



Moments of Mindfulness in Everyday Life

日常生活中的正念时刻

Renee Jim, M.Sc., R.P.

Mengyu Zhu, Med

What is Mindfulness? 什么是正念？

“The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment to moment”

- Jon Kabat-Zinn

(正念) 是不带目的地关注当下和不带批判地观察每时每刻的经历所产生的一种觉知

“Awareness, of the present moment, with acceptance”

- Chris Germer

(正念) 是一种能让我们能欣然接受当下时刻的意识

9 Pillars of Mindfulness 正念的九大基础

- Non-judging – notice but don't judge 不带评价：注意到自己的想法但是不予以判断
- Patience – everything takes time. There are no shortcuts 耐心：一切都需要时间，没有捷径可言
- A beginner's mind – see everything as though it is for the first time 以新手心态来看待每一件事或者想法都是一次新的体验
- Trust – trust in ourselves, and listen more to our inner wisdom 相信自己，并更多的去倾听内在心声和智慧
- Non-striving – be content with the present moment 满足于当下
- Acceptance – learn to allow things to be as they are 接受，让自己学会允许事物的发生并接受它本来的样子
- Letting go – take a step back and observe our experience without judgment 放下执念，让我们退一步，不带评判地观察我们的经历
- Gratitude – being grateful for our lives 感恩我们的生活
- Generosity – being generous to others around us 对身边的人慷慨大方

Common mindfulness practices 常见的正念练习

- Allow yourself to stay in the present moment 允许自己体验当下的时刻
- Breathing exercises – focus on the natural rhythm and the way it feels as you inhale and exhale 呼吸练习-着重于自然的呼吸节奏和感受吸气和呼气的方式
- Body Scan – focus on the physical sensations that you are experiencing in that moment 身体扫描-关注于在那一刻身体所经历和体验的感觉
- Light stream technique – focus on the sensations in your body and allow yourself to guide your attention to different parts of your body 光流练习-专注于身体的感觉，允许自己将注意力转移到身体不同的部位
- Can be done anywhere and the practices can be adjusted to fit your busy schedule 可以在任何地点进行正念练习同时也能及时调整练习的形式来让它更好的融入你繁忙的日常生活

Things to take note of: 做正念的一些注意事项

- Your mind may wander when you are just starting to practice mindfulness and this is ok. Just notice that your mind has wandered and gently bring your attention back to the experience 当你刚开始练习正念的时候，你可能会走神但这没关系。你只需要意识到你的注意力已经分散，并平缓地将它带回到你的正念练习中
- Don't practice mindfulness when you are very tired. Our bodies are geared to sleep when we close our eyes and chances are, you will either fall asleep or you just won't be able to focus on your breathing 当我们身体疲倦时，不要进行正念练习。因为闭眼会让身体误以为我们要睡觉了，所以在做练习的期间，我们要么真的睡着了，要么就是无法专注于呼吸
- Practice consistently – consistency is key to these exercises! Designate a little bit of time each day to practice 持续练习是关键。可以每天安排出一点时间来练习正念
- It's harder than it looks, so be gentle with yourself! 练习正念会比你想象的难，所以不用对自己太严苛。慢慢体验，对自己好一点！
- Most importantly, mindfulness is not a practice to escape reality. Rather it is a practice to bring awareness. 正念并不是让你逃避现实的一种办法。准确地说，它能培养你的意识让你着眼于当下。

A vibrant sunset or sunrise scene over a body of water. The sun is low on the horizon, creating a bright glow and casting long, colorful rays across the sky. The clouds are illuminated with warm orange and yellow tones, while the water below reflects the light. The word "PRACTICE!" is written in a bold, black, sans-serif font in the center of the image.

PRACTICE!

Breathing exercises

please find a comfortable position. Close your eyes. Let your body relaxed. Feel the sensation of your body, the connection with your chair or floor, or your yoga mat. Relax any tension or tiredness. just breath soften. Now bring your awareness to your breath. Feeling the natural blow of the breath, not too long not too short, just natural. notice where you feel your breath in your body, it might be in your abdomen, your chest, or in your throat. See if you can feel the sensation of the breath. one breath at a time. You might notice your mind start to wander. It's not a problem. Just noticing it, then gently redirect your attention to the breathing. we will stay with it for some times in silence. Noticing our breath, what it feels like as you breathe in and empty the breath out. Now when you are ready, you can gently open your eyes.

请找到一个舒服的位置，闭上你的双眼，让身体放松。感觉你的身体，身体和椅子，地板，或瑜伽垫的接触。放松你觉得任何紧张或者疲劳的地方。轻轻地呼吸。现在让我们把我们的注意力转移到你的呼吸上。感觉你的自然气息，不用很长也不用很短。就是最自然的状态。注意的呼吸在身体的哪个部位游走。它可能在你的腹部徘徊，在你的胸腔，或者你的喉咙。观察一下你是否能感觉到你的呼吸。你可能注意到你的开始走神了。这没关系，你就静静地注视着它们。你是不是正想着一些担心的事，你的工作，学习，或者后悔的事。没关系，让我们把注意力慢慢地转移到自己的呼吸上。我们将会安静中与自己独处一段时间。注意你的呼吸，观察它的起伏。当你吸气和吐气之后，会有什么样的感觉。现在当你准备好了，就可以慢慢地睁眼。

Light Stream Technique (adapted from Shapiro 2001, p.244)

Gently close your eyes and imagine a light above your head. Imagine that this light is an all-powerful, healing light. What colour would your light be?

Imagine, feel, notice that this colored light is coming in through the top of your head and directing itself into the cells of your body. The source of this healing light is the universe: the more that you use, the more you have available.

Gently guide this light thru the cells in your brain... your eyes... your ears... your cheeks... your nose... your mouth...

Slowly move this light down to your neck... your shoulders... your arms... your chest... your abdomen... your waist... your pelvic region... your legs...

Pay attention to the sensations in the different parts of your head and slowly guide the light towards any areas of discomfort. Allow the light to slowly absorb the discomfort and heal that area before moving on to the next part of your body.

Notice this healing light moving throughout your body, entering your body from the top of your head and moving down and out through the bottoms of your feet.

Allow the light to travel throughout your body several times until you no longer feel discomfort in your body.

3-Minute Body Scan

- Begin by bringing your attention into your body.
- You can close your eyes if that's comfortable for you.
- You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.
- Take a few deep breaths.
- And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.
- You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.
- You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.
- Notice your back against the chair.
- Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.
- Notice your hands. Are your hands tense or tight. See if you can allow them to soften.
- Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.
- Notice your neck and throat. Let them be soft. Relax.
- Soften your jaw. Let your face and facial muscles be soft.
- Then notice your whole body present. Take one more breath.
- Be aware of your whole body as best you can. Take a breath. And then when you're ready, you can open your eyes.

Resources

- Visit Protech Project website: <https://projectprotech.ca/staying-healthy/self-care/mindfulness/>
- Mindfulness Practices: <https://positivepsychology.com/mindfulness-exercises-techniques-activities/>
- Mindfulness Practices to reduce stress: <https://www.goodhousekeeping.com/health/wellness/g32267191/mindfulness-activities/>
- Mindfulness Practices for Children: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>