

Mind Your “Mind” to Build Mental “Resilience”

Dr. Nimisha Vandan

Date: March 7, 2023 (Tuesday)

Time: 9:30am - 12:20pm

Venue: Main Campus, HKU

Overview

Overthinking and negative thought patterns are not just a psychological condition; they can affect our physical health and well-being if considered for a longer period. It can affect our BODY and MIND (thought patterns, learning, memory, and feelings), and as a result, our behaviour. Our productivity, creativity, innovation, and emotional intelligence gets deteriorated as well. Pursuing MPhil and PhD, as well as conducting research itself, can be a very tedious and time-consuming activity. Experiments are highly sensitive and difficult to perform, and all the labour turns useless if we can't get the result as expected. It is quite stressful, frustrating, and depressing for many RPg students. It can also lead to overthinking, self-doubt, and lower self-esteem. With the pandemic situation going on, the tendency to look at negativity of life gets exacerbated, and the mind becomes even more hooked by obsessive thinking, as well as feelings of fear and helplessness. Sometimes, miscommunication or misunderstanding between supervisors and students also causes a lot of stress and anxiety. But miracles can happen if these overthinking thought patterns can be used as a source of motivation in a more positive way and as a fuel to learning and to build strength. We cannot change the situation but can do something about how we are responding to it, our emotional and psychological response to crises, i.e. our own immunity/resistance power, also known as resilience. We can learn better coping and management skill to build resilience during a crisis, thereby giving us an upper hand to deal with any situation.

Learning Outcomes

- Understand the impact of negative overthinking patterns on body and mind
- Understand how to deal with negative thoughts trap and spirals of overthinking
- Learn how changing and managing the perception towards a situation can change the outcome
- Learn the skills to develop mental resilience for responding in a better way for any crisis

Learning Activities

- 1) Story sharing and discussion
- 2) Cognitive reframing: Working with thought process
- 3) Breathing exercises and destress exercises

Remarks

Please bring a pen and a notebook.

About the Instructor

Dr. Nimisha Vandan, co-founder of OKAYMINDS and a former Post-Doctoral Fellow at the School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong conducted research to understand the impact of COVID-19 of various population in Hong Kong. During PhD, her research focus was on understanding the effect of culture and ethnicity on patients' access to healthcare, their experience with healthcare system, cultural competency of healthcare professionals. Being passionate about understanding the influence of culture on life, she is keen in raising mental health awareness in the community and runs an initiative OKAYMINDS. She has successfully received certificates in “Intercultural communication” from HKU and received Achology Counselling Practitioner Certificate course. She has been conducting multiple workshops and trainings for universities and number of NGOs.

She did her master's degree in international health from The University of Tokyo, Japan and bachelor's degree in pharmacy from India.