



封面故事

「1,2,3,笑!」在不遠處的彼方,有班怪獸在吵鬧之中玩得盡興。你猶豫,躊躇着要不要加入。牠們彷彿聽到你的煩惱,原來各人都有自己的心理困擾。牠們伸出手想跟你做朋友,原來溫暖比想像中近... ..



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This series of booklets is provided by the Public Mental Health Laboratory of the Department of Psychology at The Chinese University of Hong Kong. Our goal is to provide readers methods for maintaining physical and mental well-being through 12 booklets.

Content Preview:

1. "Come, on! Let's Gather." ◀

2. "Stressed, You Say? Me Too!"
3. "The Mighty 'Tools' of Wellness: Diaphragmatic Breathing and Muscle Relaxation"
4. "Eat Well, Feel Well: Secrets to a Happier You"
5. "Move to Improve: Exercise for a Healthy Mind"
6. "Good Night, Great Mind: The Benefits of Quality Sleep"
7. "Embrace Calm: Managing Worries and Anxiety"
8. "Mindful Moments: Nurturing Self-Compassion"
9. "Ancient Wisdom, Modern Relief: Chinese Medicine for Mind and Mood"
10. "The Healing Power of Nature: Your Path to Mental Wellness"
11. "Bright Minds, Brighter Lives: The Power of Positive Psychology"
12. "Towards the Best You: Making Mental Health My Priority"



Perks of Downshifting

Being "healthy" is not solely about the absence of diseases; having a healthy mind and social well-being are equally important.

In 1948, the World Health Organization defined "health" as a state of complete physical, mental, and social well-being and not merely the absence of disease.

Experts have discovered that residents in Blue Zones are globally renowned for their longevity and vitality. Whether they are middle-aged individuals or centenarians, they are able to maintain their health and vigor. These residents share some common characteristics from which we can learn.



Whether or not we face challenging mental health issues, nurturing our physical and mental well-being can significantly enhance our psychological well-being, as these three aspects are intricately interconnected.

Stressed, You Say? Me Too!

Stress indeed accelerates aging and contributes to the development of diseases, while also exerting an impact on our emotions and mental well-being. When confronted with stress, our bodies instinctively activate the "Fight-or-flight Response," initiating a cascade of physiological reactions that can influence our emotions, thoughts, and behaviors. Over time, this cumulative effect can adversely affect both our physical and mental health. Thus, acquiring effective stress management skills becomes imperative if we desire to lead a long and healthy life.

The Mighty 'Zools' of Wellness: Diaphragmatic Breathing and Muscle Relaxation"

Speaking of stress, it is crucial to emphasize the significance of relaxation techniques as an essential skill for stress management. Relaxation is intricately connected to our nervous system, enabling our body and mind to transition from the "Fight-or-flight Response" to the "Relaxation Response." This shift facilitates a state of unwinding and rest, providing us with a valuable respite.



Do you know your stress level?
Check out Vol. 2!



Eat Healthier, Be Happier

The relationship between diet and mental health is deeply intertwined, and adopting unhealthy eating habits can have a detrimental impact on both physical and mental well-being. Now, let's delve into the essential dietary factors that can contribute to enhancing mood and mental health!

▶ Is your weight within the healthy range?

▶ What can you eat to improve your mood?

▶ Did you know that what you eat will also affect your mood?

Check out
Vol. 4



Exercise, Negativity-cide!

Now that we've nourished ourselves, let's reflect on our physical activities over the past week! According to the World Health Organization (WHO), it is recommended that adults aged 18-64 engage in at least 150 minutes of moderate-intensity aerobic physical activity, or at least 75 minutes of vigorous-intensity aerobic physical activity, or a combination of both, throughout the week.

It's important to avoid a sedentary lifestyle and incorporate exercise into our daily routine. However, let's remember to gradually develop this habit and not push our bodies beyond their limits. Taking it step by step and doing what we can, while maintaining persistence, is key.

In our daily lives, there are numerous opportunities for us to incorporate exercise. Here are some simpler exercises that we can easily practice, particularly suitable for office settings or when space is limited. Remember, even a little bit of exercise is better than none at all!



Want to keep up with the physical activities?

Check out Booklet 5.

Good Night, Great Mind

Mental health and sleep are closely related, and both could affect each other greatly. Therefore, a lot of people who suffer from mental illness often have sleeping issues as well.

Booklet 6 mentions a lot of tips on how to maintain good quality of sleep, let's go check it out!



Mindfulness and Self-compassion

"Mindfulness" translates to adopting a mindset of "living in the present moment" and consciously experiencing and focusing on everything that unfolds in the present. It involves nurturing a sense of curiosity and maintaining an open-minded attitude to explore the sensations of different parts of our bodies.

Would you like to experience the wonders of "mindfulness" for yourself? Come and join us in this



Gone Are the Worries and Anxiety

Our emotions and physical responses have a reciprocal influence on each other. Feelings of chronic stress, worry, and anxiety can trigger the "Fight-or-flight Response," a self-protective mechanism. Consequently, if we are constantly consumed by worry, it is akin to keeping our bodies in a perpetual state of war, which can have detrimental effects on both our physical and mental well-being in the long run.

It is important to differentiate and discern whether our worries are constructive or not, and then address them accordingly.

Do my worries have an instant solution? ?

YES

Practical worries

- These worries have an immediate resolution.
- They involve concerns about a single matter.



NO

Hypothetical worries

- These worries do not have an instant solution.
- They involve concerns about a series of matters.



How to deal with anxiety? → VOL.7

Mental health from the Chinese Medicine Perspective

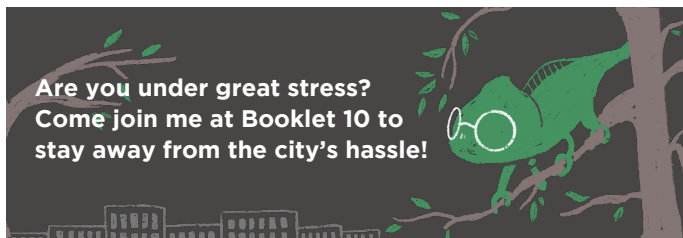
Every individual has the right to choose a treatment method that suits them best. Chinese medicine treatments, such as partaking Chinese medicine, massaging acupuncture points, and acupuncture, can directly or indirectly improve a patient's mood and sleep quality, with minimal strong side effects or dependence.

In Hong Kong, public healthcare services also incorporate Chinese medicine, combining it with Western medication, to assist in the treatment of mental health issues like depression.



Amidst the hustle and bustle of city life, it is beneficial for us to reconnect with our human nature and seek a closer connection with nature itself, as a means to alleviate stress.

Nature and Forest Bathing is a form of natural treatment that has been scientifically proven to enhance physical, mental, and spiritual well-being. In Hong Kong, there are actually numerous country parks and hiking trails, as well as parks and jogging paths in the urban areas. How long has it been since you truly immersed yourself in the refreshing embrace of nature? Come along with the chameleon and experience the wonders of nature firsthand!



Many individuals mistakenly believe that our external environment is the primary factor influencing our happiness. However, this notion is unfounded. In reality, personal autonomy plays a more significant role in determining our level of happiness. So, how can we cultivate happiness?



Psychological distress is more pervasive than we may realize, despite lacking familiarity among the general public. This poses challenges in terms of early diagnosis and delays in accessing timely medication.

By adopting an evidence-based approach, mental illnesses can be both preventable and treatable. The Public Mental Health Laboratory of the Department of Psychology at the Chinese University of Hong Kong, offers a comprehensive series of 12 booklets. Our goal is to provide readers methods for maintaining physical and mental well-being through 12 booklets.

In the upcoming booklet, we will delve into the topic of "Understanding Stress." We will explore its origins, formation, and effective strategies for managing it.

[Above information could be found in the websites below]

