

Tess Hadley

Project report
STS390, “Media, war and peace”

Spring session, 2008
Science, Technology & Society
University of Wollongong

The report has two parts.

1. A response pack for an actual organisation. This is not an official document and does not necessarily represent the views of the organisation.
2. A dialogue between two students discussing the project. This dialogue is fictional. Pseudonyms were used so that the marker, Brian Martin, would not know the identity of student authors.

Tess Hadley's response pack includes a brochure and a calendar. The calendar is on the following pages. The brochure and dialogue are in a separate file.

Disclaimer Lifeline South Coast granted permission for the organization to be used as a focus for the report; however, the report is not an official document of Lifeline South Coast or the Good Mood Safari.



Everyday Enlightenment Calendar 2009

This calendar is designed to encourage the use of positive psychology techniques based on the Buddhist concept of Enlightenment in everyday scenarios.

STS390 Media, War & Peace
Project Report: Enlightenment & Lifeline South Coast
Spring 2008
Student No. 2961775

*"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today."
- *Thick What Hank**



Wollongong Harbour

Everyday Hope & Optimism

- Optimism is a skill we all can learn, it just takes practice. For example when confronted with hassles or problems such as a flat tire, tell yourself 'this is an opportunity to grow, learn and practice patience', rid your mind of negative thoughts.
- Plan things to look forward to and you will always be looking ahead with hope and optimism. Plan to meet with a friend for lunch next week. Plan a holiday away for six months time. Plan a day trip. Plan a dinner party.
- Set challenging yet achievable goals for yourself to work towards. For example make it your goal to hike to the top of Mt Kosciusko by the end of the year.

*As we cultivate peace and happiness in ourselves, we also
nourish peace and happiness in those we love
- Thich Nhat Hanh*



Minnamurra Rainforest

Everyday Happiness

- Take a few minutes, either at home or on your way to work, to notice something enjoyable about the morning: perhaps the sunlight or the rain or the face of a child or a flower or the sounds of birds or the wind.
- Smiling (even if it is faked) can have positive benefits for you and the people around you. Make an effort to smile more during the day. Smile at your coworkers. Smile at your family. Smile while you are on the phone.
- When emotions or memories of painful events occur, don't allow yourself to become caught up by them. Acknowledge the feeling and give it a short labels such as 'that's a sad feeling' and then just allow them to drift or float away. These memories and feelings will gradually decrease in intensity and frequency.

*"Breath is the bridge which connects life to consciousness,
which unites your body to your thoughts."
- Thich Nhat Hanh*



Wollongong Botanic Gardens

Everyday Breathing

- Focusing on your breathing and practicing deep breathing exercises help to relieve tension and stress. Here is a simple activity you can do everyday for a few minutes:
- Stand or sit in a comfortable position with good posture so that your stomach is not compressed. Put one hand over your belly button. Now breathe in deeply and slowly through your nose, letting your stomach expand as much as possible. Hold your breath for a few seconds then exhale slowly through your mouth. After just three or four breathes you should feel the calming effect through your whole body.

*In order to have peace and joy, you must succeed
in having peace within each of your steps
- Thich Nhat Hanh*



Sunrise at North Beach Wollongong

Everyday Meditation

- Meditation is a great way to calm both your body and your mind. It helps slow you down, clear your mind of clutter and relax. Try the following activities:
- Sit in a comfortable position in a quiet room. Close your eyes. Focus your attention on a silent thought, word or phrase. If your attention wanders simply direct it back. Concentrate on the sensation of each breath as you inhale and exhale.
- Practice walking meditation by slowing down your walking pace and concentrating on timing your steps with your breathing. For example 2 or 3 breaths per inhale and 2 or 3 per exhale.

"The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive."

- Thich Nhat Hanh



Lake Illawarra

Everyday Awareness

- Try eating breakfast without reading the newspaper or watching television. If possible, eat silently for all or part of your meal. Before you eat, allow yourself to breathe in and out three times and bring your awareness to the food in front of you.
- If you work on a computer, create a screen saver that encourages mindfulness - perhaps a photo of flowers or animals, or scrolling, suggestive words like 'breathe'.
- Place yourself back in the present moment by being aware of your body and deliberately adopting an erect and dignified posture.

*Keeping your body healthy is an expression of
gratitude to the whole cosmos - the trees, the clouds, everything
- Thich Nhat Hanh*



Gratitude Bell, Nan Tien Temple Wollongong

Everyday Gratitude

- Research suggests that practicing gratitude increases positive emotions. It is difficult to be depressed about something when thinking about the things we should be thankful for.
- In your emails to people, express your gratitude for some helpful information or funny email they sent you or send out a simple email saying you're grateful for them and wish them a good day.
- Each night take the time to think about something that happened during the day that you can be grateful for. It may have been a compliment paid to you or as simple as hearing your favorite song on the radio.

References

Everyday Activities & Information

Activities devised based on suggestions taken from:

Exercises, Activities & Helpful Hints: Mindfulness in Everyday Life, (2005), Black Dog Institute, Randwick, Australia

Feeling Good: 100 Ways to Feel Better Everyday, (2004), Ceridian Corporation, Minneapolis, U.S.A. accessed 21/10/08, <http://www.docstoc.com/docs/859575/101-Ways-to-Feel-Better-Every-Day---Feeling-Good-Ebook-Guide> [ebook]

Nhat Hanh, T, Ho, M & Mai, D, 1975, *Miracle of Mindfulness and Introduction*, Beacon Press, Boston, U.S.A.

Images

Asian Leaf Pattern

<http://www.countryquilting.com.au/Patterns%20small/asian%20leaves%20copy.jpg>

Gratitude Bell, Nan Tien Temple Wollongong

http://lh5.ggpht.com/_DzQLAEpBrfM/SF1jUcKlaPI/AAAAAAAAA1c/TutuWCjEwZU/NaN+Tien+Temple+-+Gratitude+bell+4.jpg

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http://static.flickr.com/110/288290991_8df5fb6f34.jpg

Minnamurra Rainforest

http://bp3.blogger.com/_d1XAuZnDmjI/R5xXxwv2CBI/AAAAAAAAABJU/ND1LPM1J4/s1600-h/Minamurra.jpg

Peace Logo

<http://www.peaceiseverystep.org/peaceiseverystep/images/peaceinoneself.jpg>

Sunrise at North Beach

http://lh5.ggpht.com/_zeDGgaTgLIg/SDQZAViHdNI/AAAAAAAAAk4/90fPIB0Tet4/p301430-Australia-sunrise_over_wollongong.jpg

Wollongong Botanic Gardens

http://farm4.static.flickr.com/3062/2456323475_665670d67e.jpg?v=0

Wollongong Harbour

<http://www.sydney-australia.biz/nsw/illawarra/graphics/illawarra.jpg>

Quotes

All quotes sources from *thinkexist.com*, n.d. accessed 21/10/08, available http://thinkexist.com/quotes/thich_nhat_hanh/

