Finding strength and calmness from within: a somatic approach to mental health in the modern world

與自己相逢寧靜中

Dr. Queenie Lee
The University of Hong Kong
EIGHT SIMPLE EXERCISES TO RESTORE PEACE OF MIND
EXERCISE 1:
MINDFULNESS PRACTICE
Mindfulness

MEANS PAYING ATTENTION IN A PARTICULAR WAY, ON PURPOSE, IN THE PRESENT MOMENT NON-JUDGMENTALLY.

Jon Kabat-Zinn
Beautiful Relaxing Music Peaceful Piano Music & Guitar Music
https://youtu.be/hlWiI4xVXXY
“Do not try to get rid of your thoughts – it won’t work.

Instead, witness the emergence of a thought. Witness the disappearance of a thought. The moment you become aware of it, The mind quiets and becomes clear.”

(Sunim, p. 62)
EXERCISES 2 & 3: ORIENTING & FELT SENSE
Pay attention to the behaviors of the kitten and puppy as they orient in a new environment.

https://youtu.be/jANE8lpoj2c
Now it’s YOUR turn 😊

Orienting & Felt Sense Exercise

1. By using your senses (sight, hearing, touch, etc.), identify **3 things** you are drawn to the environment.

2. Sensing internally, identify **2 sensations** you are aware of from within your body.

3. Now, use your senses again and identify **3 things** you are drawn to in your environment.

4. Notice what’s happening now ➔ How do you **feel** overall?
EXERCISE 4:
GROUNDING
EXERCISE 5:
50 / 50
50 / 50 Exercise

Work in pairs. The one with longer hair (Person A) will do the talking.

Person A please share one of your hobbies with Person B.

When you are sharing, be aware of your states and be present (e.g., your emotions, your breathing, your bodily sensations, your needs).

If you are Person B, be present and be aware of your breathing & states.
EXERCISE 6: CO-REGULATION/MIRRORING
Co-regulation Exercise

This time Person B will do the talking.

Person B please share one thing that makes you feel a little worried recently.

When you are sharing, be aware of your states and be present - your emotions, your breathing, bodily sensations and your needs.

If you are Person A, try to be grounded to see if Person B can feel grounded because of your calm state.
EXERCISE 7: DOODLING
15 Easy Freehand Zentangle Patterns for Beginners

https://youtu.be/8nRLUx06Ysg
Benefits of Zentangle

1. It is self-soothing
2. It teaches how to own mistakes
3. It reinforces aimlessness

From *Psychology Today* (2014)

[Calm Down and Get Your Zentangle On](#)
EXERCISE 8 & CLOSURE: 
RESTORING PEACE THROUGH YOUR BREATHING

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”

THICH NHAT HANH