

LET'S

# EXPLORE INNER SELF

A TRIP TO MINDFULNESS

(SOUTHEAST ASIA EDITION)

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IKMAL FAHMI

EXPLORE  
INNER SELF

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## **EXPLORE INNER SELF**

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**Published by:**

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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

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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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She is a friend of Ikmal Fahmi and interested into mental health issues. Together with her friend, she studies Bachelor of Business Communication with English in Universiti Malaysia Kelantan.

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He is a person with bipolar disorder. As a mental health activist, he is quite vocal about the rights of mental health community. Aside of activism activities, he studies Bachelor of Business Communication with English in 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](https://en.wikipedia.org/wiki/Southeast_Asia)



Komodo Lizard Photo  
by Joshua J. Cotten via Unsplash

# 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 in front of a brick building. The man on the left is wearing a striped long-sleeve shirt, dark pants, and white sneakers, with a backpack and headphones around his neck. The man on the right is wearing a blue jacket, a white t-shirt, dark pants, and light-colored sneakers, and is holding a light-colored bag. They are both looking at each other as if in conversation. The background features a brick building with a white door and windows, and a black wrought-iron fence. There are green trees and a street lamp on the left.

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

A group of four hikers, including women and children, are ascending a rocky mountain trail. They are wearing winter gear like jackets and hats. A white rope is used for safety. In the background, a sharp mountain peak rises against a blue sky with light clouds.

Photo by John 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



A man, a woman, and a child are sitting on the floor in a workshop, painting small clay bowls. The man is in the center, the woman is on the right, and the child is on the left. They are all focused on their work. In front of them are several wooden tables with various colored paints and brushes. The background shows a window with metal bars and some shelves with boxes.

4. Travel helps your brain function better and boosts creativity

Photo from: <https://hanoibyls.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.

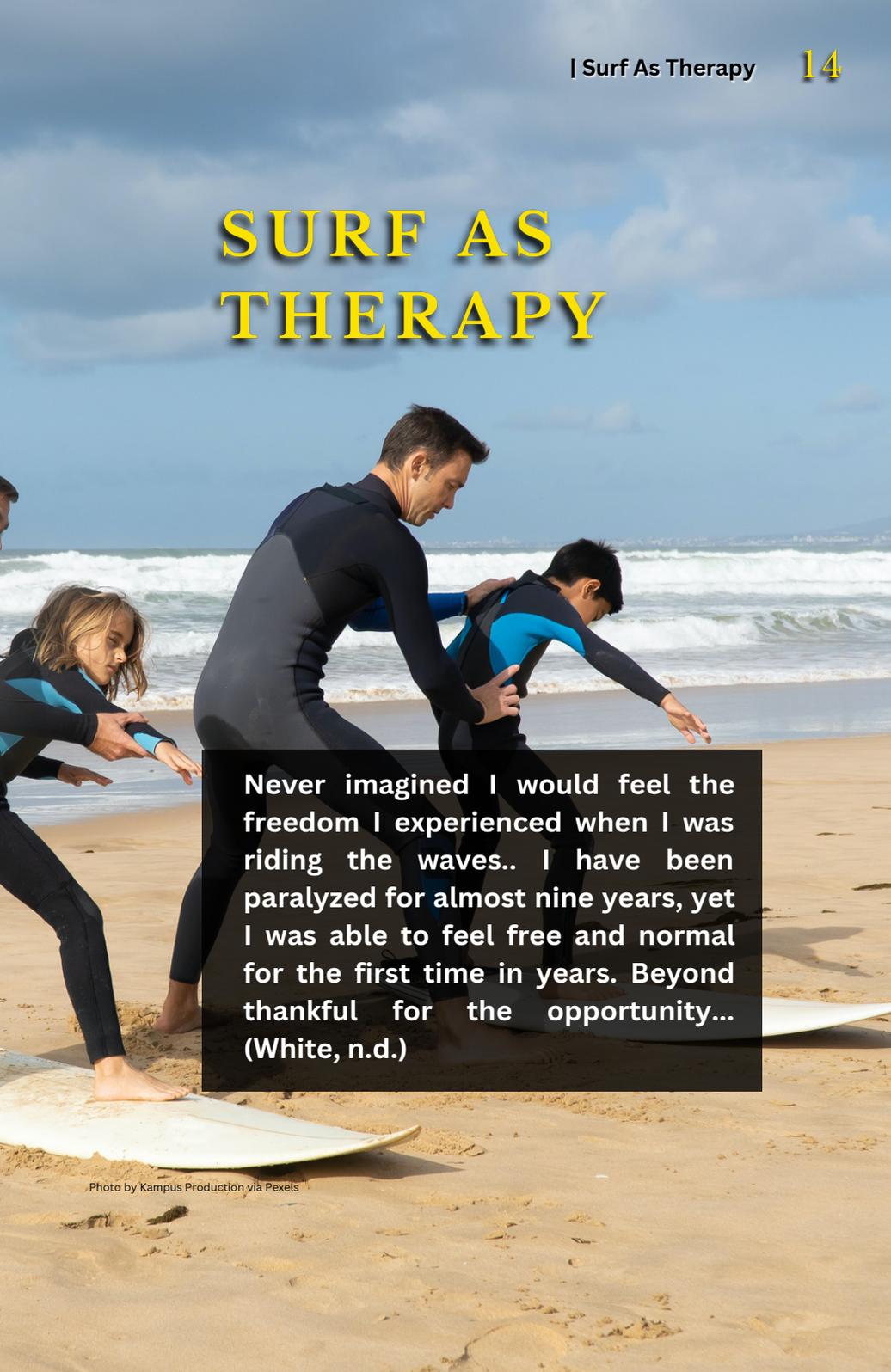
Photo by Mael BALLAND via Pexels



A man and a woman are shown in profile, facing each other in a forest. The man on the left has long brown hair and a beard, wearing a tan hat and a patterned sweater with orange, green, and white geometric designs. The woman on the right has long dark hair and is wearing a patterned sweater with red, yellow, and white geometric designs. They are both looking at each other with a slight smile. The background is a blurred green forest.

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

# 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.surfertoday.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/jpn/destinations/bali-nusa-tenggara/kuta/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-1183024491>

2

Bali Horse Riding, Bali, Indonesia

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

3

Island Horses, Langkawi, Malaysia.

Photo from [https://www.tripadvisor.com/Attraction\\_Review\\_g98283-d2149863-Reviews-Island\\_Horses-Langkawi\\_Langkawi\\_District\\_Kedah.html](https://www.tripadvisor.com/Attraction_Review_g98283-d2149863-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.)**

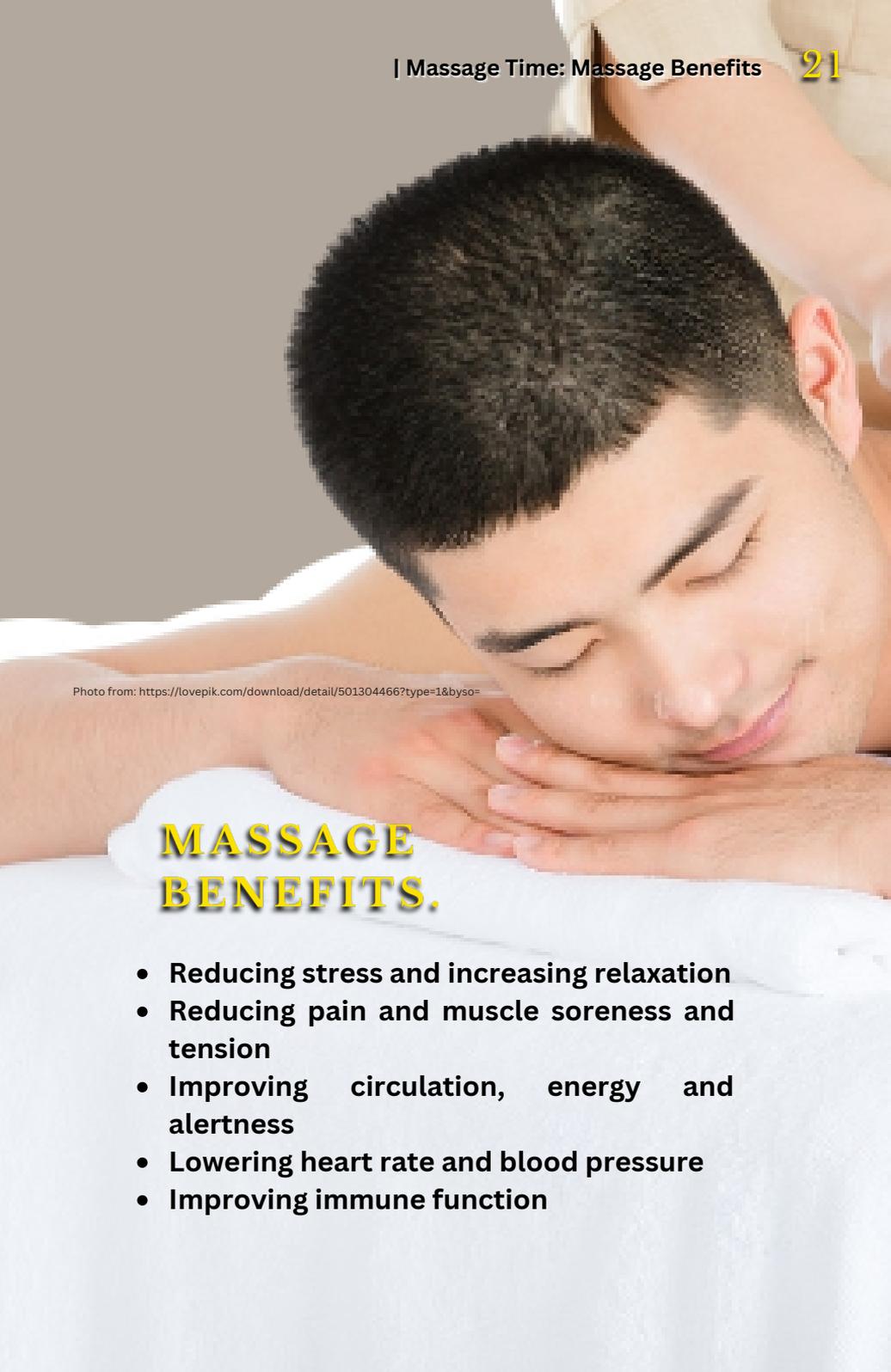


Photo from: <https://lovepik.com/download/detail/501304466?type=1&byso=>

## **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](http://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.)**

## 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

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

**2** Wat Po, Bangkok, Thailand

Photo from: [https://www.istockphoto.com/photo/the-marble-temple-bangkok-thailand\\_gn184857166-18267823?phrase=wat%20po](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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