

Stress, tension induced headache adequately relieved

Zaobao, 15 Dec 2020 (English translation in part)

Don't be guided by negative thoughts

A/Prof Angie Chew, CEO, Brahm Centre said that practising mindfulness to relieve stress and anxiety, helps people to understand and face their emotions and circumstances and adopt a more positive attitude to one's life.

She said, "It's easy for people to exaggerate all the things that could go wrong in their minds. We are always feeling guilty or blame ourselves for things that happened yesterday, or worry about the future. Not focusing on living in the present moment gives oneself a lot of mental stress."

Mindfulness entails deep breathing and taking a non-judgmental approach to observe one's thoughts, emotions and the surroundings, accepting and feeling grateful for all we have and changing negative thoughts. This helps to lower adrenaline and cortisol which in turn relieve stress, lower blood pressure, regulate breathing and heart rate for better wellbeing.

60-year old student Ian Conceicao who has stayed in New Zealand for 25 years, moved back to Singapore early this year to look after his 82-year old mother. He said that he couldn't cope with the stress from work and living in New Zealand and suffered from tension headache for close to 10 years which affected his digestive system. Once he almost slipped into depression due to exhaustion. After 4 lessons of mindfulness course, he learnt to focus and living in the present moment, making him relaxed and happier. The troubling tension headache was gone too.

He said, "I learn to accept, be grateful and change my thoughts. Even if I'm jogging I will focus on my pace and not be strayed by negative thoughts."

Started since 2012, Brahm Centre's mindfulness programs have helped over 50,000 participants to relieve stress and improve their overall wellbeing. From March to November this year, the centre has conducted 25 workshops and talks for government bodies, schools and corporate organisations.