



Counselling Workroom – Peace amid Epidemic

All of a sudden, our lives seem to be changed:



In view of the novel coronavirus outbreak and the recent changes, we probably may have different feelings. Change is one source of stress, it also can be a good opportunity of reorganizing our lives. When you are at home most of the time now, try to explore and learn some new things, to experience different life attitudes, and make your life more fruitful. In this counselling workroom, we will share with you about “[Mindfulness](#)”. Just like other activities such as sport, music, or art, mindfulness helps to tune up our lives. The key is to find any that suits you the most, and practice it.

What is Mindfulness?

Some of you probably heard about mindfulness in past, but not yet have time to explore it. **Mindfulness** is:

- Purposely focus your **attention on the present moment**, without judgment
- To experience the present with **open and accepting attitude**



- Mindfulness is an **attitude towards your living**, and you can experience it in daily life

You can consciously attend to your present sensations while you are brushing teeth and washing face



Pay attention to the appearance, smell, and taste of your food



Focus on one task at a time



When you are walking, feel the connection with your feet and the ground. No matter you walk fast or slow, pay attention to each step



When you are in line, keep your mind calmly, and pay attention to each of your breath



Benefits of mindfulness

Benefits of regular practice of mindfulness:



Oftentimes in our daily living, we have built our own pattern and habit, which leads to some automatic responses. For example, when facing particular situation, we will have certain negative emotions; even though that situation is not very bad, we will still have these strong emotional responses habitually.

Practicing mindfulness helps to **strengthen our awareness in the present moment**, so that we can **choose the suitable ways in response to the current situation**, without influenced by our habits. Some researches show mindfulness can alter the brain structure, and to build a rational neural system.

Interested to experience it?

Below website provides free resources and practice guidance:

[The Free Mindfulness Project](#)

For local 8-week mindfulness-based courses, please enter the below link:

[Mindfulness Training](#)

If you can understand Chinese, below are some Chinese resources:

Here is website of The New Life Psychiatric Rehabilitation Association [New Life 330](#)

you are recommended to view the short video introducing mindfulness: <https://newlife330.hk/animation.html>

And follow the website or apps for daily practice

[App Store](#) / [Google Play](#)