

## Sunshine Hour

# Stay Stress-Free, Meditate & Relax

**A**FTER my 6 shots of chemotherapy in 2000, my oncologist gave me this medication - 'Stay stress-free, meditate and relax'. And 11 years later, I had the opportunity to share this with the Sunshine Hour clients, PPCS staff and volunteers.

### Stay Stress-Free

Stress is relative. Each of us has a different threshold of tolerance towards stressful situations. The moment we are stressed we must bring our attention to our breathing. We should breathe in and out slowly. Do this simple exercise ten times or more until you are calm. With your attention focused on your breathing, your mind will be distracted from the stressful situation.

I explained further to the clients that we can practise the exercise, 'A tent of gratefulness' (refer to page 59 of 'Seeds of Zen') recommended by my psychologist. The clients did this 7-minute exercise and I could see smiles on some of their faces. During this exercise, the mind tells the body to be happy, and the body tells the spirit, 'Lift up and enjoy'.

I blew air into a balloon and explained that our cells need oxygen to stay healthy. Thus, at all times we must be mindful of our breathing - 'Breathe fresh air deeply into your abdomen and slowly blow out stale air through the mouth' (refer to page 71 of 'Seeds of Zen'). I guided the clients into this breathing exercise and told them that this is the first level of meditation.

Meditation, I explained, is 'quiet time' for the mind. This quiet time was further demonstrated with breathing work and action, or 'dynamic meditation' (refer to page 135).

The last level of meditation is breathing in and out with your eyes closed. Simply put, meditation is soothing your mind (refer to page 161 of 'Seeds of Zen').

### RELAX

Clients named singing, laughter and play (refer to pages 56, 138 & 139 of 'Seeds of Zen') as some of the forms of relaxation. I mentioned, "To relax, you must set your mind free from negative thoughts"

I demonstrated with a handkerchief that we could 'knot' our minds up if we harbor feelings of agitation, anger, suspicion or envy. With a 'knotted' mind, we become stressed. Thus we have to let go of our negative feelings and replace them with positive thoughts.

The clients responded to the mandarin song, 'The Moon Represents My Heart' with full participation and enjoyment.

To conclude, I asked, "What did the black cat say to the white cat?" "M-e-o-w!" was the answer in chorus. Well done!

I did enjoy myself very much with my maiden sharing of the book, 'SEEDS OF ZEN'. I hope I have brought some 'Sunshine' into the clients' lives.

**Michelle Looi**



#### ROYAL PATRON:

Duli Yang Teramat Mulia Raja Muda Perak Darul Ridzuan, Raja Dr Nazrin Shah Ibni Sultan Azlan Muhibuddin Shah

DK, DK II (Selangor), DKSA, SPCM, SPTS, SPMP (Perlis), PhD (Harvard)

HONORARY ADVISORS: Dr Rosalie Shaw PSM, MBBS Hons (Monash), FRACMA, FACHPM, BA (Melbourne), BEd (Melbourne), RN, RM; Dr Boon Chai Peng

# Palliative Care *12 – 14 August 2011* Workshop *Suffering & Hope*

Venue: Hospice Malaysia, Kuala Lumpur • Report by Wong Koon Yoke

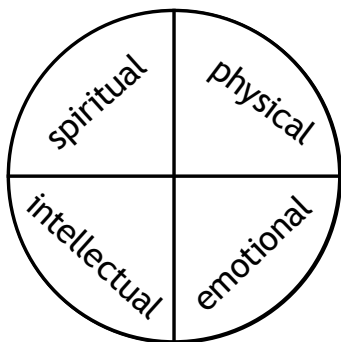
**L**IFE and suffering goes hand in hand. With no exception, we can find tranquility after a storm. The 3-day workshop on Suffering and Hope given by Dr Susan Marsden (Palliative Care Consultant) and Ms Liese Groot-Alberts (Grief Therapist) addressed the issues of suffering and hope when all treatments fail.

Have you ever experienced carrying a backpack and when you turn around, you knock or hurt someone near you with your backpack? Well, unintentionally, that is exactly what would happen if we carry a back pack of our emotions such as worries, grief, loss, anger, denial, self pity, hurt, unfinished business, etc, behind us whilst trying to extend our help to others.

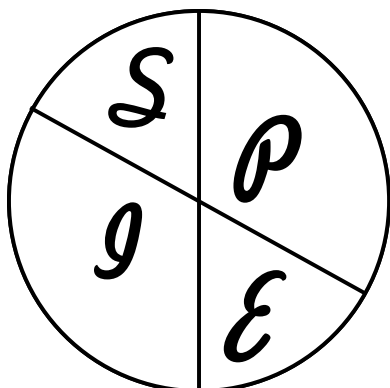
It is pertinent for us to lighten our backpack before we help others. We also have to be aware of differences between the types of suffering and individuals as well.

Making a connection is the first step. Prior to making a connection, it is vital to know that an individual can be likened to the 4 quadrants in a circle. These components are physical(P), emotional(E), intellectual(I) and spiritual(S). In short, PEIS.

Diagrammatically, the model can be represented as follows:



Sometimes, the quadrants need not be in equal proportion but could vary as follows:



The first quadrant, physical, is where one knows oneself through the five senses of touch, sight, smell, taste and hearing. The second quadrant, emotional, is where we experience the world through emotions, relationships and mirroring. The third quadrant, intellectual, is reasoning while the fourth quadrant, spiritual, is where one is in touch through intuition.

Life is uncertain while death is certain but unknown. How do we help those who suffer and, in the process, ourselves too?

1. Empty out our own backpack as much as possible. When the backpack gets lighter, life becomes richer.
2. Make the connection between the physical, emotional, intellectual and spiritual states.
3. **Listen** with our ears, eyes and heart and, most of all, with **undivided attention**.
4. Respect and honour the confidentiality pact.
5. Travel the journey together and help him/her realize their own strengths and weaknesses.
6. Be non-judgmental.
7. Avoid making assumptions.
8. Give realistic, achievable hopes.
9. Generate positive feelings.
10. Build up client's self esteem.
11. Help client learn the art of forgiving others and self.
12. Help client to connect to the purpose and meaning of life.
13. Avoid practicing expertosis – a belief that a professional knows better than the patient.
14. Avoid infantilizing – treating others as infants; doing things for them when they can do it themselves.
15. Be compassionate.
16. Develop a trust with the client and attune ourselves to allow healing to take place.
17. Allow a healthy attachment but be aware of being entwined in the relationship.
18. Be resilient.
19. Have clear goals.
20. Be awake and aware.

Finally, I would like to quote Frederic Buechner:

*"The life I touch for ill or good will touch another life, and that for in turn another, until who knows where the trembling stops or in what far place my touch will be felt."*

## My Meander with PPCS

I had Duodenal Adenocarcinoma in 2009 at the age of 55. I was so shocked and scared then. I have been taking care of myself all the time with supplements but I overlooked certain matters. I was overworked and stressed, my shoulders ached all the time and I was extremely unhappy both at home and in the office.

When I was in my 20s, I was told by my doctor that I have emotional gastric pain which came on and off until I was diagnosed with cancer. To-date, I am still taking gastric medicine.

While I was recuperating at home after a whipple operation in Selayang Hospital, Kuala Lumpur, my brother-in-law told me to join PPCS. I was reluctant at first as the PPCS Centre is very far away from my house in Menglembu. I was feeling weak most of the time and did not have the mood to go anywhere, especially in the hot sun.

After much persuasion from my sister and brother-in-law, I finally decided to become a member of PPCS, Ipoh. Ms Sumathy, a Palliative Care nurse who is friendly and informative, was sent to see me regularly until I told her to terminate her visits as I had gotten quite well. However, I was kept informed of PPCS events.

In the beginning, I only attended the Annual Hospice Day, jumble sale and food fair events. When I read about Ms Chandrika's Palliative Massage Therapy, I immediately called for an appointment. Ms Chandrika has a charming personality and I always look forward to her massage and stimulating chit chat every week. I feel lighter and refreshed after each massage.

I also take this opportunity to express my gratitude and thanks to the President, nurses and volunteers of PPCS Ipoh.

With gratitude,  
Wong Mee Mey



## Volunteers Visit Hospis Malaysia

18 August 2011

18 PPCS volunteers sacrificed their Thursday to go to Hospis Malaysia in Kuala Lumpur on a learning trip. It was to see how they conduct their day care session. After a brief stop at Tanjung Malim to use the "loo" and to sample the famous "pau" we made it to the centre at about 11.30am.

We were warmly welcomed by a staff member and told the following:

- 1) The day care sessions are on Tuesdays and Thursdays and are free.
- 2) Volunteers and the centre staff provide free transportation.
- 3) Their clients come on either of the above days for a specific period of time. After that period of time, they graduate so that new clients can be taken in.
- 4) Lunch of home-cooked food is provided by the volunteers free of charge.

Our volunteers were divided into two groups of 9. One group was briefed on the set-up of the unit and the other joined the day care group under Raymond.

We participated and helped run the activities to socialize as well as exercise our limbs. The session was fun and catered for the varied abilities of the clients. Each client participated according to his or her own capacity.

Khaw Siok Choon  
Volunteer

I had a great opportunity to visit Hospis Malaysia with volunteers from Perak Palliative Care Society on 18 August 2011.

Upon arrival, we were greeted by Wai Mun, the Volunteer Coordinator. As there were 19 of us, we were separated into 2 groups. We were taken on a tour of the premises and were all very impressed with the set up of Hospis Malaysia. The building is big and there are various rooms for different activities.

After the tour, we were taken to an activity room to join patients in one of the activities provided by the volunteers. The activity of that day was Qi Gong, led by a volunteer, Mr Dai. The session took about 15 minutes and we took part in the exercise, the moves explained along the way by Mr Dai. He informed us that Qi Gong helps in blood circulation and relaxation of the body. At the end of the session, Mr Dai gave us a copy of the manual so that we can do the exercises with our clients.

We were invited to lunch with the patients and volunteers before our return to Ipoh.

Doreen Lee  
Volunteer



**DONATIONS — JULY 2011**

Shediana Bt Samsudin	100.00
Autoria Sdn Bhd	500.00
Ng Swee Kuen	50.00
Ng Fee Meng, Lee Hen Thow & Thong San Chee	50.00
Goh Paik Kee	100.00
Lee Mun Teng	50.00
Liew Ee Ling	100.00
Hor Wan Cheong	100.00
Ng Ngah Lea imo Ng Kow Chye	1,080.00
Wong Chee Meng imo Lee Moy	300.00
Young Mun Soot imo Young Ah Soo	500.00
Chaeba Salon	200.00
Tan Fun Kwai	100.00
Chin Chon Peng imo Lee Hean Yin	200.00
Chan Meei Yoong	210.00
Tan Chai Leng	100.00
Ng Tuck Meng	1,000.00
Wong Lai Yong	100.00
Ismail Bin Saffian Suri	100.00
Loh Siew Ngap	300.00
Sun Seng Fatt Sdn Bhd	3,000.00
Sekarajasekaran s/o Arasaratnam	5,000.00
Datin Teh Li Li imo Teh Liang Teik	20,000.00
Anonymous	150.00
Leong Keng Yuen imo The Late Chang Fook Sang	2,000.00
Khoo Chun Hlea	100.00
Chang Siew Yin	200.00
Lai Yoke Kwan	100.00
Khafri Alymann Kamarul Zaman	200.00

\*imo = in memory of

**DONATIONS — AUGUST 2011**

Tan Liang Tiang	100.00
Lee Chin Yew	100.00
Lim Lay Har	100.00
Koo Mee Wah	500.00
Yeap Wan Yoke	100.00
Leong Wai Siew	1,000.00
Dr Wan Sau Keng imo Wan Pheang	1,000.00
Jasmine Ng	500.00
Cheong Wai Kuan	500.00
Lee Lee Chu	100.00
Lee Moa Chun	350.00
Mr & Mrs Chan Kok Leong	300.00
Imo Thomas Yau	100.00
Smart Focus Ent	100.00
Hooi Yoke Heng imo Hooi Foh Choy	100.00
Goh Guan Huat	200.00
Chong Kam Kwai	100.00
Kho Wei Gen	50.00
Yuen Chong Yee imo Wong Mun Moy	110.00
Premadasan a/l Raman	500.00
Choong Chei Yin	100.00
Loh Song Ling	100.00
Cheng Chen Hwa	100.00
Wong Hiu Joong	100.00
Yayasan Sultan Azlan Shah	20,000.00
Eddy Noor Bin Abd Manan	100.00
Chin Chon Peng imo Lee Hean Yin	150.00
Foong Kim Fah imo Chong Hon Yin	602.90

**DONATIONS — SEPTEMBER 2011**

Lean Jun Yian	1,000.00
Promserv Engineering Sdn Bhd	10,000.00
Khafri Alymann Kamarul Zaman	214.00
Nancy Foong	50.00
Nurulazlina Bt Mazlan	100.00
Persatuan Penganut Ugama Buddha Mindrolling IP	2,000.00
Zainoren Bin Shukri	500.00
Lam Yoke Lin	100.00
Rozaihanim Bt Che Ros	100.00
Tan Kim Choo	50.00
Choo Yen E	25.00
Logesvaran a/l Sangoo	25.00
Lui Oi Yee	100.00
Lim Yen Ling	100.00
Ng Chong Weng	100.00
Saw Yen Hong	100.00
Imo Cheah Peng Wah	500.00
Leong Yuen Yee imo Mah Sok Hun	200.00
Ong Geok Kim	200.00
Lilian Khiew	100.00
Chong Pit Yeun	100.00
Manoguran	100.00
Chang Foh Kim imo Chang Pak Yow	200.00
Loh Bok Keong	500.00
Leong Hun Keat	500.00
Imo Chee Chin Nool	500.00
Imo Tan Beng Choo	100.00
Lee Chin Yew imo Lee Chong Heng	360.00
Hoo Yet Fong	100.00



We thank all our donors for their generosity. As PPCS is a non-governmental agency, it relies substantially on the financial support of the general public. If as a reader of this newsletter, you wish to donate something to the Society, or you know of anyone who might be interested in doing so, please direct your personal donation or inform them to contact the Honorary Treasurer at:

**PPCS, 14 Lebuah Woods, Canning Garden, 31400 Ipoh, Perak.**  
Tel/Fax: (605) 546 4732 • Email: [admin@ppcs.org.my](mailto:admin@ppcs.org.my)