Let me give you a few daily examples

When you wake up in the morning

take a few moments to feel your breath

or gaze at the sky

Or when you eat

fully savour the colours, aromas, and flavours of your food

Or while waiting for public transport or queuing up

notice the sensations of your breath or body as you stand

If you have any other questions about the mindfulness practices

visit the website of Elderly Health Service for more information