

Future-Ready Series :
Research Postgraduate Wellness Initiative
2023/24



A Mindful Space for Growth: Cultivating Awareness and Boosting Resilience
(with Mindfulness Practices)

[Dr. Melody Xu](#), Department of Psychology

Date: March 15, 2024 (Friday)

Time: 10:30 a.m. – 1:20 p.m.

Venue: Main Campus, HKU

Medium of Instruction: Putonghua

Overview

This workshop helps research postgraduate students manage daily challenges and academic stress by increasing awareness of negative thought patterns, teaching mindfulness skills, and cultivating self-compassion. Activities include mindfulness practices and cognitive exercises with group sharing.

Learning Outcomes

- To increase awareness of negative thoughts patterns
- To learn mindfulness skills to face challenging situations in daily life
- To practice mindfulness and cultivate self-compassion

Learning Activities

- Mindfulness practices (e.g., body scan, mindful breathing space)
- Cognitive exercises to understand thought patterns
- Small and big group discussions

Remarks

- Bring your own yoga mat, if possible (you may also practice on chairs if you don't have a yoga mat).
- If possible, also bring along a scarf or blanket to keep yourself cosy and warm during mindfulness practices.



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靜觀成長空間：培養覺察力、提升抗逆力 (結合靜觀練習)

徐佳琪博士，心理學系

日期: 2024年3月15日 (星期五)
時間: 上午十時三十分至下午一時二十分
地點: 香港大學本部校園
語言: 普通話

概述

此工作坊旨在通過靜觀練習，幫助學生提高對自身思維模式的覺察，培養自我慈悲，以應對日常挑戰和學術壓力。我們將結合小組討論，教授靜觀練習和認知練習。

學習目標

- 提升對負面思維模式的自我覺察
- 學習如何在面對困難時運用靜觀
- 練習靜觀並培養自我慈悲

學習活動

- 靜觀練習 (例如，身體掃描，靜觀呼吸空間)
- 通過認知練習了解思維模式
- 小組和大組討論

備註

- 請盡量攜帶自己的瑜伽墊 (如沒有瑜伽墊，您也可以選擇在椅子上練習)
- 請盡量攜帶圍巾或毛毯，以在靜觀練習時保持舒適和溫暖

