

"Mindful Living" Video Series: Mindful Sitting

"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"!

How have you been?

Same old same old

I'm always tied up with trivial matters

grocery shopping

household chores

busy as a bee

Actually, I need to check the time

to pick up my grandchild soon

I'm so exhausted every night

but I just can't turn off my brain

Let's put the phone down for now

and practise Mindful Sitting together

to let our body and mind take a rest

Sure

Before the mindfulness practice
there are a few things to keep in mind
Remember to watch this video first

Mindful Sitting can help us
return to the present moment and calm the mind
so that even when facing various difficulties in life
we can meet them with peace
In the following practice, we will explore three anchors
that can restore inner peace
They are the body, the breath, and the sound
Hope you will find one that best suits you
Whenever you find yourself
feeling unsettled
you can bring attention
back to this anchor
to help yourself regain calm in this present moment

This is the practice of Mindful Sitting
We will do this practice in a sitting position
Find a comfortable and stable sitting posture now
Place the feet flat on the floor

Rest the hands gently on the laps

or on the armrests of the chair

Relax the shoulders

Keep the back naturally upright

Tuck in the chin slightly

and relax the facial muscles

Once settled into a comfortable position

you may choose to close your eyes completely

or lower your gaze at a spot on the floor in front of you

Allow the body to settle down gradually

Tune in to the sensations throughout the body

being awake and at ease

The first anchor to be explored is the body

When you are ready

bring attention to the feet

grounded on the floor

Notice any sensations of contact, weight

coolness, warmth, tightness or looseness

Stay with these sensations for a moment

You could also explore

the sensations of contact in other body parts

such as the sensations of the contact between the hips and the chair

or the back and the backrest

Use these body parts

to anchor yourself in the present moment

When it feels right for you

shift attention

from the hips or back to the hands

Notice the sensations of the contact between the hands

and the clothing, the air, or the skin

Are the hands bent or straight

cool or warm, dry or moist?

Rest the attention on whatever sensations are present

in the hands right now

At this moment

you may notice that your mind gets carried away

by various thoughts

It is natural for the mind to wander away

A wandering mind is not a fault

During the practice

when you notice your mind has wandered away

just need to gently bring it

back to the place you are observing

The second anchor to be explored is the breath

Throughout the process

there is no need to control the breath in any way

simply breathe naturally

With each in-breath, you know you are breathing in

With each out-breath, you know you are breathing out

If possible

as best you can, pay attention of the full process of each breath

Let each in-breath and out-breath become the anchor for calming the mind

When it feels suitable for you

bring attention to the abdomen

around the navel

Notice how the abdomen

expands and contracts with each breath

Or you could bring attention to the chest

Notice the changing sensations there with each breath

rising and falling

a natural rhythm

Or you could notice the sensations of the breath

entering and leaving the nostrils

You may notice the flow of air

or the difference in temperature

between each in-breath and out-breath

Choose a place where you can

notice your breath most clearly

whether it is your abdomen, chest or nostrils

Whenever you notice your mind has wandered away

just gently remind yourself

to bring attention back to the breath

The third anchor to be explored is the sound
Allow the ears to receive any sounds that arise
These sounds may come from
the surroundings
or from within your own body
Notice the features of the sounds
whether they are near or far, loud or soft
high or low in pitch, continuous or intermittent
See if it is possible
not to distinguish
the sounds you notice
Simply acknowledge them as sounds
Notice their arising, lingering, and fading away
Now, you may choose an anchor
that suits you most
to attend to in the next few minutes
It could be the body, the breath, or the sound
Rest your mind there
If the mind has wandered away
just need to acknowledge it
and then gently and firmly bring it back
to the place you are observing
If possible
as best you can, bring kindness and gentleness

to every moment of awareness

Remember this practice is not about

striving for any particular state

Just once and again

rest your mind in the present moment

As we approach the end of this practice

regardless of which anchor you chose earlier

now bring your attention to the breath

Notice each in-breath and out-breath

Now take a deep breath consciously

and then slowly breathe out

When you are ready

gently open your eyes

or lift your gaze

Look around the surroundings

At this moment

you could stretch your body

and thank yourself

for dedicating this time to taking care of yourself

allowing yourself to take a short rest

I found it hard to stay focused while doing the practice earlier

How should I handle this?

It's natural for the mind to wander away

Each time you notice your mind has wandered away

that's actually the moment

your attention has returned to the here and now

At this moment, gently bring your attention

back to the chosen anchor

that is the body, the breath, or the sound

That's all you need to do

I'm quite the opposite

During my practice just now

I felt completely relaxed

Does that mean I was doing it right?

Practice may bring about a state of calmness and relaxation

both mentally and physically

But mindfulness practice

is not about striving for a relaxed state

Remember the purpose of the practice is

to bring awareness back to the present moment

So you just need to acknowledge

whatever experiences you're having right now

That's enough

If you have any other questions about the mindfulness practices

visit the website of Elderly Health Service for more information

