Mind Development in Ageing Society

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The world changes rapidly
- > 50% living in cities (70% ใน 2050)
- > 7.5% are ageing (22% ใน 2050)

How can people adapt themself?
- old vs new institutions
- old vs new ways
Overview

Consciousness Level

Basic Level
- Awake
- Sleep

Higher Level
- Tranquility
- Mindfulness
Concentrative Meditation: Tranquility

thinking ➔ upset ➔ stress

stop thinking ➔ calm ➔ relax

* body
* mind
Mindfulness: Being Present

- No of base mindfulness ➔ Distraction ➔ Emotion involvement
- Partial aware of breath ➔ Attentiveness ➔ Thoughts and emotions under control
- As base of mindfulness
**Tranquility**  ↔  **Mindfulness**

**Principle**
- rested state of mind with full consciousness
- working state of mind without distractions / emotional involvement

**Mechanism**
- stop thinking
- focus at present activity

**Techniques Action**
- totally observe all Breathes
- partially aware the breathes while focusing at present activity

*(Concentrative Meditation, Mindfulness Meditation)*
Three Steps of Concentrative Meditation Practice

1. thought stopping
2. managing thoughts training
3. managing thoughts and sleepiness during meditation until you feel calm and relax
Thought Stopping Training: Observing Breathes

- eyes close
- long inhale and exhale for 5 times
- observing the sensation at your nose while inhale and exhale
- focus at only one nostril (left or right) where you can notice the breathes vividly
- continue to observe your breathes simultaneously
2. Managing Thoughts Training

- knowing that thoughts are from unconscious mind that we can’t control or stop them
- what we can do is not to follow all the thoughts that happen
- aware of your thoughts and remind yourself to return to focus on your breathes again and having long inhale and exhale for 1-2 times
3. Managing Thoughts and Sleepiness during Meditation until you feel calm and relax

- managing sleepiness by stretching your back, having deep breathes, visualize bright light in your mind to wake you up
- managing other external triggers
Conclusion for the 3 steps of Concentrative Meditation Practice

1. thought stopping 2 minutes
2. managing thoughts 4 minutes
3. managing thoughts and sleepiness 8 minutes

End with open-eye meditation for 1 minute
Everyone has Mindfulness:
Why we have to practice Mindfulness?

- distractions
- emotions involvement
Mindfulness Practice

1. base of mindfulness (partial aware of breathes)
2. different use of mindfulness
3. from mindfulness to wisdom
Two Characteristics of Breaths in Mindfulness Training

- hard to observe → stop thinking → tranquility
- being present → aware → mindfulness

- Dynamic
- Basic
- Insight development
Mindfulness Practice

- close-eyes meditation 1 minute
- open-eyes meditation 1 minute
- open-eyes with partial awareness of breathes and focus on doing activities
1. Basic Mindfulness Practice  ➡️  Physical Activities

- partial aware of the breathes, mindful with the breathes at the present moment
- aware of physical activity at the present moment such as walking, watching, standing, listening, etc.
Tranquility ↔ Mindfulness

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(Concentrative Meditation, Mindfulness Meditation)
2. Dynamic of Mindfulness Practice

Mindfulness of Breathing according to situations

- physical
- mental
• upgrade from mindfulness in physical activity mind
• the easiest thing that can be observed is feelings
• the easiest feelings that can be observed are rough feelings such as tired, anger etc. (walk up the stairs for 4-5 floors, walk under the hot sunshine)
3. Mindfulness Practice \[\rightarrow\] Inner Wisdom (Insight)

- observe our emotional states: tired, anger, irritate, distraction, etc.
- realize the arising and passing away
- no need to react \[\rightarrow\] letting go

I see my anger. \(\neq\) I am angry.
Mindfulness in Organizations

- self
- mindfulness
- team
- organization
Level of Organizations in Developing Mindfulness

Level 1: organization’s leader has clearly declared that mindfulness is important to the organization development

Level 2: organization that allows its staff to practice mindfulness for their own benefit

Level 3: organization that indicates that mindfulness is the key value of the organization
“At Sounds True, we strive to practice mindfulness in every aspect of our work. Recognizing the importance of silence, inward attention, active listening and being centered, Sounds True begins its all-company meetings with a minute of silence and maintains a meditation room on-site for employees to utilize throughout the day.”

(Wikipedia: mindfulness in organization)
4 Steps of Mindfulness Development

Step 1: preparation and paradigm shift on mindfulness among the leaders’ team

Step 2: training for all the staff to recognize their inner value, meditation and mindfulness skills, and how to apply these skills in their daily works and in their meetings

Step 3: the staff who get benefit from mindfulness apply their experience to their customers

Step 4: the organization and the customers apply mindfulness to benefit their community
Mindfulness in Organizations: Concept

- organization’s staff centered
- happy staff $\Rightarrow$ successful work/organization $\Rightarrow$ social development
- higher level of happiness
Structure

Intrapersonal → Interpersonal → organization

- self value
- meditation
- mindfulness
- communication
- positive thinking
- work value/
  value to customers
- work improvement
Anatomy of the Brain

Limbic System

“Emotion”
INSIDE THE ADOLESCENT BRAIN

The brain undergoes two major developmental spurts, one in the womb and the second from childhood through the teen years, when the organ matures by fits and starts in a sequence that moves from the back of the brain to the front.

1. Corpus Callosum
   Thought to be involved in problem solving and creativity, this bundle of nerve fibers connects the left and right hemispheres of the brain. During adolescence, the nerve fibers thicken and process information more and more efficiently.

2. Prefrontal Cortex
   The CEO of the brain, also called the area of sober second thought, is the last part of the brain to mature—which may be why teens get into so much trouble. Located just behind the forehead, the prefrontal cortex grows during the preteen years and then shrinks as neural connections are pruned during adolescence.

3. Basal Ganglia
   Larger in females than in males, this part of the brain acts like a secretary to the prefrontal cortex by helping it prioritize information. The basal ganglia and prefrontal cortex are tightly connected: at nearly the same time, they grow neuron connections and then prune them. This area of the brain is also active in small and large motor movements, so it may be important to expose preteens to music and sports while it is growing.

4. Amygdala
   This is the emotional center of the brain, home to such primal feelings as fear and rage. In processing emotional information, teens tend to rely more heavily on the amygdala. Adults depend more on the rational prefrontal cortex, a part of the brain that is underdeveloped in teens. That may explain why adolescents often react more impulsively than adults.

By age 11 for girls and 12 1/2 for boys, the neurons in the front of the brain have formed thousands of new connections. Over the next few years, most of these links will be pruned.
Human brain and mind
- are developed to achieve higher consciousness
- can learn mind development
- will sustain the higher quality of mind
Trend

1) Mind science will return to health - mind exercise/training.
2) Learning mind development becomes easy.
3) Mindfulness will be a core skill of people in various settings.
Mindfulness in:

- School
- Hospital
- Go/NGO
- Factories
- Private Offices
Thank You

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