

# 7. Daily small mindful practice at home or at work

You can't learn swimming on the ground

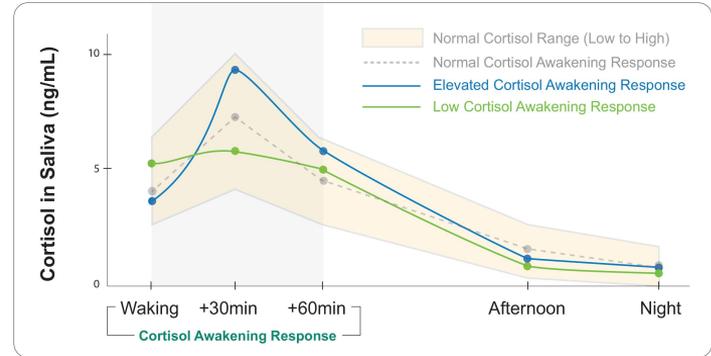


# Mindful waking-up

**Instead of rush to your phone or washroom immediately after waking up, try:**

**Stay still and observe your breath, body and mind for 1-min first**

Daily Free Cortisol with Cortisol Awakening Response



# Waiting in MTR/at bus stop

**Notice any fatigue or tension in the body**

**Notice any urge to “switch off” or distract yourself**

**Without using your phone or blocking yourself by music, try for 1-minute to allow sound, air and vibrations to come.**

**Practice little mindful movements**



# Mindful Walking

**Choose a short path inside or outside office,**

**Practice mindful walking meditation**

**Focus on the movement, the steps, leg and arm swings**

**Be aware of the surroundings but not distracted**



# Mindful Meeting

- 1. Silence (for at least 1-min) to observe breath, body & mind**
- 2. Reflect on what you really want to get from the meeting (realistic check)**
- 3. Minimize distraction. Notice wandering. Re-center your attention**
- 4. Clear meeting duration. Take interval breaks (real break!)**
- 5. Notice any urge to dominate or resistance to participate. How you experience these?**
- 6. Bring full attention when listening. Listen with compassion.**
- 7. Meeting finishes. Practice letting go and be present again.**



# Mindful phone call/texting

1. **When it rings or beeps, instead of picking up automatically, count to 3 first.**
2. **Take a conscious breath**
3. **During the conversation, notice any emotion arising. Feeling it in the body.**
4. **Acknowledging the person/grp of people are human want to be happy too. Intention to wish them well**
5. **Recognizing it is difficult to convey your true feeling and meaning without non-verbal language. Clarification may need or appropriate use of Emoji.**



# Noticing one thing at your Favourite spot

1. **Choose a spot at office where you feel good and refreshing.**
2. **When you feel stuck, stressful by demands, put down the work for a few minute**
3. **Go to that spot and bring your full attention on one object for 1-min**
4. **Allowing all experience to arrive and pass**
5. **Experiment by narrowing and widen your focus. Being curious.**



# More...

- Build-in mindful pauses  
“S.T.O.P.” / Noticing one thing
- Observe the body, emotions, thinking with openness and curiosity
- Eat a few bites slowly with all your senses
- Mindful speaking & listening
- Random acts of kindness
- Gratitude reflection notes: write down 3 small things you feel thankful for.

**Mindfulness practice is not always easy and relaxing. The more you practice, the more likely you can enjoy its benefits.**

# Future regular meditation practice@DBS OIE

- 1. Focus and Concentration (6th DEC at 12nn)
- 2. Emotional balance
- 3. Anxiety
- 4. Self-Compassion

# Resources

- **Meditation app/recordings:**
  - Headspace
  - Insight Timer
  - Calm
  - UCSD Center for Mindfulness
- **Local mindfulness courses/events e.g. MBSR**
  - HK Mindfulness Teacher Network  
([www.mindfulnesssteachers.hk](http://www.mindfulnesssteachers.hk))
  - Mindfulness.hk  
([www.mindfulness.hk](http://www.mindfulness.hk))
- **Online newsletter/blog/podcast**
  - UC Berkeley GGSC  
([greatergood.berkeley.edu](http://greatergood.berkeley.edu))
  - Mindful.org  
([www.mindful.org](http://www.mindful.org))
  - 10% Happier podcast

**Thank you!**  
**Let's stay in touch**

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**Short practice recordings:**

**<https://www.mindfulocean.com/dbs-2019>**



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