

soothing moments for seniors



This page provides some information about Meditation and gives you some instructions if you want to practice what you experienced in therapy.

While Meditation has origins in Buddhism it is a practice that does not have to have any spiritual element in it. Many psychologists use it as a treatment for depression, anxiety, pain, or grief. And there is wide support now for how it can benefit overall wellbeing.

Before you begin remember:

- You can sit, lie down, move, or stand
- Be comfortable and undistracted
- You do not need to feel relaxed
- Don't aim for an 'empty mind'
- Expect your mind to constantly wander and, when it does, just bring yourself back to the object of your focus
- Stop if it is unpleasant at all
- Congratulate yourself for having a go
- **Try doing it for just one minute at first**

Here are some simple meditations to try. Choose whichever one is most appropriate for you at the time.



Looking At Something Pleasant

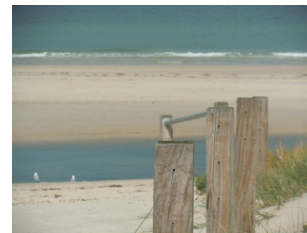
Whenever you have gazed at a sunset or a flower for a moment, completely absorbed in its beauty, you have meditated.

1. Choose something pleasant to look at
2. Notice as much detail about it as you can
3. Accept that your mind will try and distract you
4. Maybe repeat the object's name to help hold your attention
5. Stop meditating and continue with your day

The Breath

Our breath is something that we can readily use if ever we want to steady ourselves. When practising this it is important not to try and change your breathing in any way. Just let it be as it is.

1. Put aside your concerns for a little while
2. Notice the sensations of the breath in the nose as it goes in and out
3. Say in your thoughts 'in' as it goes in and 'out' as it goes out
4. When your mind wanders gently bring your attention back to your breath



Compassionate Body Scan

1. Rotate your attention to the main parts of your body, starting with your head
2. Notice any tingling, the temperature on your skin, the sensations inside and outside
3. Be kind toward any discomfort and thank this body part for how it has worked for you
4. Then bring kindness to your whole body

Learning To Let Go

We all experience sounds, thoughts, emotions, or sensations that we do not like. But wishing for them to go away can just make things worse.

1. Choose an unpleasant sound, thought, emotion, or sensation
2. Out of 10 how bad are you struggling with it?
3. For a few moments instead of trying to get rid of this unpleasant thing, curiously observe it like a friendly scientist might
4. You don't have to like it; just let it be there
5. There is this thing; and there is you
6. Re-rate your struggle; is it less?