

A woman with brown hair and sunglasses is smiling and looking out of an airplane window. She is wearing a light blue shirt. The background shows an airport tarmac with several airplanes, including one with a purple tail, under a clear blue sky.

LET'S

EXPLORE INNER SELF

A TRIP TO MINDFULNESS

(SOUTHEAST ASIA EDITION)

HASYA OOI
IKMAL FAHMI

EXPLORE
INNER SELF

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PREFACE

Travelling has always been a great escape from your hectic jobs or studies. Experts believe that it can ease the pressure of living. This book gets you close to your inner self and help to gain wellness through travelling. This book is purposely written for the sale and assignment purpose. It is for the LBT 20203 Contemporary Digital Writing Skills For Industry subject. The authors receives guidance from Dr Amaal Fadhlini Binti Ahmed from Faculty of Language and Human Development of Universiti Malaysia Kelantan. Join us in a trip to mindfulness across Southeast Asia.

DISCLAIMER

Eventhough the publisher and the author have worked very hard to ensure that the contents in this book are correct and while this book is produce to offer accurate contents in regard to the subject matter covered, the publisher and the author consider no responsibility for errors, inaccuracies, omissions, or any other inconsistencies herein and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other concerns.

This book is meant as a source of valuable knowledge for the reader, however it is not meant as a substitute for direct expert assistance. This book production is supervised by Dr Amaal Fadhlini Binti Ahmed from Thr Faculty of Language and Human Deveopment of Universiti Malaysia Kelantan.

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WHAT IS THE INNER SELF ?

According Merriam Webster Dictionary, inner self is the emotional and spiritual part of someone.

Photo by Alexander Gray via Unsplash

While, according Healthline, a health magazine, mindfulness can be defined as the practice of gently focusing your awareness on the present moment over and over again. It often involves focusing on sensations to root yourself in your body in the here and now. It can be practiced during formal meditation or during everyday activities, like cooking, cleaning, or walking.

ABOUT SOUTHEAST ASIA

Southeast Asia consists of eleven countries that reach from eastern India to China, and is generally divided into “mainland” and “island” zones. The mainland (Burma, Thailand, Laos, Cambodia, and Vietnam) is actually an extension of the Asian continent. Island or maritime Southeast Asia includes Malaysia, Singapore, Indonesia, the Philippines, Brunei, and the new nation of East Timor (formerly part of Indonesia)

Map Photo from: https://en.wikipedia.org/wiki/Southeast_Asia



3 FUN FACTS ABOUT SOUTHEAST ASIA

1

The climate in Southeast Asia is tropical all year round

2


Southeast Asia is one of the cheapest parts of the world to travel in.

3

There are over 20,000 islands in Southeast Asia.

9 REASONS TRAVELLING IS GOOD FOR MIND



A photograph of two young men standing on a sidewalk, facing each other and talking. The man on the left is wearing a striped long-sleeve shirt, dark pants, white sneakers, and a backpack. The man on the right is wearing a blue jacket over a white t-shirt, dark pants, and light-colored sneakers, and is holding a light-colored tote bag. They are standing in front of a red brick building with a white door and a black wrought-iron fence. A large tree with green leaves is in the background.

1. Travel offers new experience and help you making new friends.

Photo by Julia Renard via Pexels

2. skiing, walking or hiking gives you more sense of hope

Photo from : <https://www.jomjalan.com.my/listing/gunung-kinabalu/>

**3. Travel helps
relieving stress**



Photo by RODNAE Productions via Pexels



4. Travel helps your brain function better and boosts creativity

Photo from: <https://hanoibyllocs.com/tour/bat-trang-village-motorbike-tour/>

5. Time away from work can increase your energy and productivity at work.

Photo by Marcus Aurelius via Pexels



**6. Taking a trip helps you do good,
which helps you feel good.**

Photo by Ron Lach via Pexels




**7. A wellness trip can
contribute to stronger
mental health.**

8. Doing something
you enjoy makes
you happy.

Photo by Mael BALLAND via Pexels

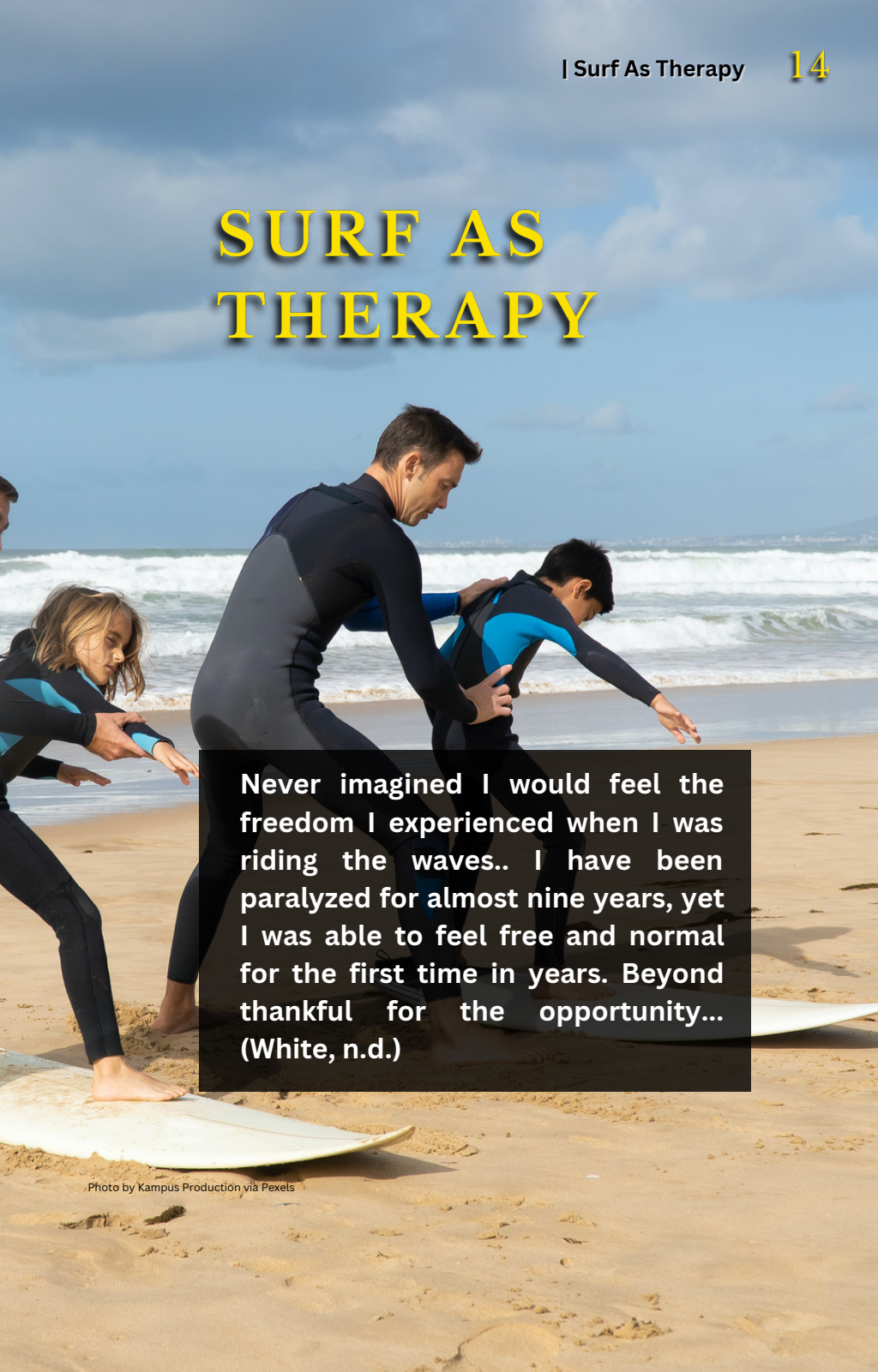


A man and a woman are shown in profile, facing each other in a close, intimate pose. The man on the left wears a tan fedora and a sweater with a green, orange, and white geometric pattern. The woman on the right has long dark hair and wears a sweater with a red, yellow, and white geometric pattern. They are both looking at each other with soft expressions. The background is a blurred forest scene with green foliage.

9. Travelling with loved ones helps meet your needs for love and belonging.

Photo by Yaroslav Shuraev via Pexels

SURF AS THERAPY



Never imagined I would feel the freedom I experienced when I was riding the waves.. I have been paralyzed for almost nine years, yet I was able to feel free and normal for the first time in years. Beyond thankful for the opportunity... (White, n.d.)

SURF BENEFITS.

- reducing stress hormones
- reducing depression
- reducing anxiety
- reducing anger
- improve self-esteem



Photo from <https://www.surftoday.com/surfing/surf-therapy-a-growing-movement-to-address-mental-health>

**3 PERFECT
BEACHES FOR
SURFING
(SOUTHEAST ASIA)**

1

Kuta Beach, Bali, Indonesia

Photo from: <https://www.indonesia.travel/en/destinations/bali-nusa-tenggara/kuta-beach/>

2

Siargao Island's Cloud Nine, Philippines

Photo from: <https://www.jonnymelon.com/cloud-9-siargao/>

3

Pansea Beach, Phuket, Thailand

HORSES AS THERAPY

Michael and Marshall are best friends. Michael is a five year old little boy living with multiple special needs and Marshall is a Special Strides therapy horse. Michael has been through what no parent could ever imagine for their child. Everyday has been a struggle. Yet, Marshall, the horse, does something for Michael that no doctor or therapist is able to do. (Tara & Michael, 2023)



Photo from <https://specialstrides.com/programs/testimonials/>

HORSE RIDING THERAPY BENEFITS.

- reducing stress
- boosting your mood
- decrease feelings of loneliness or isolation.



Photo by Dollar Gill on Unsplash

1

Thai Horse Farm, Chiang
Mai, Thailand

**3 BEST HORSE
RIDING HOUSES.
(SOUTH EAST ASIA)**

Photo from <https://www.inspirock.com/thailand/chiang-mai/thai-horse-farm-8183024491>

2

Bali Horse Riding, Bali, Indonesia

Photo from <http://www.hotels.com/go/indonesia/bali-horseback-riding>

3

Island Horses, Langkawi, Malaysia.

Photo from https://www.tripadvisor.com/Attraction_Review_g998283-d2149963-Reviews-Island_Horses-Langkawi-Langkawi_District_Kedah.html

MASSAGE TIME

Yesterday I had 1 hour full body massage and it has been a wonderful experience! It's a lovely place, I felt comfortable immediately and the massage relaxed me a lot: I'll be back for sure (Francesco, n.d.)

Photo from: <https://lovepik.com/download/detail/501304466?type=1&byso=>

MASSAGE BENEFITS.

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy and alertness
- Lowering heart rate and blood pressure
- Improving immune function

3 PLACES WITH GOOD MASSEURS (SOUTH EAST ASIA)

1

Espa at Resorts World Sentosa, Singapore.

Photo from: <https://www.klook.com/activity/2715-espas-treatments-resorts-world-sentosa-singapore/>

2

Avani Quy Nhon Resort Spa, Quy Nhon, Vietnam

Photo from: <https://thehoneycombers.com/singapore/best-spa-sanctuaries-in-southeast-asia/>

3

Yunomori Onsen & Spa, Bangkok, Thailand.

Photo from: <https://thehoneycombers.com/singapore/best-spa-sanctuaries-in-southeast-asia/>

FUN RIDE

My 3 kids, aged 3, 5 and 7 definitely enjoyed their time there, especially the bumper car ride. All the rides that cater for kids is just nice and fun. (Nurandlla, 2022)

THE THEME PARK POSITIVE IMPACTS ON HEALTH

- reducing stress
- boosting your mood
- decrease feelings of loneliness or isolation.



3 THEME PARKS TO BE IN YOUR BUCKET LIST (SOUTH EAST ASIA)

1

Siam Amazing Park, Bangkok, Thailand.

www.THAILANDHIGHLIGHT.com

2

Cartoon Network Amazone, Na Chom Thian, Thailand.

photo from Tripadvisor

3

Wild Wild Wet, Singapore.

photo from <https://www.wildwildwet.com/explore/rides-attractions/details/torpedo>



SPIRITUAL JOURNEY

Our tour was a life changing event as we took the tour “In the Footsteps of Christ,” walking where Jesus walked makes the Bible come alive. (B.C., n.d.)

Photo: <https://unsplash.com/photos/azwqhdSruUA>

THIS IS WHY YOU SHOULD GO ON A SPIRITUAL TRIP

- Learn to Meditate or Deepen Your Practice
- Connect With Nature, Both Within You and Outside of You
- Spend Time With Like-Minded People
- View the World with Joyful Curiosity and Gain New Perspectives
- Take Time For Yourself and Fully Relax



3 GREAT PLACES FOR RELIGIOUS PEOPLE (SOUTHEAST ASIA)

1

Sultan Omar Ali Saifuddien
Mosque, Brunei

Photot from: <https://www.dreamstime.com/stock-image-sultan-omar-ali-saifuddien-mosque-brunei-image-image27674331>

2

Wat Po, Bangkok, Thailand

Photo from: <https://www.istockphoto.com/photo/the-marble-temple-bangkok-thailand-gn184857166-18267823?phrase=wat%20po>

Photo from unsplash

3

Batu Caves, Selangor, Malaysia

CONCLUSION

In summary, travelling can make one becomes mentally positive and it benefits Then, the physical wellness as well. The Southeast Asia countries offer a lot of beautiful and fun places for vacation.

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