



香港大學

THE UNIVERSITY OF HONG KONG

Faculty of
Social Sciences
The University of Hong Kong
香港大學社會科學學院

社
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English
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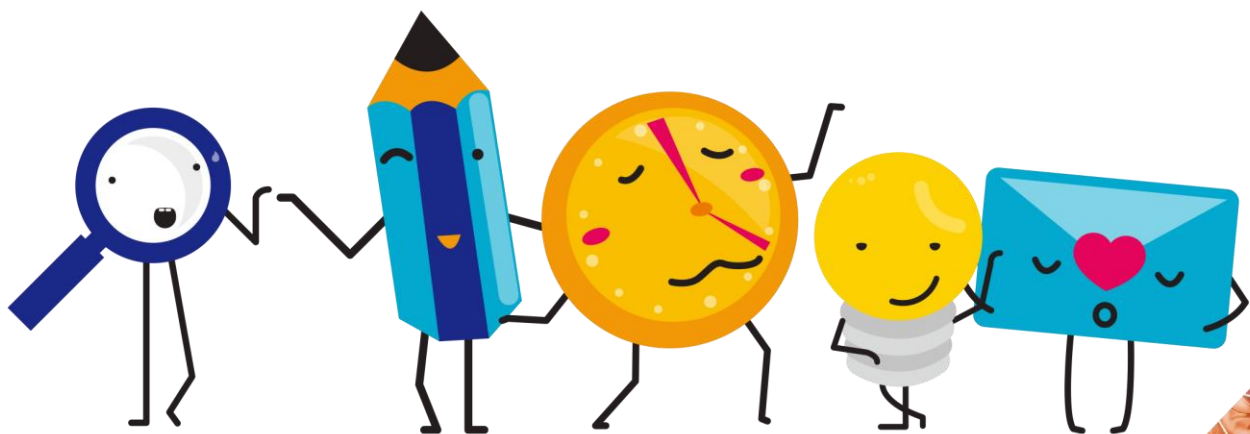
WELLCATION

21
Day

Quarantine
Wellness Kit

“If you don't like something,
change it.
If you can't change it,
change your attitude.”

An American poet, Maya Angelou



**MENTAL
WELLNESS**



Professor William Hayward

Dean of Faculty of Social Sciences, HKU

"Welcome from the Faculty of Social Sciences at HKU. Right now you may be feeling alone and isolated. We know. We care about you. We want to do what we can to help you during quarantine. My colleagues have put together a great program for you based on science and empathy. We hope you find it helpful. Good luck!"



Professor Rainbow Ho

Director of Centre on Behavioral Health,
Faculty of Social Sciences, HKU

"“ Nothing in life is to be feared; it is only to be understood. Now is the time to understand more, so that we may fear less.” (Marie Curie, the first woman Nobel Prize winner).

Other than feeling lost during the quarantine period, the lockdown could also be a transformative occasion for us to learn to be more connected, compassionate and caring to ourselves.

Keep moving, have fun, stay connected and be healthy! ”



Professor Terry Lum

Head of the Department of Social Work and
Social Administration, HKU

"Use the quarantine period to spend some quality time with thyself. Eat well and sleep well. Keep your body and spirit healthy by following this Wellness Kit. It will transform the time into a once- in- a-lifetime rejuvenating Wellcation for you."



Dr. Michael Tse

Director of Centre for Sports and Exercise, HKU

"Following this 21-day Wellcation wellness kit is a perfect guide to help you through the quarantine period by focusing on key elements of your social and mental well-being, which are so important in bolstering your health. Physical well-being is also an important part of the wellness journey. Take this opportunity to maintain or form new habits to keep physically active to enhance your body and spirit."



Professor Paul Yip

Director of Centre for Suicide Research and Prevention,
Faculty of Social Sciences, HKU

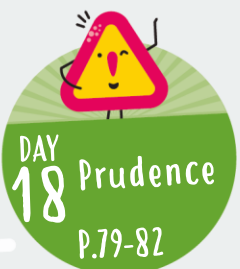
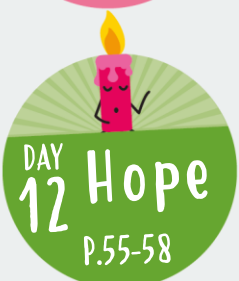
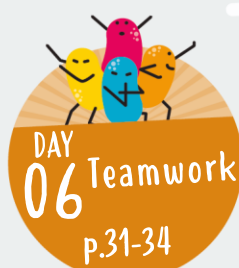
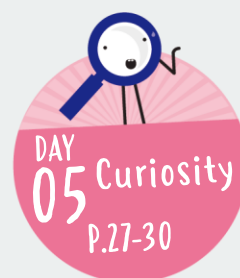
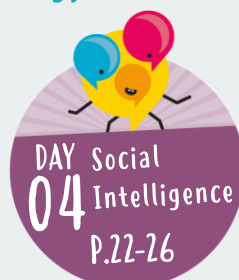
"Maintaining Mental wellness during quarantine is our primary concern. It is OK not to feel Ok and it is very normal. You don't have to face it alone. You have not been forgotten and I hope our booklet can provide some support to you."

Contents

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User Guide _____ P.5

An evidence-based programme of quarantine activities and inspiration grounded in the international psychology of well-being



Help and Further Resources _____ P.100

We've quarantined before...

"Connecting with people regularly is extremely important to me. I had some of the most heart touching conversations with my close friends and family during the quarantine, which are the silver linings in that difficult time."

Hong

a university student from mainland China

under quarantine in October, 2020

"Because I was working on my dissertation back then and it kept me busy~ So I think keeping yourself busy is really important and makes time go by a lot quicker!"

Yoyo Or

a University student from UK

under quarantine in April, 2020



"When you arrive, treat the room like it's your home. You will be there for quite a while and spend many hours in there. Think about how you may rearrange things to suit your needs, e.g. creating some space for exercise, if the window allows -- a space for getting direct sunlight.

Also explore and become familiar with all the amenities and everything you have or may not have. Make a list of anything you need.

Take the time to enjoy unpacking and organising your things. This is your universe for the next 3 weeks! Embrace it as much as you can!

Create a schedule. Set your eating time. Become acquainted with food delivery services and make a list of things you'd like to eat while you're there. This will create more of a sense of personal control over your time and environment."

Simon

A University student from UK

under quarantine in November, 2020



“21 days.

Personally, I was very excited to spend time on my own, initially thinking ‘I can do this, this is going to be fun’. I was telling myself, ‘right, I better pick up a new skill, be active and read two books.’ I woke up every day, thinking ‘I’m going to start today!’ but ended up binge watched couple of Netflix shows, snacked quite a bit and stared into the air. In the end, I did finish a book, connected with couple of friends and worked out quite a bit (not any new skills whatsoever). My tips are, don’t be so harsh on yourself, have a flexible mindset as to what you want to gain out of this, stay connected with your close ones, count your blessings daily and treasure these two weeks of time to be solely with your thoughts and feelings. Because hey, a bit of self-reflection is the key to move forward, grow and bloom. Fingers crossed this will be your one and only time of quarantine (I did it twice).”

Michelle

a UK university student return to HK

under quarantine in September, 2020



"During the quarantine period, check your body temperature at regular intervals daily and pay close attention to your physical symptoms. Use this time to do some things that you would not normally do, such as reading books, tidying up the room, and exercising. I had thought that it would be very dull being quarantined at home. But it turns out that it went by very quickly, each passing day became easier and more relaxed."

Wu

a university student from mainland China

under quarantine in July, 2020



“Remember to book a room with a larger desk or you won’t have enough space to work - this is especially important if you’re sharing a room with your partner.”

Wissen

a working adult from London

under quarantine in September, 2020

Introduction

Being in quarantine will mean spending an unusual amount of time with only oneself for company. It will also mean relying on others for some basics. This wellness pack is designed to ease some of the uncertainties and anxieties that may come with this journey.

01 02 03

Some members of our team at The University of Hong Kong have gone through the quarantine. We have conducted a survey and collected their experience. The result is a 21-day programme of activities and guidance grounded in experience and scientific research of well-being. We'd love to hear about your experience.



04 05

06

07

08

We will invite you to complete a short anonymous survey before and after the programme to help with evaluation, and just as you are expected to monitor your temperature daily, we will also invite you to track your mood. Should you encounter any difficulties, we will provide comprehensive support information.

09 10 11



These 21 days may not give you the opportunity to explore Hong Kong or meet with family and friends. But we hope that you may still experience a fulfilling time of new discoveries and reflections with the help of our 'Wellcation' guide, so that when you return to your ordinary life you'll feel healthy and refreshed.

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How To Use This Kit

This pack is designed to be something you visit daily.

Each day is structured to accompany the way you may be feeling, and to provide topical guidance.



Each day is also themed on a universal character strength that psychology researchers have formulated. You can read more about these by clicking on the Read More button each day.

There are three sessions daily



+



+



a reflective

a video-based

a well-being practice

Depending on your personal schedule, you may go through them around breakfast time, mid-morning, and afternoon.

There is the possibility of physical injury, when participating in any exercise. For safety reasons, please do exercises according to your own physical condition or consult a physician before taking part.

Your Journey begins



DAY
01

Just one act of kindness can
change someone's whole world.

— Heather Wolf

Kindness

“ I am helpful and empathic
and regularly do nice favors
for others without expecting
anything in return. ”





Morning Story



On a brisk Friday afternoon, the sun hung high up in the sky, caressing both Copenhagen and the captivating countryside beyond the limits of the boisterous city. Desmond was on his way back home from work and as he steered his dilapidated-looking car, he spotted a luxurious Mercedes on the side of the road. Standing beside the valuable vehicle was an old woman, looking at her car with a troubled expression. Desmond swiftly parked up near the Mercedes, got out and introduced himself, "I'm here to help. My name is Desmond Layton."

She was worried, as not a single person had stopped for seemingly hours. Further, his appearance was poor and shabby in his overalls for work. Noticing her trepidation, he tried to calm her by inquiring about the situation. With the lady's permission, he crawled underneath the car to get the job done. His battered clothing became even more run down and his hands were covered in grease.

When the job was done, she asked him how much she owed him for his generosity. Desmond smiled and replied, "If you really want to pay me back, the next time you see someone in need, give that person a helping hand."

Later that day, the lady pulled over at a small café and saw a young pregnant waitress. The waitress was mopping the floor and as she noticed the old lady, she greeted her with a graceful, lovely smile despite having been on her feet for the whole day. The old lady wondered how someone who was so preoccupied and vulnerable could be so affectionate to a stranger. Then she remembered Desmond.

The old lady finished her dinner and paid with a five-hundred Kroner banknote. The waitress went to get change but the lady was gone when she returned. A note was left on a napkin, it said, "Because somebody assisted me today, I'd like to show the same kindness to you. If you really want to repay me, continue to spread the love and don't let this chain end with you." The waitress then discovered two more five-hundred notes under the napkin.

That night, the waitress arrived home and was still astonished by how the lady could have known how much she and her husband were in need, especially as their child would soon be born. She was overwhelmed as she told her husband about it, knowing that he had been anxious about their finances. Full of emotion, she kissed him and whispered in his ear, "Now it will all be fine. I love you, Desmond Layton."



Reflection questions

01

Think about the last time you showed kindness towards someone and the last time you received kindness from someone. (How did you feel?)

02

Do you find it easier to show kindness towards strangers, friends, or loved ones? (Why might that be?)

03

Do you find it difficult to treat yourself with the same kindness you show towards others? (What might you do to be kind today?)



Play Video ▶

Daily Practice

Three Blessings

It has been a long day and you deserve a good rest. It may have been a chaotic day but you arrived safely. Before you sleep, here's something that you may do to release tension. Psychologists think that one of the best ways we can feel more serene is to look back at our day and think of what went well.

As the blanket of a peaceful night falls upon us, let's get a pen and a piece of paper, dim the light, take a comfortable seating position and reflect on your day. Give yourself a moment to notice the things that went well today.



Write down three things that were good today and what was your role in them.



Checked your temperature?

Now check your mood ▶



Practical Tips

When you arrive, treat the room like it's your home. You will be there for quite a while and spend many hours in there. Think about how you may rearrange things to suit your needs, e.g. create some space for exercise, or if the window allows, create a space for getting direct sunlight.



Next day >

DAY
02

To lose patience is to lose
the battle.

— Mahatma Gandhi

Self-regulation

“ I manage my feelings and
actions and am
disciplined and
self-controlled. ”





Morning Story

Two students, Tiffany and Jessica, were having lunch together in the campus canteen. While Tiffany opted for a bowl of fried rice, Jessica only had a cup of yoghurt.

"Are you sure that will be enough for you?" Tiffany asked.

Rubbing her growling stomach, Jessica said, "Well, I'm trying to diet. I've had too much junk food and dessert over the weekend. So, here is my attempt at compensating for my lack of self-regulation."

"Oh, no! How come?"

"I got into an argument with my family the other day. It made me really angry, so I just kept eating to make myself feel better," Jessica answered, and then sighed. "I was so caught up in my own frustrations and stress that I barely did any revision for our upcoming exam. I plan to pull an all-nighter to catch up on all the studying, though I worry I'll once again give in to the temptation of watching TV. Also, I totally forgot about my plans to hit the gym, so today I will have to make up for it by spending 5 hours at the gym."

"That's such a pity. However, there may be better ways to reach your goals. For instance, when you feel angry, stop what you're doing and take a deep breath," Tiffany suggested. "You might feel the urge to relieve stress by eating unhealthy food. Try putting those chips and sweets somewhere out of sight."

"Good idea. That sounds like something I'm capable of doing. Maybe I'll also hide the TV remote somewhere far out of reach."

"As for studying, you can use rewards to regulate your revision progress as well. For every chapter of the textbook you've covered, reward yourself with a small snack," Tiffany explained. "Don't forget to monitor your progress and adjust your study strategies accordingly. Utilise your time well, and you might even be able to spare yourself that awful all-nighter!"

"Awesome," Jessica replied and smiled. "I can't wait to apply these self-regulation tips in my daily life!"



Reflection questions

01

Have you ever had the experience of developing bad habits or unhealthy tendencies, like Jessica?

02

What other self-regulation tips can you give Jessica?

03

Are there any strategies you might bring to your own daily life?



Play Video ▶

Daily Practice

Savouring

How often do we eat or drink while doing something else, paying little attention to the activity in front of us? Research has suggested that it might be good for our well-being to really pay attention to little things sometimes.

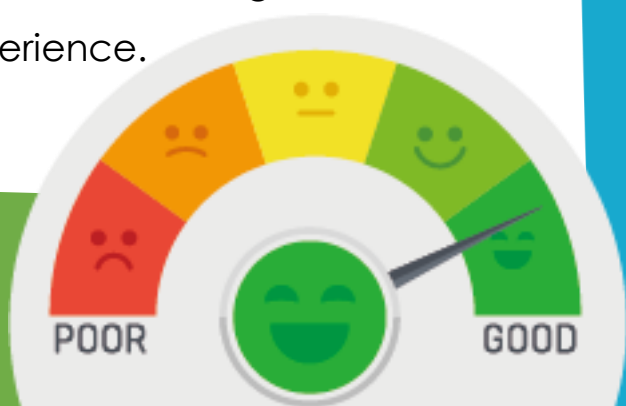


To do this, let's make ourselves a cup of tea, and then find a nice comfortable spot in the room to enjoy it.

Once the tea is brewed and has cooled off a little, and you are in your nice spot (your own personal "teahouse") -- perhaps you may clear an area on a table top, decorate it with a napkin, a teaspoon and take a photo to show that you're settling in -- try to notice the signs and sensations and immerse yourself in the experience.



This is "savouring".
Enjoy!



Checked your temperature?

Now check your mood ▶



Practical Tips

Explore and become familiar with all the amenities and everything you have, and may not have. Make a list of anything you need or that will increase your comfort. Perhaps some of these the hotel / center will supply. Along with some fruit and snacks, for the activities ahead, we suggest some writing paper, stamps, and crayons.



Next day >

DAY
03

What hunger is in relation to food, zest is in relation to life.

— Bertrand Russell

Zest

“

I feel vital and full of energy,

I approach life feeling

activated and enthusiastic.

”





Morning Story

Suddenly she remembered the sight of Taipei Main Station from the flyover, and the moment Hazel returned to Taipei, she had mixed feelings. She finally did it! When she was in high school, she found a travel blog written by a Taiwanese guy, which recorded a cycling trip from Beijing to Paris. Since then, she had an inexplicable interest in taking a bicycle trip, and her desire had remained firm. At the age of seventeen, she had just completed the public exam and planned to embark on a trip around Taiwan, but both friends and family members said in unison, "No." In fact, she understood their concerns as she was underage and had little experience of cycling.

Six years later, in the beginning, Hazel doubted whether she could finish this adventure. Even if she is energetic and physically capable, she lacked the experience of cycling, and she didn't know how to change a tire

Can she really do it? Her enthusiasm for doing a bicycle tour led her to try several bicycle day trips when traveling in other places, and she also biked during her stay in Germany, so as to gain experience and courage as much as possible. When planning the trip, she also read some books to improve her understanding of bicycle maintenance.

Fortunately, during the trip, she was fine and successfully rode more than a thousand kilometres. This adventure made her feel alive. It also reminded her of a quote from a Taiwanese dancer Lin Hwai-min "wandering at an early age is the nourishment of a lifetime." This trip is definitely worthwhile.



Reflection questions

- 01 What do you think Hazel may have liked about the bicycle trip?
- 02 What activities make you feel enthusiastic and excited?
- 03 Can you think of anything new you would like to try?



Play Video ▶

Daily Practice

Goal-setting exercise

It's now day three, and it may be a good time to come up with a bit of a plan for the next few days -- or to check in on the plans you made for your time in here.



What do you want to have done by the time you leave?

How do you want to feel? What may help with that?

While being too rigid may be unhelpful and stressful, studies suggested that goal-setting and planning enhances subjective well-being.

To do this, try to list three to five goals for the next 10 days. They may be related to work or study. They may also involve more personal things like exercise, diet, a book you have always wanted to read but never had the time before. Do something meaningful that you want to make a habit of.

To be meaningful, these goals don't need to be excessively challenging; they just need to be engaging.



Checked your temperature?

Now check your mood ▶



Practical Tips

If you've not done it already, take the time to enjoy unpacking and organising your things. This is your universe for 3 weeks. Embrace it as much as you can!



Next day >

DAY
04

“The most important single ingredient in the formula of success is knowing how to get along with people.”

— Theodore Roosevelt

Social Intelligence

“

I am aware of and

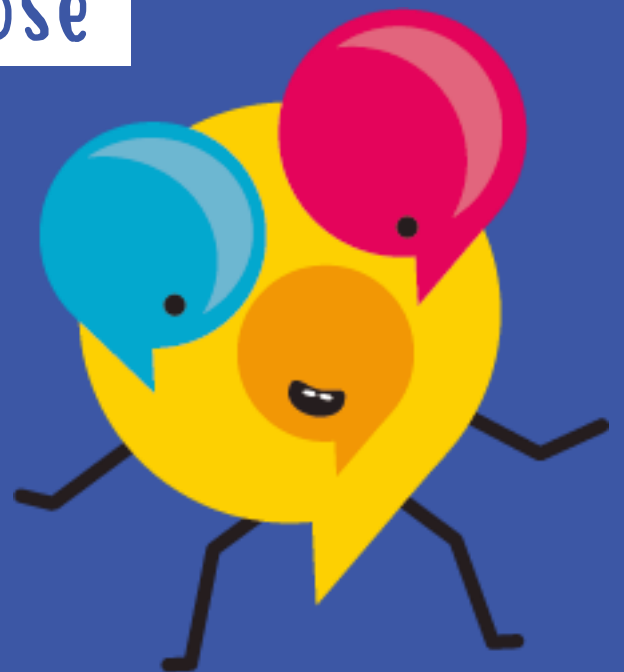
understand my feelings

and thoughts, as well as

the feelings of those

around me

”





Morning Story

Two good friends who have known each other since childhood had promised to have a trip together one day.

Many years later, they eventually overcame all difficulties preventing their trip and had their dream come true.

They arrived at a beautiful beach and unexpectedly quarreled over a trivial matter. One vented his anger by pushing the other one to the sand. The one who fell down felt very wronged. He said nothing and then quietly wrote on the sand that "Today my good friend pushed me to the sand."

They ignored each other and went to swim one after another. The one who was pushed down nearly drowned, but fortunately was rescued by his friend.

After getting out of danger, he picked up a shell and carved on the rock that "Today my good friend saved my life."

His friend curiously asked, "Why did you write on the sand when I pushed you down, but carve on the rock when I saved your life?" He sincerely responded, "Hurt from a friend should be written on the place that is easy to wipe away, so that it will be easy to forget; Help from a friend must be carved in the place that cannot be wiped out, so that it will be always remembered."



Reflection questions

- 01 What are the difficulties preventing you from contacting your friends?
- 02 What are your attitudes and belief when facing hurt and help from friends?
- 03 Are there some ways in which it may be beneficial to focus more on the help rather than the hurt?



Daily Practice

Discovering character strengths

Researchers have explored the way in which we each have different values and strengths and found that being more aware of our strengths and applying them in our lives may boost well-being.



Psychologists have identified 24-character strengths which we all possess to varying extents. You can give these a ranking of 1-3 as to how you think they may apply to you. (1 meaning not much, 2 meaning so-so, and 3 meaning very much.)

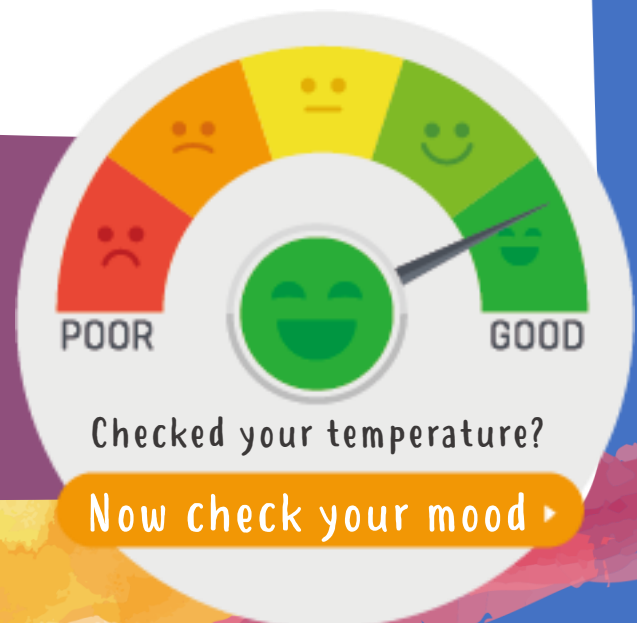
Next page for the character strengths

Once you are done, select five of the strengths from those that you marked '3'. These are your "signature strengths". Take a moment and see if you notice how these strengths of yours play a role in your life. You can also try to apply these over the other days and write down some activities that may apply to them.

Applying your signature strengths does not mean that you cannot appreciate the other ones, and perhaps there are some strengths that you would like to work more on. By cherishing your signature strengths, the others can also be nurtured.



Share your top 5.



Now check your mood ▶

24 Character strength

	Character Strength	Explanation	Your score (1-3)
1	Appreciation of Beauty and Excellence	Able to see the beauty and wonder in all areas of life, and finding something to be admired in them	
2	Bravery	Acting on one's own beliefs and convictions, and not withdrawing even in the face of fear and hardship	
3	Creativity	Coming up with and trying new ideas and solutions in everyday life	
4	Curiosity	Enjoys new experiences and discovering new things, showing interest and curiosity to the world around them	
5	Fairness	Treating people equally and impartially, not letting personal feelings or biases affect a decision	
6	Forgiveness	Forgives others and gives them chances when they have done wrong, choosing compassion over revenge	
7	Gratitude	Appreciating others' help and their positive qualities, being thankful and showing appreciation for the people, good things and the world around them	
8	Honesty	Truthful and sincere, living life without pretenses and taking responsibility for one's actions and feelings	
9	Hope	Even when facing failure or setbacks, stays optimistic and believes that with effort, things can change and improve	
10	Humour	Enjoys spreading joy to others, able to find the fun in life and not take everything too seriously	
11	Kindness	Shows compassion, acceptance and altruism, enjoys giving and helping others	
12	Leadership	Skilled in planning and executing ideas, able to motivate others and promote harmony amongst the team	
13	Love	Values close relationships with others, able to express love to family and friends, and accept love in return	
14	Love of Learning	Motivated to learn new things and develop a deeper knowledge and understanding of a topic	
15	Humility	Humble and modest, not always needing attention and praise for one's success	
16	Judgment	When making decisions, will use objectivity and reason, considering alternative points of view and evidence	
17	Perseverance	Even when faced with challenging or time-consuming tasks, will persist towards achieving the goal	
18	Perspective	Will carefully observe and consider different perspectives, and able to provide a holistic, big-picture point of view.	
19	Prudence	Shows long-term planning and foresight, and even when emotional or under stress, will consider actions carefully to avoid doing something one might later regret	
20	Self-Regulation	Having self-control and restraint over one's desires, impulses and emotions	
21	Social Intelligence	Able to grasp other people's emotions, personalities, motivations and needs, and give the appropriate response	
22	Spirituality	Having a strong sense of meaning and purpose in one's life, understanding and living by one's personal goals	
23	Teamwork	Showing commitment and loyalty to the team, takes up responsibilities and works hard for the success of the team	
24	Zest	Having a heart filled with vitality and excitement, lives life passionately and with enthusiasm, not half-heartedly	



Practical Tips

Create a schedule. Set your eating time. Become acquainted with food delivery services and make a list of things you'd like to eat while you're there. This will create more of a sense of personal control over your time and environment



Next day >

DAY
05

“I have no special talents. I am only passionately curious”

— Albert Einstein

Curiosity

“

I seek out situations where

I gain new experiences

without getting in my own

or other people's way”

”





Morning Story

A university philosophy professor went to visit a famous Zen master. The professor told the Zen master that of all the subjects he taught, the students were most fascinated by Eastern philosophies. He could not understand why this was, and it had made him curious to visit the master and gain his insights.

While the master silently prepared tea, the professor talked incessantly about Zen, his brow increasingly furrowed in tension. He did not give any time for the master to respond or answer his questions, and seemed almost to be arguing with himself.

When the master finished preparing the tea, he poured the professor's cup right to the brim, and then kept on pouring. The professor stopped talking suddenly. His eyes grew wide as he watched the cup overflow, until he could no longer stop himself. "It's full! No more tea will go in!", the professor exclaimed.

The master smiled softly and put down the teapot. "This is you," the master said, gesturing to the scene of spilled tea. "How can I show you Zen unless you first empty your cup." (Adapted from an ancient Zen story)



Reflection questions

- 01 Have you ever encountered someone whose curiosity and openness was stifled by being too opinionated?
- 02 Can you remember a time recently when you were curious about a subject?
- 03 What can we do to remain open to new and novel ideas?



Play Video ▶

Daily Practice

Imagine yourself...

Today you may be feeling a little restless. For a short exercise, we're going to invite you to imagine yourself in a completely different environment.

Researchers have found that when we visualise our 'best possible self' it can boost positive feelings and optimism.

To do this, you can picture a particular setting, using either a pencil or crayons to draw it, or write about what is there. Give yourself plenty of time to bring colours and details to the setting.



You are... in the Jungle. Draw (or describe) It!

Take a moment to admire what you have drawn. Then close your eyes and imagine that you are there, exploring the environment, engaging with the imaginary experience and how you are managing well. Once you are almost done, you can look back at your signature strengths and consider also how they are being expressed through your picture.



If you don't mind to, share a photo of something from your jungle.



Checked your temperature?

Now check your mood ▶



Practical Tips

Don't be so harsh on yourself, have a flexible mindset as to what you want to gain out of this, stay connected with your close ones, count your blessings daily and treasure these three weeks to be solely with your thoughts and feelings.



Next day >

DAY
06

Alone we can do so little,
together we can do so much.

— Helen Keller

Teamwork

“

I am a helpful and contributing
group and team member,

and feel responsible for helping

the team reach its goals. ”





Morning Story

Little white rabbit just moved to another forest to find a new home to live in. She went to the peak of a forest nearby and saw a group of rabbits living outside a lion cave. Little white rabbit was surprised as it was tremendously dangerous for the rabbits to live outside a lion cave. They could have easily been eaten by the lions!

Little white rabbit speculated the habitual environment of the other rabbits. They seem to have lived here for a long time. How did they manage to live outside a lion cave for so long?

Little rabbit walked towards a grey rabbit who was standing near the lion cave and asked the questions in her mind.

The grey rabbit pointed towards the direction of a pile of bones that was lying outside the lion cave and said, "You see! Those bones of course weren't from our family! Those are from the dead wolves. When our ancestor first came to this forest, he risked his life and went to the cave to communicate with the lions. He proposed to act as bait so that the wolves would come near the cave. The lions would then have the wolves as their meals instead of us.

It is this kind of teamwork that has kept us and our ancestors alive in this forest peacefully for many years!"



Reflection questions

- 01 Can you think of a time when you used teamwork to overcome some obstacle?
- 02 How does it feel when teamwork is successful?
- 03 Is there anything in your life that might benefit from teamwork in the coming days or months?



Play Video ▶

Daily Practice

Letter writing

People who care about you must be wondering how you are getting on, and you may also be thinking about them and others.

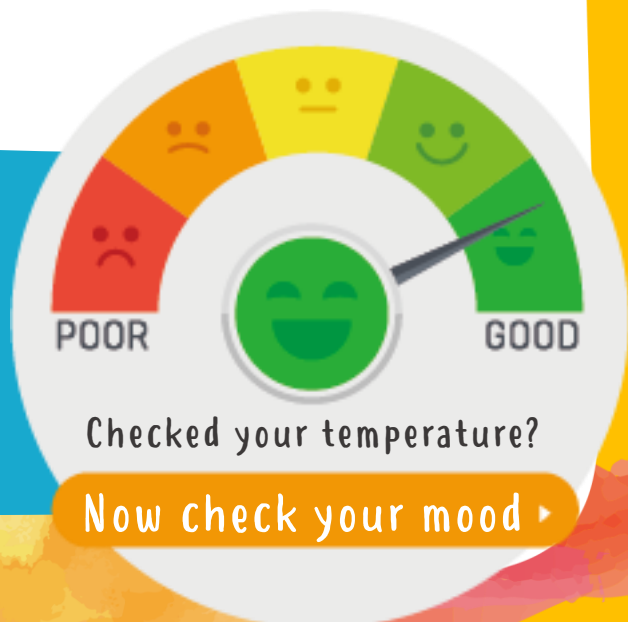
Since you are in an unusual situation where you may be spending your days a little slower. Perhaps it is also an opportunity for a slower form of communication. Why not find some note paper, envelopes (and stamps, if available) to send letters to someone you are grateful for.



It can be a nice surprise to receive a handwritten letter or postcard.

Researchers have found that writing letters of gratitude can boost happiness and life satisfaction.

You may like to write about your appreciation for them, ways that they might have touched your heart, and also use it to reflect on how the experience is of importance to you so far.



Checked your temperature?

Now check your mood ▶



Practical Tips

In short, be real, be raw,
be mindful, be grateful,
be happy and be alive.



Next day >

DAY
07

Fairness is not giving everybody the same, but giving everybody what they need.

— Rick Riordan

Fairness

“

I treat everyone equally and

fairly, and give everyone the

same chance applying

the same rules to everyone.”





Morning Story

Two children were playing chess. The boy, usually a composed and gracious player, was leaning back on his chair with a smug smirk. The girl across him donned in pigtails was hunched forward, pouting, her brow furrowed in deep concentration. She scanned all the pieces, needing to escape from her opponent's attack. Suddenly, she found it. Her eyes lit up - the perfect counterattack! Double checking that it was safe, she ignored the boy's threat on her pieces and laid down her own trap.

"Ha!" The boy cheered, capturing the pieces he had threatened. But little did he know, she was prepared - and sprung on his pieces in turn in a devastating counterplay.

"I win!"

"WHAT!" The boy slammed the table.

"Impossible! You cheated!"

The girl gasped, "No, I didn't!"

"You did! There's no way you could've won!"

"I win!"

"WHAT!" The boy slammed the table.

"Impossible! You cheated!"

The girl gasped, "No, I didn't!"

"You did! There's no way you could've won!"

Hearing the ruckus, Grandma came in from the other room. "Young boy, what makes you think she cheated?"

"She's younger than me," he spluttered, "and a girl!"

"Do you have any proof?"

"Well... no. But-!"

"Would you immediately say she cheated, had your opponent been someone older, and male?" Grandma asked gently.

"I-" He stopped and thought about it.

"You'd be impressed and shake their hand, wouldn't you?" Grandma placed her hand on the girl's head. "This young one has practised hard to be better, and win - just like you. But she has been looked down on for being young, and a girl - in a game where more boys play."

The boy was quiet, but understood.

"You're right." He turned to the girl, and hung his head, embarrassed by his outburst. "I'm sorry - I didn't treat you fairly. Congrats, that was an amazing trap!"

The young girl's eyes widened as she blushed. Then, she smiled. "Thank you! That was a good game."



Reflection questions

01

Can you think of any examples of unfairness in your workplace or community?

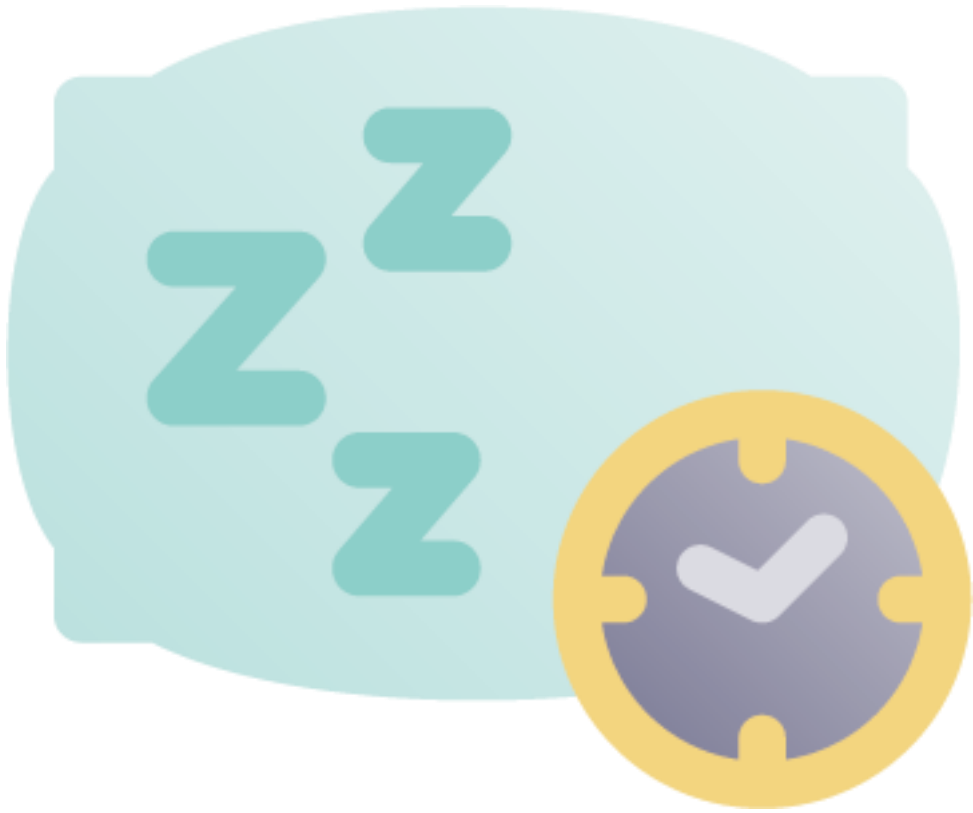
02

What might you do the next time you encounter an unfair situation?



Play Video ▶

———— Daily Practice ————
Rest day



Checked your temperature?

Now check your mood ▶



Practical Tips

Connecting with people regularly is extremely important. Some of the most heart touching conversations with close friends and family occur during the quarantine, which are the silver linings in that difficult time.



Next day >

DAY
08

The mystery of human existence lies not in just staying alive, but in finding something to live for.

— Fyodor Dostoyevsky

Spirituality

“

I feel spiritual and believe in a

sense of purpose or meaning in my life;

and I see my place in the grand

scheme of the universe and find

meaning in everyday life.”





Morning Story

Timothy is an obedient child. His parents would play a huge part in shaping who he is. Unlike other adolescents who rebel against others, Timothy always go along with what people say naturally. He is now just following the study path that his parents planned. He felt no joys, but also no sorrow at all.

One day, a close friend asked him, "Are you happy actually?". It seemed like a simple and common question, but it shook him. He thought about this question for a while and murmured to himself in front of the mirror, "I'm smiling, so why did Peter ask me this question? Did he know something? Did he find there's something behind my smile? "

He started to write his blog online and tried to be honest with himself. When he felt down, he wrote it down. When he was thrilled, he asked himself why. As the time passed, he found only music fired him up. Then one day, for the first time, he stood up for himself during a family conversation and said, "I don't want to study this subject anymore. I want to study music." His parents were shocked to hear that as Timothy had never expressed any opinion against them. He had been trying so hard to please the people around him, that they almost didn't know his real self. In fact, he also had been a stranger to himself. He had not touched what was in his soul for so long.

The burden on his shoulder was lessened straight away after he spoke to his parents. He started to walk his own path, despite the uncertainties ahead.



Reflection questions

- 01 Have you ever felt the same way as Timothy, just following a path laid out for you?
- 02 What are you thrilled by?
- 03 Are there goals you would like to pursue in the coming year?



Play Video ▶

Daily Practice Savouring



You have now passed one week, and it is time to enjoy. If you have a piece of fruit or chocolate or a teabag, you can repeat the 'savouring' exercise.

When you take the item to your 'teahouse', be creative and decorate your serene tea party for one with what you can get your hands on. Again, take a photo. And then notice the sensation, the sound of unwrapping it, the smell, the taste, and the texture. How does it feel to slowly pay attention to what you are consuming rather than doing it distractedly? Anything you noticed that you never did before?



Afterwards you may like to write a little something about it.

Read More ▶



Checked your temperature?

Now check your mood ▶



Practical Tips

If you didn't manage to book a larger room, figure out how you can gain extra space and utility. Rearrange things if necessary. Don't be shy to ask for anything you need from the hotel/ center.



Next day >

DAY
09

Laughter is the best medicine

— Old proverb

Humor

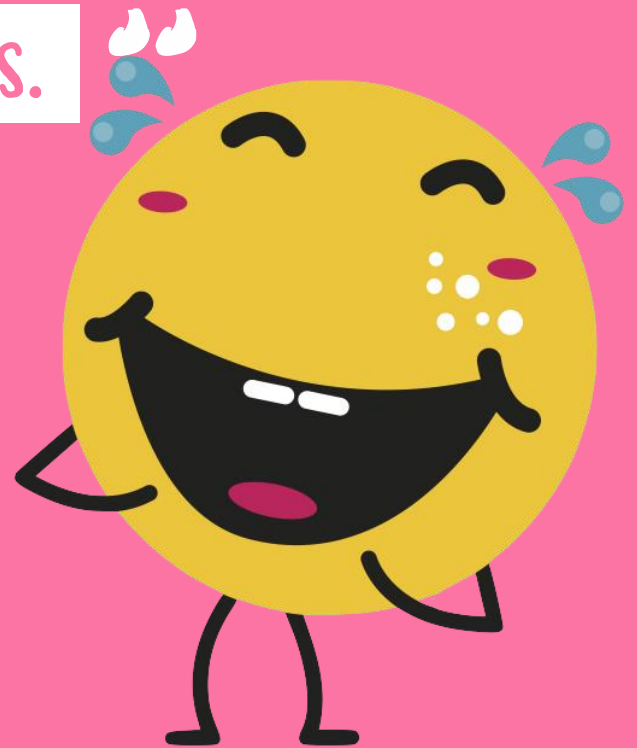
“

I approach life playfully,

making others laugh,

and finding humor in difficult

and stressful times.”





Morning Story

A politician organized a town hall meeting, the organizers had allotted time for questions from the floor. The audience would write down the question on a piece of paper and pass it to him where he would read it out loud and reply. When he opened the very last piece of paper, he found just one word written on it – 'Idiot'.

He was taken back by surprise, but with a slight smile he announced the message to the audience. The audience whispered and murmured at the rude message, but the politician was not angry. Instead, he declared, "I had just received many anonymous questions, all with just their questions and no signature,

but this one is the total opposite – just someone's signature with no question!"

When faced with this provoking piece of paper, the politician did not rage, instead using humor and a hint of sarcasm to show his quick-wit and easygoing nature in front of his supporters. Not only that, but he brought them laughter and enjoyment. Those who can bring joy to others more easily receive the admiration and acknowledgement of others. From a confident speech as a politician, to slowly being assured of his generous character, those who were present opened up to his infectious charm. This is but a small taste of humor's powerful influence.



Reflection questions

- 01 What is something that recently made you laugh?
- 02 Has there been a time when you used humor to resolve a difficulty?
- 03 Are there any current challenges that you may be facing in which you could use humor to resolve or get through it?



Play Video ▶

Daily Practice

Your future self

You may already be starting to think a little of your time once you leave. This may bring some positive feelings of the things you can do, but it may also bring some negative feelings associated with responsibilities. To help you prepare and begin to plan, we can carry out an exercise.

Researchers have found that looking at our “best possible self” can raise positive emotions and may help to boost motivation.

To do this, we may imagine our first week after we leave here. Let’s first remind ourselves of our signature strengths, and how you managed your life well in the imaginary jungle a few days ago.

Then we can think loosely about how the week may look once we are out, places we may visit, things we may like to do, any obligations and interactions we will have, how these going will make us how we feel, and how your signature strengths may support you.



Checked your temperature?

Now check your mood ▶



Practical Tips

Plan your meals ahead of schedule, so that you can make good decisions. Don't wait only until you are hungry. Food delivery services often have a scheduling feature.



Next day >

DAY
10

Many of life's failures are people who did not realize how close they were to success when they gave up.

— Thomas Edison

Perseverance

“

I persist toward my goals

despite obstacles,

discouragements, or

disappointments”

”





Morning Story



"The Winner of the Global Earphones Design Award is Lee Yin Chun!" Some of the audience clapped joyfully and yet some clapped with different questions in mind. "He is 40 years old, he hasn't even been in the industry for more than 20 years. Usually this prize goes to people who have been devoted to the industry for more than 30 years. How, despite the uncanny workmanship design of his earphones, did he get the prize?", said one member of the audience to the person who was sitting next to him.

As they were talking, an old man with a pair of golden glasses, at the age of around 70, jumped into their conversation and said, "Lee Yin Chun is currently 40 years old, you are right, he has been in the industry less than 30 years. However, he had the dream of designing a pair of perfect earphones earlier than that. Since 15, he had been reading about the physics of earphones and the structure of earphones every day. Since 18, he had been reading about the structure and biology of human ears, how different types of ear foam affect the sound quality and level of comfort of our ears and the sound effect of the combination of dynamic and balanced armature drivers.

He spent 10 years just to explore the effects of dynamic drivers. People who were close to him never stopped discouraging him, and telling him to give up."

The old man continued: "They told him that the competitiveness of the industry and the expensive cost of the job made it hard for him to succeed, but he never listened to these voices. He persevered, he kept on trying and trying. He never knew whether he would turn out as a total failure or whether he would succeed. But I can clearly remember what he said when people attempted to discourage him. He said, 'Earphones are the soul of music that heals us, it conveys the message a singer wants to express to his/her audience clearly, to each and every one of us. I must do a great job on the design. '"

The old man suddenly had tears on his face, as he proudly looked at the younger man on the stage.

"How do you know all this?" The two audience members looked at the old man and asked.

"I am one of the people who were close to him and discouraged him during those years."



Reflection questions

- 01 What reasons might Lee Yin Chun have had for keeping going despite receiving discouragement?
- 02 Can you think of an occasion you persevered despite some obstacles?
- 03 What kept you going?



Play Video ▶

Daily Practice

Letter-writing

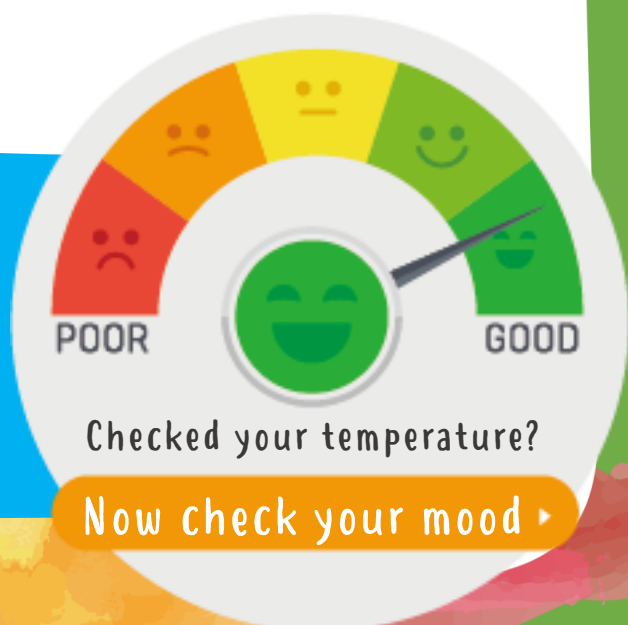


There may be some people who are important in your life and who you have been thinking of in the past 10 days. Yet there is one very important person in your life who has been accompanying you all this time since your moment of birth. It is YOU. Your very good self.

To do this, we can reflect on the images we had from yesterday or the week after we leave. We may also consider a wider time span, and reflect on any lessons we like to take from this slower period.



The 'you' today is not the same 'you' tomorrow. Next week you will know some things you do not know today, but in the future you may also have forgotten some things that are in your mind today. Why not share something with your future self, e.g. what is important to you at this moment in life, any new realisation, significant messages and also remind your future self of your strengths and sources of well-being?



Checked your temperature?

Now check your mood ▶



Practical Tips

Why not take the time to learn a new exercise regimen? There are workouts on YouTube for every level.



Next day >

DAY
11

It's one of the greatest gifts you can give yourself, to forgive.

— Maya Angelou

Forgiveness

“

I forgive others when they upset me and/or when they behave badly towards me, and I use that information in my future relations with them.”





Morning Story



On Christmas Eve, Mr. Hung popped into a cake shop to get his children Christmas pudding. They had been looking forward to eating the pudding so much that they nagged about it for quite a few days. Due to overtime, when he reached the cake shop, there was only one left.

Mr. Hung was relieved after he bought the pudding as he didn't want to disappoint his children. However, while he was walking his way home, a young man of around 20 years old bumped into him and the Christmas pudding fell on the floor. Mr. Hung was furious! The young man was sweating and looked like he was rushing somewhere anxiously. He immediately apologized repetitively which helped calm down Mr. Hung.

"Be aware of the people and things in front of you while you are rushing. Now head home and have a great Christmas Eve with your family." Mr. Hung finally said.

After a few months, Mr. Hung went to a restaurant near the cake shop where he bought the Christmas pudding. When he was about to pay the bill, the owner of the restaurant, who was around the age of 20 years old and looked familiar to Mr. Hung, said. "You don't have to pay for this bill, sir." Mr. Hung looked at him and asked, "Do I know you? Have we met somewhere before?"

The young man chuckled and said, "A few months ago, on Christmas Eve, I was the boy who bumped into you and your Christmas pudding. I was rushing to the hospital to visit my grandpa who was about to pass away at the time. Luckily, you forgave me and didn't keep me for too long. I was able to see my Grandpa before he passed away. Please accept my best regards and apology for destroying your Christmas pudding on Christmas Eve."



Reflection questions

- 01 Can you think of a time you forgave someone for something, or were forgiven?
- 02 What reasons do you think it may be good to forgive?
- 03 Are there any circumstances in which you find it difficult to forgive?



Play Video ▶

Daily Practice

Review your enjoyment

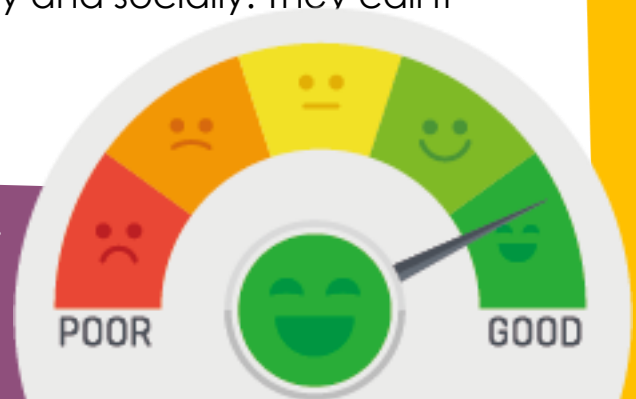


Often, we find ourselves having to read something because we have to, or because we feel pushed to do so.

Maybe we read papers for study or work, or we read news or social media because we want to stay informed or because someone sends it to us. This can cause us to forget the pleasure of reading.

Psychologists suggest that reading literature for its own sake can help us to feel good and to develop emotionally and socially. They call it bibliotherapy.

Today, try to find something to read for half an hour or more that you can enjoy without any particular goal in mind. If you don't have anything on hand, you could ask a friend for a favourite short story or poem.



Checked your temperature?

Now check your mood ▶



Practical Tips

How's the view out of the window? When we are outside, we often don't pay much attention to the details of the environment, and notice things. If you have much of a view, why not really try to pay attention to it. Draw it, or search for something interesting. Take to memory your view



Next day >

DAY
12

Everything that is done in this world is done by hope.

— Martin Luther

Hope

“

I am realistic and also full of optimism about the future, believing in my actions and feeling confident things will turn out well.

”





Morning Story



Brown is an artist with a passion for drawing. He would observe different events that occur in the city, draw it out and place them at the exit of the MTR station with the hope that these artworks would heal and mend the knackered hearts of the office workers. Yet, living in a fast-paced city, most of the office workers would prefer rushing home directly after work rather than slowing down their footsteps to appreciate Brown's work.

Occasionally, Brown would feel frustrated and discouraged, he would question himself: is he wasting his time? Is it true that he was wasting his effort? However, even with these in mind, he also had hope in him, he believed that what he did was meaningful and did not give up his work.

In a normal working day, a lady with red high heels ran towards Brown, her age was around 20 years old, and she was sweating quite a lot at the same time. In one hand, she was holding a black coat, and in the other hand, she held a letter in her palm and handed it to Brown. She smiled and said, "This is for you." She then ran off at a relatively fast pace, as if she were hurrying to another place.

Brown chuckled and opened the letter, took the crumbled pieces of paper from out of the envelop and started reading them:

"Hi, I hope you won't mind my sudden approach. I am just an ordinary office worker. My role is to take the MTR and travel to different places everyday to have meetings with my clients. Oh and of course, the tedious paperwork that we all do not like. But anyway, what I am trying to convey is that, at times, when life becomes exhausted, when I get frustrated with my job, when I attempt to give up, your drawings 'saved' me at those moments. I noticed that in each piece of artwork, you would put a smiley face with the words 'Hang in there!' at the bottom right corner of each piece of art work. I couldn't express how important these words and your artwork have been in helping me. They say that when people are in a state of despair, what they need is not a miracle to save them, but a lot of little things that lighten up their life. Thank you for the drawings, they saved me again and again!"

At this moment, Brown felt like this was the most precious letter that he has ever received.



Reflection questions

- 01 What does the story of Brown say about the importance of hope?
- 02 Can you think of a time recently when you felt like giving up on something, and then you found hope?
- 03 What was said to you (or what occurred) to give you that encouragement?



Play Video ▶

Daily Practice

Review your gallery

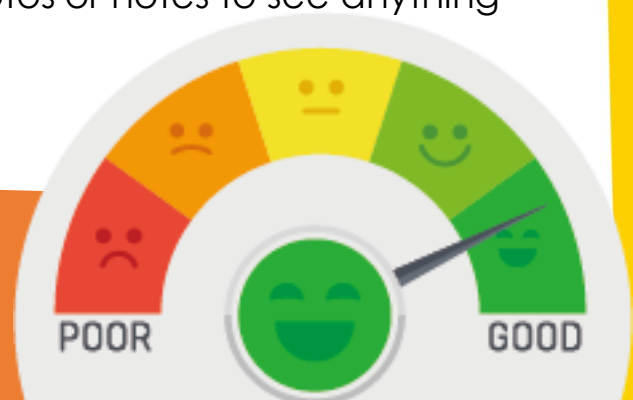


Not long to go! If you have been writing things down during the past 11 days, or taking photos, you may have lots of memories stored. Research shows that reminiscing about pleasant memories boosts feelings of savouring and happiness.

To do this, first try to list positive experiences you have had during your days in here from memory alone.

Next you can flick back through your photos or notes to see anything you have missed.

Are there any positive experiences or sights you want to capture now, 'favorite' in your phone -- or share?



Checked your temperature?

Now check your mood ▶



Practical Tips

Just because you are not going outside, it doesn't mean you can't wear nice clothes, and smarten your hair or make-up. It can be nice to take at least one day to dress up properly and remind yourself of how it feels to go out for an evening. Soon you'll be doing that again, let's be prepared.

*It's time to take the free COVID-19 test today!
Don't worry, it's quick and easy.
Just be sure to open the door for the staff and follow their instructions.*



Next day >

DAY
13

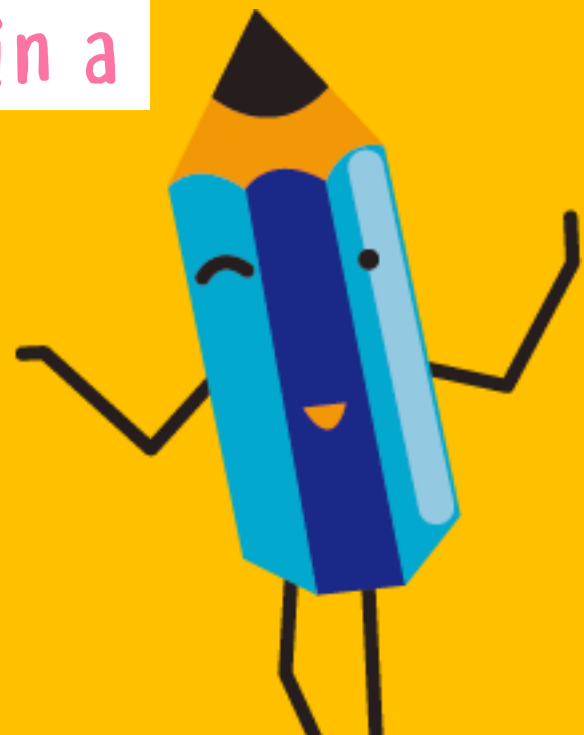
Develop a passion for learning.
If you do, you will never cease
to grow

— Bertrand Russell

Love of Learning

“

I am motivated to acquire
new levels of knowledge, or
deepen my existing
knowledge or skills in a
significant way.”





Morning Story

Hilary was a year 10 student who literally had a mathematics phobia. Before every math test or exams, it seemed like there was a bug in her stomach and she had to run to the washroom for half an hour. Undoubtedly, she failed the test every time. Even when she worked hard, she was still a few marks behind the pass grade.

It was quite frustrating and discouraging. No one believed she could make it, not even herself.

This year, she had a new math teacher, Mr. Kwok. He was young, energetic and caring to his students. After another fail, Mr. Kwok phoned Hilary and explained all the questions to her patiently. She had never been treated so kindly by any Maths teacher. "Practice makes perfect. Don't you believe this, Hilary? I do believe you can make it!" Mr. Kwok spoke to her gently.

She said nothing, but started sobbing. Over the past years, she did not hear any encouraging words. "I'm such an idiot! I can't do anything. I can't get a pass in Maths exam. If I failed in math, my future is hopeless! I won't be able to get a place at university!" The self-blame messages filled her mind. She could never find a way out of it.

"Do you know what 'impossible' means, Hilary?" Mr. Kwok said again softly, "Impossible means 'I'm possible'! If you don't believe you can make it, no one will! Trust yourself and love yourself!"

She did not know why but, hearing this, she felt there was a strength overflowing from within... "I could be different!" she whispered to herself. As she practiced math at home, she soon realised she actually enjoyed solving the problems.



Reflection questions

- 01 What blocked you to learn?
- 02 Learning is something we can do all our life. What are you learning now?
- 03 What's inside you, growth mindset or fixed mindset?



Play Video ▶

Daily Practice

Savouring



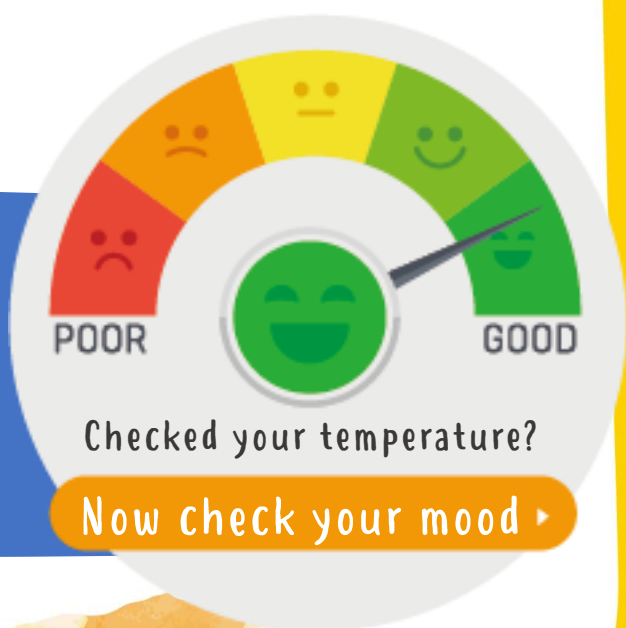
Today we can take another moment of savouring, using tea, a piece of chocolate, or a piece of fruit.

Commonly, this may be done as a mindfulness exercise, using a satsuma (or other small peelable orange!).

We take the satsuma, and roll it around our hands, noticing the bright colour, the weight, and slightly rough texture.

Then as we slowly unpeel the satsuma, we can notice the sensation on our skin, the smell. We may notice that we start to crave the fruit and that our mouth starts to produce saliva. It is amazing that this is something made entirely independently from nature!

Taking a segment, one at a time, noticing how delicately put together it is, we can slowly consume it and observe the sensations; enjoying the contrasting flavours and gradual sense of fulfillment.



Checked your temperature?

Now check your mood ▶



Practical Tips

“Keep moving, have fun, stay connected and be healthy!”



Next day >

DAY
14

Creativity comes from looking for the unexpected and stepping outside your own experience.”

— Masaru Ibuka

Creativity

“

I am creative, conceptualizing something useful, coming up with ideas that result in something worthwhile.

”





Morning Story

There was a little cat who loved sitting in the sun. She lived next to a neighbour bunny who was growing a tree in the garden. The tree had grown so big that it was covering the cat's garden and blocking the sunshine. The cat grew annoyed and bitter over time, being angry at the bunny and hating the tree that stood in her way.

One day she knocked loudly on the bunny's door, and yelled at him to chop down the overgrown part of the tree.

"I'm so sorry, cat, I didn't realize it was blocking your sun. But the truth is, this tree is very dear to me. My partner and I planted it together before he died."

The cat suddenly felt terrible for yelling. "I'm sorry, I didn't know."

"Actually, the tree has been blocking my sunshine too. But there's no way I would chop it down." the bunny acknowledged.

"What if we don't have to but find a new way to enjoy the sun together?" thought the cat.

Together, they climbed to the top of the tree and built a treehouse, where they could sit in the sun and share happy memories all day long. Soon, other animals were impressed and wanted to join, and they would eat and have fun together. They lived happily ever after, with the cat, the bunny and their new friends enjoying the sun while the tree continuing to bloom.

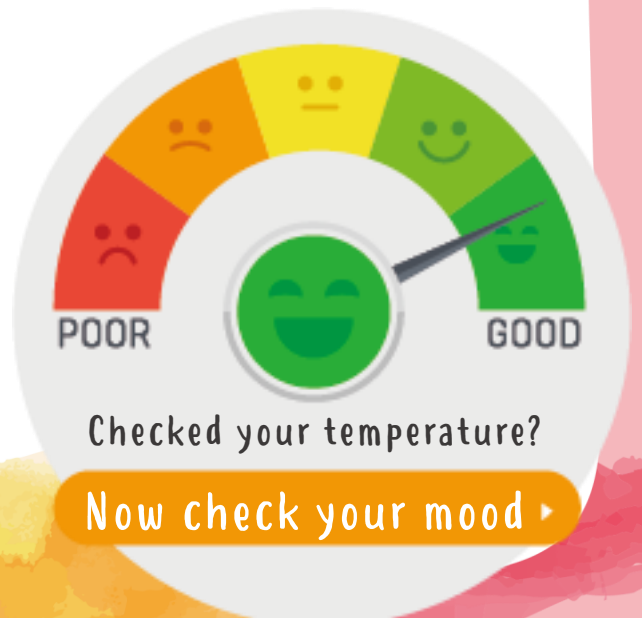
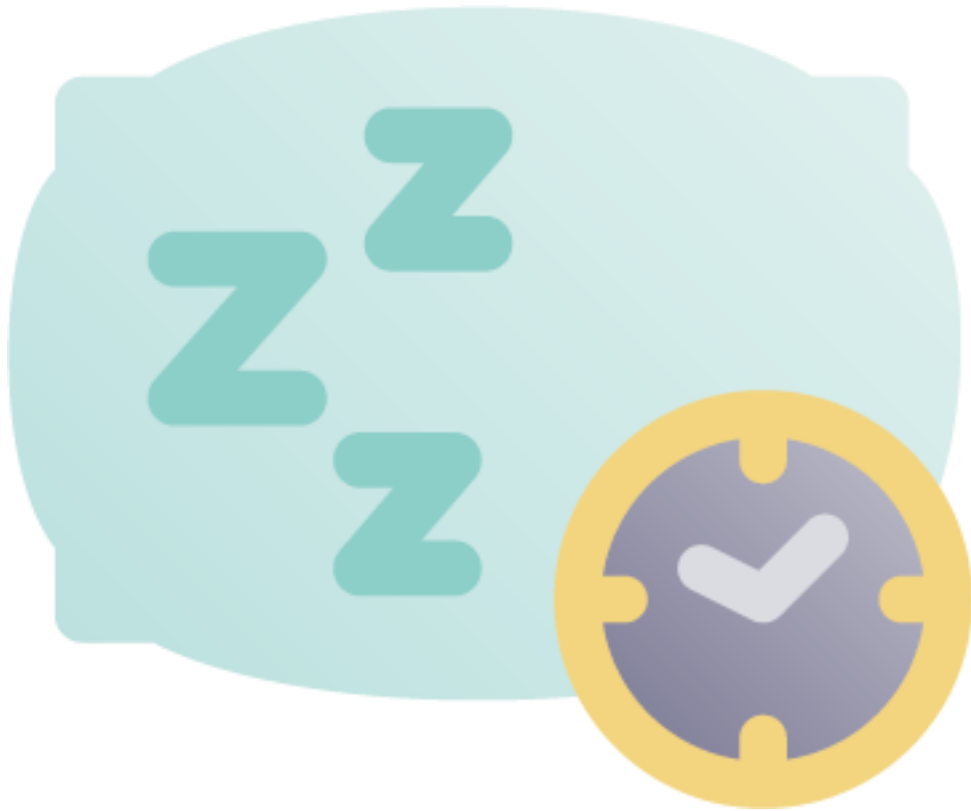


Reflection questions

- 01 Think about something in your life that may have bothered you. Is there a new and creative way you could approach it?
- 02 Is there an aspect of your life where you want to try using more creativity? (e.g. a hobby, in your work, leisure etc.)



———— Daily Practice ————
Rest day



Checked your temperature?

Now check your mood ▶



Practical Tips

During a rest day, try a social media break, take a 30-min spa, or enjoy a 10-min meditation. Experience the social media free and write down all your insight.



Next day >

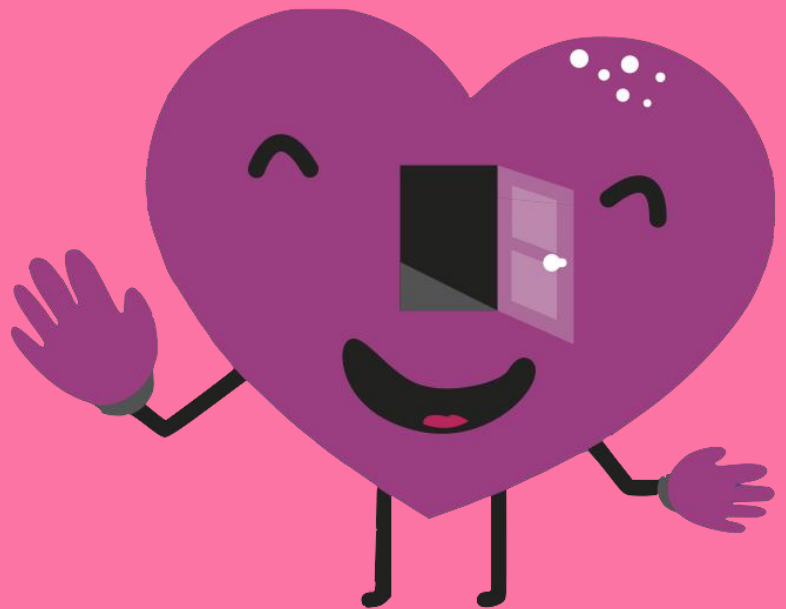
DAY
15

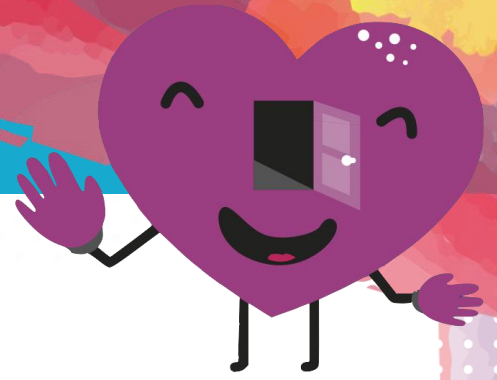
Being honest may not get you a lot of friends but it'll always get you the right ones.

— John Lennon

Honesty

“ I am honest to myself and to others, I try to present myself and my reactions accurately to each person, and I take responsibility for my actions. ”





Morning Story

On a boisterous Sunday afternoon, Charlie went to a busy local restaurant with a few of his best friends after winning a friendly football match. Being the extrovert in the group, Charlie had always been the life and soul of the party. The crowded restaurant spiced up the atmosphere even better, spaces between tables were tight and Charlie was enjoying everyone's company.

As they were leaving the restaurant, Charlie mindlessly grabbed everything within his reach while focusing on their intense conversation about the Premier League. When they arrived at the bus stop, one of his friends paused and stared at the tote bag Charlie was holding. He knitted his brows in confusion and asked, "I am 100% sure you did not have this tote bag with you earlier today. Where did you get it from?" Charlie was also surprised that he was holding a bag that was not his own. He peeked inside and found a small laptop and a memory stick.

Without any hesitation, Charlie rushed back to the restaurant and saw a young lady looking anxious and worried among the crowd. He asked the lady if the bag was hers. She burst into tears and cried, "Yes, it's mine, thank you! Tomorrow is the deadline for my master's thesis and for half an hour I thought I wasn't going to graduate. I'm eternally grateful for your help and I owe you everything."

Charlie scratched his head and smiled awkwardly, as he knew it was his fault for taking her on this unnecessary emotional rollercoaster ride, yet she seemed to be over the moon with his 'assistance'.

After she had calmed down, she asked out of curiosity, "So, where did you find it?" Charlie knew that telling her the truth would burst her bubble, but he felt guilty and decided to explain everything in details. He apologized sincerely for the accident and offered to treat her a cup of coffee.

Charlie's response took her by surprise because she knew he had no obligations to tell the truth. Having been betrayed multiple times by friends and ex-partners, she felt she could not trust anyone and over the years she had learnt to enjoy her own company. However, Charlie's honesty and sincerity had left her astonished, and she wondered why a stranger could be so honest and genuine with her.

After a moment of deep thoughts, she smiled and asked, "Since my masters will be over soon, would you like to hang out sometime next week?"



Reflection questions

- 01 Some people say "honesty is the foundation of trust". How important do you think honesty is in relationships or friendships?
- 02 Can you think of a time that when someone else had the chance to be dishonest, but they chose honesty? Can you think of a time you did the same?
- 03 Can you think of some circumstances when it's very difficult to be honest?



Play Video ▶

Daily Practice

Self-care activities



When we have more time, without a daily work commute or social engagements, it can be an opportunity to do things we often feel we do not have time to do. Psychologists believe that to be there for others, we must practice self-awareness and self-care. Often we do not give priority to these.

Self-care involves any activity that helps to protect and nurture our health and well-being, and can be particularly important for when we are encountering periods of stress. If we practice good self-care, it becomes easier to extend that to caring for those that we love.

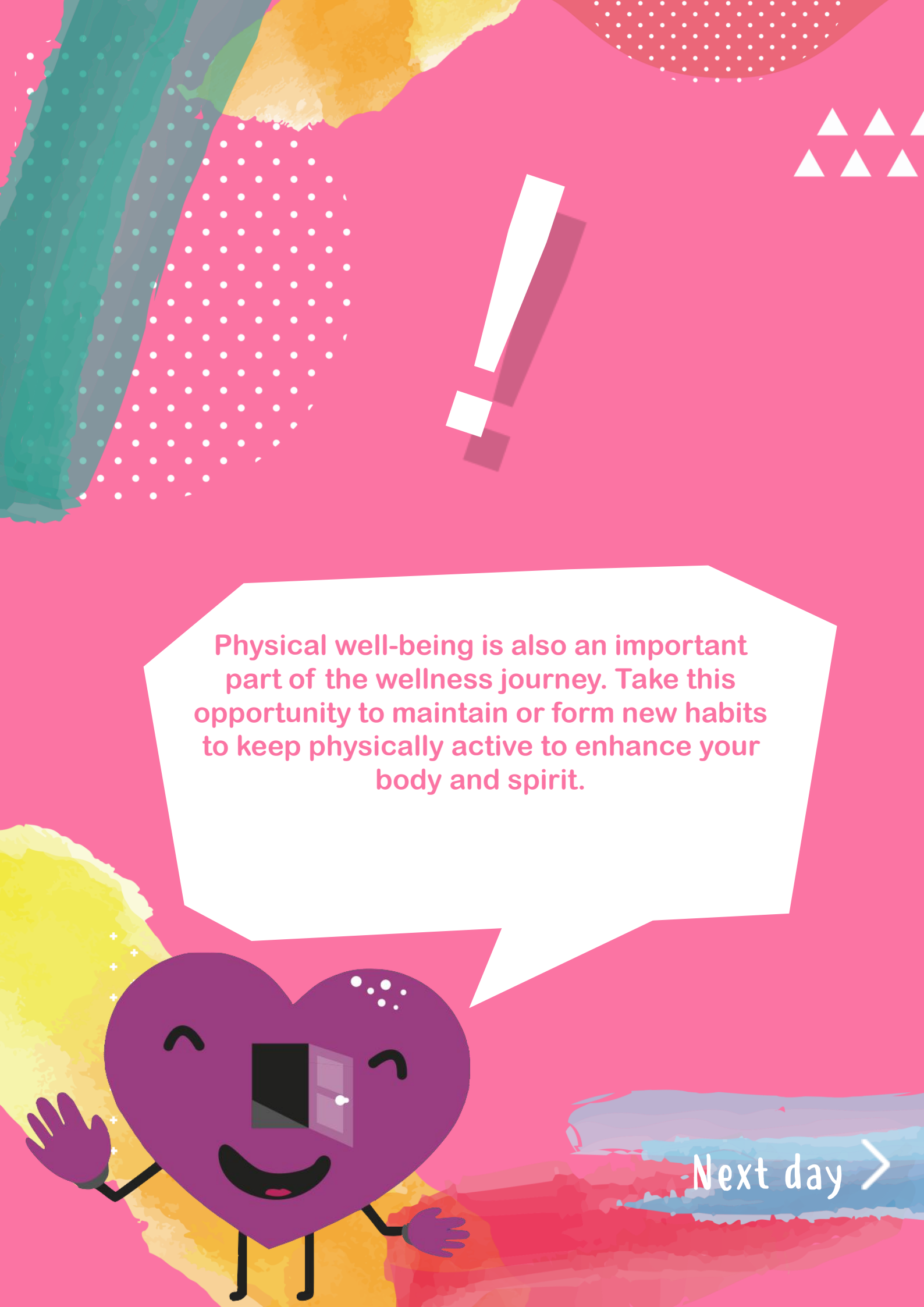
For this exercise, take a piece of paper and make a list of things you could do to care for yourself during these days, however small. This might include things for the body – such as exercise, dietary considerations, or grooming -- or other kinds of self-kindness.

Consider any simple rituals or routines you might follow that you often don't have time to.



Checked your temperature?

Now check your mood ▶



Physical well-being is also an important part of the wellness journey. Take this opportunity to maintain or form new habits to keep physically active to enhance your body and spirit.

Next day >

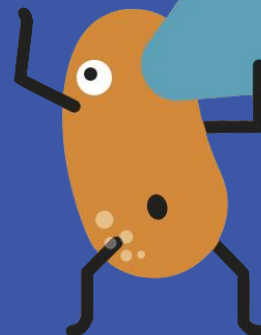
DAY
16

Sometimes a change of perspective is all it takes to see the light.

— Dan Brown

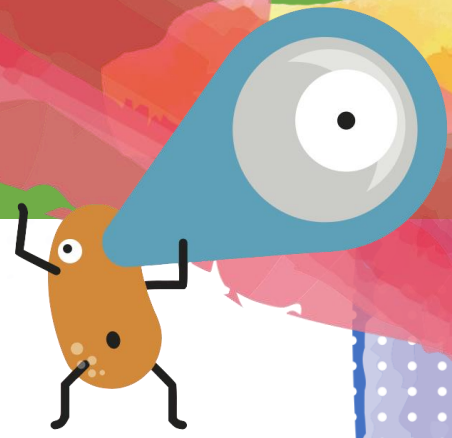
Perspective

“ I give advice to others by considering different (and relevant) perspectives and using my own experiences and knowledge to clarify the big picture.





Morning Story



On a cold January morning in 2007, in a metro station in Washington, DC, a man with a violin had been performing Bach's 'Chaconne' for 45 minutes. During that time, 2,000 passersby had walked through that station, many of whom were headed to work.

3 minutes into the performance, one middle-aged person had noticed the musician. He slowed his steps, listening for a moment, and soon scurried away. 4 minutes later, the violinist received his first dollar coins. The woman had not stopped, walking continuously as she dropped the coins into his hat.

On the 6th minute, a youth leaned against the wall to listen to the violin. He later checked his watch and left.

After 10 minutes, a three-year-old stopped, but his mother soon pulled him away as they rushed off. The child kept turning his head to look back. Other children had done the same, but without exception, their mothers and fathers would once again pull them away.

After 45 minutes, the violinist kept playing. Only 6 people had stopped to listen for a while. Roughly 20 had handed him money, but continued walking at their pace. The man had received a total of US\$32.

After an hour, he stopped. Nobody noticed, nobody gave applause. And nobody recognized him.

That violinist was Joshua Bell, a world-class musician, and nobody had known it was him. He had played one of the most complex pieces ever composed, on a violin worth over US\$3 million. Just two days prior, he had played this exact piece at the Boston Theatre to a sold-out concert hall, each ticket costing over US\$100 just to listen to him perform.

This is a true story - a social experiment conducted by the Washington Post, looking at perspective, the change in people's tastes and their priorities. It raised the following questions: In our day-to-day life, if we are not expecting it, can we notice beauty when it arises? If so, will we stop to admire it? In an unexpected environment, will we be able to recognize talent?

From this study, what we see is this: If we do not take a moment to stop and listen to the world's top violinists play one of the most beautiful pieces of music, on one of the most exquisite instruments ever produced...

Then in our hurried lives, just how many things might we have missed?

Life has a beginning and an end. Is it not imperative that we slow down, or even stop for a moment and admire the view?



Reflection questions

01

Is it important to look at things from different perspectives?

02

Was there a time when you had looked at something from a different perspective, and it helped you?

03

What are some ways you can use to consider something from different perspectives? What perspectives would be helpful to consider?



Daily Practice

Strengths-based life story



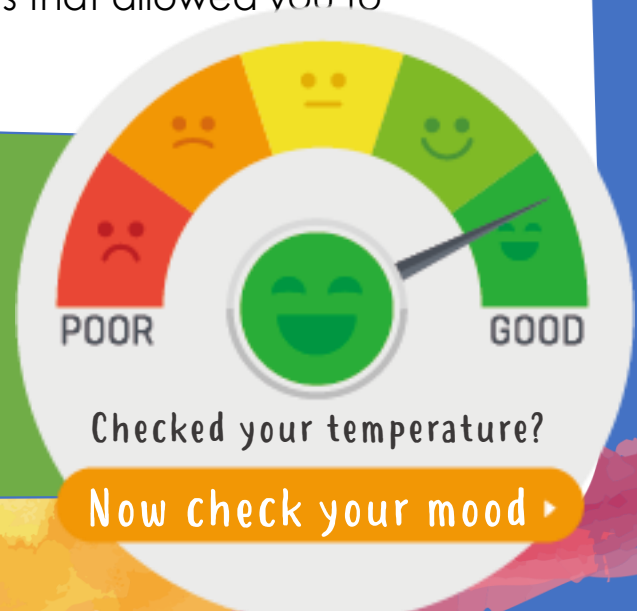
Think back to the strengths you've been reading about. You may refer back to the list earlier in the booklet. How have these helped you to overcome challenges in your life?

Everyone has faced challenges and overcome them. From learning to walk, talk, discover new skills and make new friends as a child, to tackling problems that come up in everyday life.

Stories from ancient times often speak of bravery, leadership and kindness. Take a pen and paper, or use your phone if you prefer, and think of a story from your past.

Taking the spirit of historical adventure, describe the challenges or obstacle that you faced, and the strengths that allowed you to overcome them.

If you prefer, you may also do this about the story of someone close to you, and think of the strengths they showed. Share it with them!





Practical Tips

“Use the quarantine period to spend some quality time with thyself. Eat well and sleep well.”

— Professor Terry Lum



Next day >

DAY
17

Everything has beauty, but not everyone sees it.

— Confucius

Appreciation of Beauty and Excellence

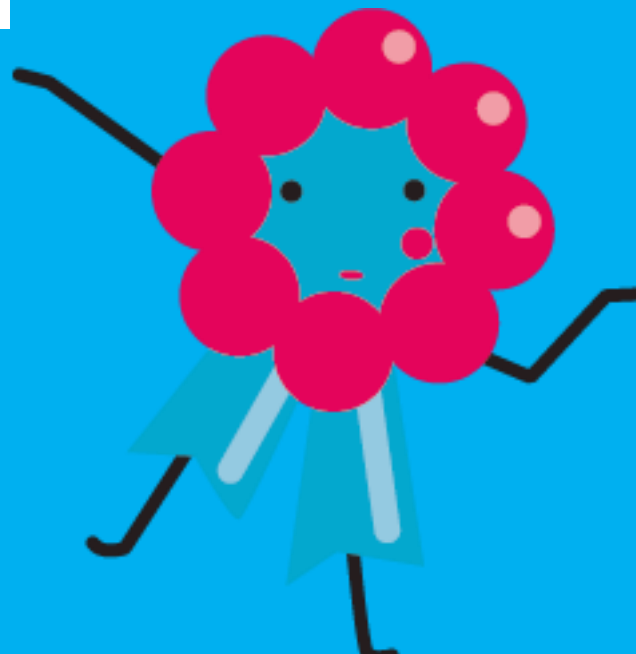
“

I recognize, emotionally

experience, and appreciate

the beauty around me and

the skill of others.”





Morning Story



It was Saturday night and Ellie had been working hard for her upcoming exams. Grandpa was worried because Ellie had not taken any breaks since lunch.

"Come over, Ellie. I have something to show you." Captivated by the design of the Chinese porcelain vase, Grandpa wished to share his joy from appreciating a work of art he recently got from an antique store.

Grandpa gazed at the globular body and the cylindrical neck of the vase, admiring how the contemporary art from the Ming Dynasty could be exquisitely presented by its curves. The ceramic was so white and shiny as if it was almost translucent, and the detailed patterns traced by the different shades of blue showcased the fanatical adherence to quality and excellence.

Although interested, Ellie wanted to focus on memorizing her physics formulae, and as she waved no, her arm accidentally pushed over the vase and broke it into pieces.

"I... I am incredibly sorry. I know this is probably impossible, but I will try my best to find you a new one." Ellie stuttered with a sense of guilt.

"Hey, don't worry about it honey. Just because it is broken, does not mean it is worthless." Grandpa reassured Ellie as he picked it up piece by piece. "Yes, it may be broken, but it still holds a lot of meaning and history."

You see, it takes years of training, skills and heritage of craftsmanship for this vase to be created." Grandpa pointed at the details of the patterns. "Moreover, it does not have to be perfect to be beautiful," Grandpa went on as he gently glued the pieces back together. "All these delicate parts are worthy of our love and care."

"See, it is becoming a brand-new piece of art, like Kintsugi!" Grandpa said proudly of his glueing techniques.

"Kintsugi" Ellie looked perplexed.

"Yes, Kintsugi is a Japanese art of repairing broken pottery by mending the breakage with gold. It builds on the idea of embracing flaws and imperfections." Grandpa explained. He turned towards Ellie and continued, "You know, Ellie, sometimes we encounter people or incidents that may break us. And you may lose a little faith and hope for a while, but as you realize that none of these things will hinder your capacity for meaningful growth, you will start to recognize the true beauty within you; and people will also notice and appreciate your strength and resilience, that you are in fact a living work of art, unique and irreplaceable."

"You don't have to live a perfect life to be beautiful, Ellie. I hope you can take a moment and appreciate your beauty the way I appreciate yours."



Reflection questions

- 01 What are some admirable qualities in a person?
- 02 Describe a piece of art, painting, film, music that captures beauty and excellence.
- 03 Is there anything you appreciate that doesn't get enough recognition? (e.g. scenery, nature, art, qualities etc)



Play Video ▶

———— Daily Practice ————
Acts of kindness



Since we're here, we may have a little more time on our hands. Some of this may be spent thinking of ourselves, but it's also a chance to think of others.

Research has found that carrying out acts of kindness can boost happiness and social engagement. Why not take the chance to brighten someone else's day?

Think of those around you, your friends and family, and anything they might be dealing with at the moment. Is there anything practical you can do to assist or a gesture that might give them a lift – how about a small gift, a piece of handicraft, or a voice or video call to see how they are?



Alternatively, you can make it a 'random act of kindness' and make a small charitable donation to a good cause. Goodness goes around and comes around. Let's kick start the positive cycle!



Checked your temperature?

Now check your mood ▶



Practical Tips

Try to get some sunlight each morning, and to turn down bright lights in the evening. An active morning with sunlight, and a calmer evening after sunset without too much exposure to artificial light can aid sleep quality and help ensure regular sleeping patterns.



Next day >

DAY
18

One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life.”

— Chinese Proverb

Prudence

“ I act carefully and cautiously, looking to avoid unnecessary risks and planning with the future in mind. ”





Morning Story

A young squirrel and her family lived in a garden. During a warm day, she was outside playing on the grass, when she noticed her parents collecting nuts from the tree. They did this every single day, hauling a big bag back into their home. Suddenly she became hungry, and wanted to eat the entire bag of food that Squirrel Mum was carrying. But Squirrel Mum gently explained that this bag was not for eating now, but to be saved for winter.

“Why? There are plenty of nuts on the tree now, and winter is so far away.”

“Winter may be far, but it will come.”

The young squirrel was disappointed, but she nodded and agreed to eat something else for now.

The leaves fell and it was getting cold. The garden and all the nuts that were on the tree had been buried under the thick snow.

Even though the young squirrel could not play outside, she and her family sat by the fire and ate the nuts they had prepared in the summer, and were happy and full throughout the winter until spring came again.



Reflection questions

01

What are some things that you want to plan for your future? (e.g. personal goals, health, finance, time, hobbies, family and friends)

02

Is there any future planning that you may have put off or missed, but is important? How might you start planning it?



Play Video ▶

Daily Practice

Mental subtraction



Sometimes we are told to focus on the good things that have happened. However, psychologists have discovered that imagining something good which did not occur can also boost our emotions.

Firstly, try to think of a positive life event, and write it down. What were the feelings and outcomes?

Next, try to think of a scenario in which that event might not have happened. What good fortune led to that positive event? How might things be different if it did not happen.

Finally, remind yourself of where you are now, and consider how your feelings about that event have been affected.



Checked your temperature?

Now check your mood ▶



Practical Tips

There are several online support groups and chats for those undergoing hotel quarantine. See how others are coping and share your experiences. And if you can't find one, turn to your phone address book and social media friends for mutual support!



Next day >

DAY
19

The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things.

— Ronald Reagan

Leadership

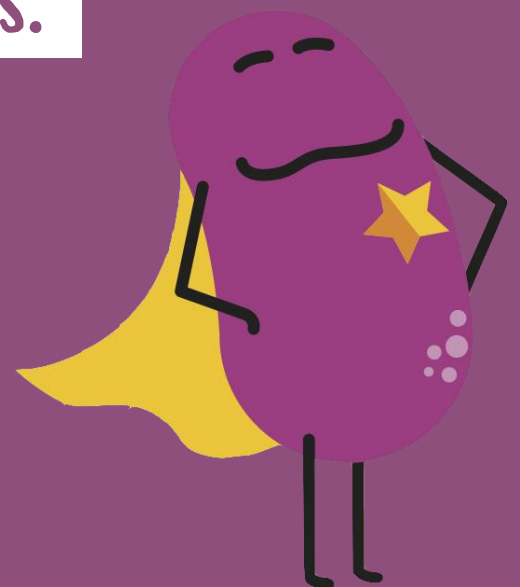
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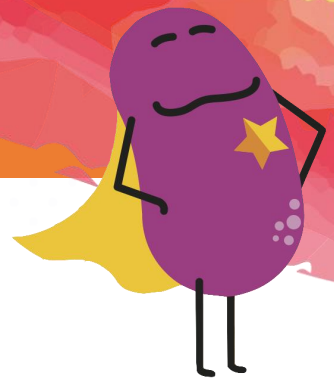
I take charge and guide

groups to meaningful goals,

and ensure good relations

among group members.”





Morning Story

Joshy is the salesperson of a team and he was assigned to pick up a client from the airport. He took the company car, driven by another staff member.

Unfortunately, the car broke down halfway down the road, meaning that it would not be possible for him to meet the client on time. He was very anxious that he may lose the client and ruin the reputation of the company.

He started to think on his feet and calmly called a team member for help. "Shelby, I am on my way to the airport to pick up Mr. Wong for a local tour before proposing a deal to him, but the car broke down.

Can you pick him up from the airport and I will join you halfway?" Shelby agreed and she went straight away to the airport.

Joshy then arranged for an Uber to take Shelby and Mr. Wong directly from the airport to several spots to show him around. He also provided direction and suggestions for Shelby where and what are the interesting things about the city.

Joshy then took a cab to the outlet where he met Mr. Wong there and chatted for some time. Eventually, Joshy was able to reach the sales target and the client was satisfied.



Reflection questions

- 01 When something is going wrong, have you ever found yourself freezing up or wanting to shift responsibility to others?
- 02 The next time something happens, what might you do to help stay calm and to manage the situation effectively?



Play Video ▶

Daily Practice

Acts of kindness



The ancient philosopher Plato is often quoted as saying, “Be kind, for everyone you meet is fighting a hard battle”.

Many people are good at concealing a struggle they may be going through. Try to think of someone you know who may have been having a challenging time recently.

Imagine for a moment being in their shoes, the details of their situation, the thoughts and difficulties they may be encountering. What support might they need from someone who cares for them, and what might they wish to talk about? Can you think of an idea to help them?

If you are able to, why not give them a call to let them know that you care and empathise with their situation, and to be a listening ear.



Checked your temperature?

Now check your mood ▶



Practical Tips

Many items can be delivered to your room, perhaps more than you think. Don't be shy about asking the staff for tips about delivery services or for help.

*"It's time to take the free COVID-19 test today!
Don't worry, it's quick and easy.
Just be sure to open the door for the staff
and follow their instructions."*



Next day >

DAY
20

Be thankful for what you have;
you'll end up having more. If you
concentrate on what you don't have,
you will never, ever have enough."

— Oprah Winfrey

Gratitude

“

I am grateful for many

things and I express that

thankfulness to others”





Morning Story

It was a rainy morning when two students, Tiffany and Jessica, arrived at school and made their way to the classroom. Tiffany greeted Jessica cheerfully, but the latter scowled and asked, "How can you still be in such a good mood? The weather is bad, the traffic is worse, and we have a full day of classes ahead. I get tired just from thinking about it. Not to mention all the assignment deadlines that are piling up. I can't stand it."

Tiffany simply smiled and replied, "Yes, indeed. You're right about all these things. But why should I allow them to put me in a bad mood?"

"What are you talking about?" Jessica questioned with a frown on her face. "I don't get it. How else am I supposed to feel about it?"

"It's pouring outside, but I'm grateful to have had an umbrella in my bag when I needed it most desperately. The traffic is awful, but I'm grateful to have been able to catch the bus. It might be exhausting to have to sit through lecture after lecture, but I'm grateful for all these learning opportunities," Tiffany explained patiently.

"As for all the homework that's due soon, well, I'm grateful for those, too."

"What?! Are you serious?!"

"Of course, I am," Tiffany answered. "My assignments give me the chance to consolidate my learning and share my own ideas. Isn't that something to be grateful for?"

"Wow," said Jessica, taking a moment to think about these insights. "All along I've been dreading these things. I never thought they could also be something I can appreciate. No wonder you're always of good cheer."

"That's right. And you can do it too."

"Really? How?"

"Start a diary. Every day, write down something you're grateful for. Then, whenever you feel down, reread what you've written down. See if that gives you a much-needed boost of positive energy."

Soon enough, the rain stopped, and the sun was shining once again.



Reflection questions

01

In face of adversity, do you think you are more similar to Tiffany or to Jessica?

02

Think about your own experience of a negative event. Are there other ways to interpret the situation so that you can find something about it to be grateful for?



Play Video ▶

Daily Practice

Thank you note



It's the last night! As we've explored, expressing feelings of gratitude and sharing with others can do good for the well-being of ourselves, include those we express to.

Working in a hotel / center can often be a tough job. If there's anyone that you would like to thank for looking after you, why not use what's left of the note paper and envelopes to send them a thank you note and hand to reception when you leave.

Alternatively, if anyone else helped you while you were in there, you can write a note to them, and then deliver it tomorrow once you're out.

We're assuming your COVID-19 test was all cleared. Please take well care of your well-being even if you aren't in quarantine.



Checked your temperature?

Now check your mood ▶



Practical Tips

The first day back out may feel a little overwhelming or unsettling. If your schedule looks busy after you leave, why not schedule in a little bit of 'me time', so you don't lose the chance to appreciate the moment. If your plans aren't too sociable yet, now may be a good time to arrange to meet a friend.



Next day >

DAY
21

Nothing in life is to be feared; it is only to be understood. Now is the time to understand more, so that we may fear less.

— Marie Curie

Bravery

“

I act on my convictions,

and I face threats,

challenges, difficulties,

and pains, despite my

doubts and fears.”





Morning Story



Lexie received two university offers - one was from a university at home in the USA, and one was in Hong Kong. There were a lot of discussions between Lexie and her family and friends about the decision. Her family and friends thought it was better to stay at home, given that it's more familiar geographically and less demanding financially. Despite all the advice, Lexie thought it was more important to step outside of her comfort zone. To explore something new, she chose Hong Kong.

There was a great culture shock after landing in the city, but Lexie was determined. She occasionally cried due to homesickness, but she thought that time is the antidote for discomfort. Lexie was brave and tried to immerse herself into the local culture. She was constantly adjusting and made friends with both the locals and international students. She participated in family host programmes to understand more about HK and its culture. She believed that only by navigating and adapting herself to the culture and community could she feel the sense of belonging and understanding. Not only that, but Lexie also tried hard to learn Cantonese by attending classes and watching local TV programmes. After some time, Lexie spoke a little Cantonese though not quite fluent. She knew

it's important to speak the local language to understand the culture and community.

One fine day after being in the city for a few months, Lexie entered a local coffee shop (char chan teng). At the same instance, there was a tall western man trying to order a meals for himself. He was trying hard to let the waitress understand his orders. Just after one or two attempts, he became short tempered, stood up, and started pointing and scolding her with vulgar words. "Why does no one speak English, what country is this? You should speak English!" The waitress obviously did not understand a single word, but she kept apologizing in Cantonese, and looked close to tears.

Lexie thought that this wasn't the appropriate attitude for the westerner. She took the courage to speak up for what she thought was right in defence of the waitress. She calmly said, "If someone is in another's homeland, he or she should show some courtesy, and not blame them for only speaking their local language". The man looked surprised to find someone speaking back to him, sat back down, and apologized. Lexie translated the apology to the waitress and helped ordered his food in Cantonese. She realized she had already changed a lot since leaving her hometown and could not help feeling somewhat proud of herself.



Reflection questions

- 01 Can you think of a time when you put yourself in a new and challenging environment?
- 02 How did you feel before you took on the challenge?
- 03 Do you remember the feeling of satisfaction after you had overcome the challenge?




Congratulations!

Well done on completing the 21 days Wellcation!

We hope you feel more refreshed and empowered after the activities and are now ready to get back into the city to see your loved ones.

Best wishes to you and enjoy Hong Kong :)

Please fill in the post survey▶



We hope you continue to practice your strengths. If you need other boosts, please read on or you may start again for a double dose of well-being.

Further reading

Day 1

More guidance on the Three Good Things exercise:
<https://ggia.berkeley.edu/practice/three-good-things>

Lai, S. T., & O'Carroll, R. E. (2017). 'The Three Good Things'-the effects of gratitude practice on wellbeing: a randomised controlled trial. *Health Psychol Update*, 26, 10-18.

Day 2

Bryant, F. B., & Veroff, J. (2007). *Savoring: A new model of positive experience*. Lawrence Erlbaum Associates Publishers.

Day 3

MacLeod, A. K., Coates, E., & Hetherington, J. (2008). Increasing well-being through teaching goal-setting and planning skills: Results of a brief intervention. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 9(2), 185-196.
<https://doi.org/10.1007/s10902-007-9057-2>

Oliver, J. (2016). *A Randomised Controlled Trial of a Goal-setting and Planning Intervention to Improve Working Adults' Well-being* (Doctoral dissertation, Royal Holloway, University of London).

Day 4

Find out more about VIA character strengths and take the full survey:
<https://www.viacharacter.org/character-strengths>

Descriptions of character strengths are from The Positivity Project:
<https://posproject.org/character-strengths/>

Proyer, R. T., Gander, F., Wellenzohn, S., & Ruch, W. (2015). Strengths-based positive psychology interventions: A randomized placebo-controlled online trial on long-term effects for a signature strengths-vs. a lesser strengths-intervention. *Frontiers in psychology*, 6, 456.

Day 5

Heckerens, J. B., & Eid, M. (2020). Inducing positive affect and positive future expectations using the best-possible-self intervention: A systematic review and meta-analysis. *The Journal of Positive Psychology*, 1-26.

Day 6

Toepfer, S. M., Cichy, K., & Peters, P. (2012). Letters of gratitude: Further evidence for author benefits. *Journal of Happiness Studies*, 13(1), 187-201.

Day 8

Learn more about the concept of hope, and take the quiz to see how you measure:
<https://ppc.sas.upenn.edu/resources/questionnaires-researchers/adult-hope-scale>

Sheldon, K. M., & Lyubomirsky, S. (2006). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. *The journal of positive psychology*, 1(2), 73-82.

Day 9

Chishima, Y., & Wilson, A. E. (2020). Conversation with a future self: A letter-exchange exercise enhances student self-continuity, career planning, and academic thinking. *Self and Identity*, 1-26.

Day 10

Bryant, F. B., & Veroff, J. (2007). *Savoring: A new model of positive experience*. Lawrence Erlbaum Associates Publishers.

Day 11

Pettersson, C. (2018). Psychological well-being, improved self-confidence, and social capacity: bibliotherapy from a user perspective. *Journal of Poetry Therapy*, 31(2), 124-134.

Day 12

Rowland, L., & Curry, O. S. (2019). A range of kindness activities boost happiness. *The Journal of social psychology*, 159(3), 340-343.

Day 13

Smith, J. L., & Hanni, A. A. (2019). Effects of a savoring intervention on resilience and well-being of older adults. *Journal of Applied Gerontology*, 38(1), 137-152.

Further reading

Day 15 Wise, E. H., Hersh, M. A., & Gibson, C. M. (2012). Ethics, self-care and well-being for psychologists: Reenvisioning the stress-distress continuum. *Professional Psychology: Research and Practice*, 43(5), 487.

Day 16 Jones-Smith, E. (2013). *Strengths-based therapy: Connecting theory, practice and skills*. Sage Publications.

Day 17 Bryant, F. B., Smart, C. M., & King, S. P. (2005). Using the past to enhance the present: Boosting happiness through positive reminiscence. *Journal of Happiness Studies*, 6(3), 227-260
Henderson, P. G. (2012). Empirical study of the healing nature of artistic expression: Using mandalas with the positive emotions of love and joy. Texas A&M University.

Day 18 Koo, M., Algoe, S. B., Wilson, T. D., & Gilbert, D. T. (2008). It's a wonderful life: Mentally subtracting positive events improves people's affective states, contrary to their affective forecasts. *Journal of personality and social psychology*, 95(5), 1217.

Day 19 Passmore, J., & Oades, L. G. (2015). Positive psychology techniques: random acts of kindness and consistent acts of kindness and empathy. *The Coaching Psychologist*, 11(2), 90-92.

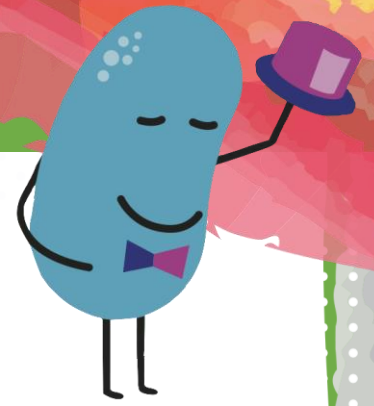
Day 20 Toepfer, S. M., Cichy, K., & Peters, P. (2012). Letters of gratitude: Further evidence for author benefits. *Journal of Happiness Studies*, 13(1), 187-201

Video Exercise Recap:

https://www.youtube.com/playlist?list=PL72Ag_Bugyrbz7J-dQ71tZbECgA1Fo8Yi



Morning Story



Once upon a time, there lived a king who ruled a prosperous country. During a feast, he asked one of his servants if there was anything he could do to ameliorate his nation, but he was only expecting to receive compliments and praises. The servant said, "Your Majesty, your country has the most excellent army, economy, architecture and medical system across all nations and history." The king nodded and smiled proudly of the kingdom he had built over the past decade.

"But I have this one piece of advice for you," said the servant. "To ensure everything our country has can be sustainable, it would be helpful if you could actually go among the people to know the state of affairs first-hand."

The king was troubled by what the servant had said. "How dare a servant speak to me like that!" He thought. Yet, he spent the entire night reflecting upon it and finally decided to swallow his pride and took the servant's advice.

The next day, he went on a trip to a distant village and overheard a conversation between two ladies.

One lady expressed her frustration and said, "my husband works in the palace and I have not seen him for months. It is getting really difficult raising my kid not only because I have to do all the work taking care of him, but also because he is lacking an important role model in his life. We miss him a lot."

When the king heard it, he knew deep down that he was responsible for keeping this family apart. Immediately, he made it mandatory for all employees in his country to go home at least every single weekend if they had to work away from home.

20 years later during a coronation ceremony, the king passed his crown to his successor. The young king made a speech when he was enthroned, "I would especially like to thank my father. He has taught me what it meant to be courageous and humble. Without him being a role model in my early childhood, I would never get to where I am today." The old king was pleased, for he knew if he had not listened to his servant's advice that night, he would never had found such a respectable, humble, teachable, courageous and conscientious young man as his successor.



Reflection questions

- 01 Can you think of any example of false humility?
- 02 Can you think of an example of someone who showed humility when they could have been prideful?
- 03 What are the benefits that come with humility?
- 04 Why is humility so attractive?



Morning Story



Danny and Heidi are two friends who were heading out to get lunch. They were soon seated at a table and decided on what to eat.

Heidi poked her head around the large menu. "You're not ordering the beef?"

"Nope, this curry veggie meal sounds good." Danny pointed at the item.

"Actually, I'm thinking of going vegetarian for the month. It's already been a week, and so far, it's going well."

Heidi was shocked. "What! Why!? Meat is the tastiest! That sounds horrible," she shuddered.

"That's what I thought at first. But I was reading some articles on potential health and environmental benefits, and then I thought - 'why not?'"

"How would you get enough protein!" Heidi wrinkled her nose doubtfully.

"Actually, there's a wide variety of plant-based sources, such as beans, tofu and even tasty mock-meats. Same for other nutrients; I believe the important thing is a balanced diet - not so much whether it came from a plant or animal."

"What about the environment?"

"You can do your own reading. As I understand it, it takes less land and water to grow crops than animals, and a lot of produced food is actually used to feed livestock, not people."

"Oh, is that so? I hadn't considered that before."

A stranger from an opposite table overheard their conversation and chimed in. "Pah! I don't care about any of that stuff. Bacon is amazing and I'll eat what I like, thank you very much." He chomped on the meat on his chopsticks for emphasis.

Danny blinked. "Um. Okay. Thanks, sir."

"Anyway," said Heidi, "Hm. Your reasons make sense." She pursed her lips and tapped her finger on her chin. "I think I'll do some research when I get home. Maybe I'll give it a try, say... one day a week."

"That's great," Danny smiled warmly. "I appreciate you hearing me out, especially when we disagree."

Heidi laughed with a sparkle in her eye. "I have strong opinions, sure. But it doesn't mean I can't learn something new, or be open to change."



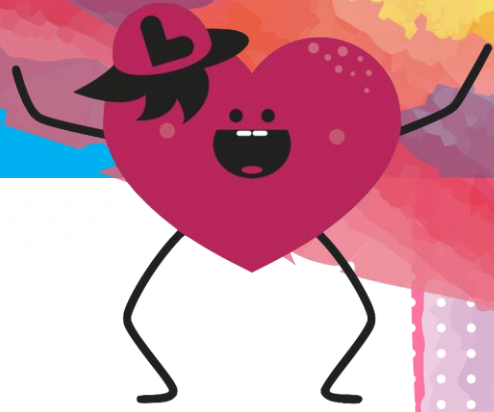
Reflection questions

01

Think of a belief that you and your friends or family disagree on. How do you think they arrived at their viewpoint? How did you arrive at yours?

02

What is your usual reaction when you meet someone with a different point of view from your own?



Morning Story

Angelina has just arrived Hong Kong from the UK amidst the third wave of COVID-19. This journey has made her realize the love of the community at the most difficulty time.

Before departure, she was so scared as she saw people around her wearing total protective gears, masks, goggles and gloves. Angelina herself, however, didn't get to buy masks from the UK as they were all sold out. She could only wear one mask given by her friend at the airport. She has never felt such an immense amount of fear before; her heart was pounding really fast while she waited for her departure. Angelina was told by her parents not to take off her mask in any situations. Even when she needed to eat, and she was reminded once or twice to stay away from anyone when she was eating.

While she was munching the sandwich, hanging the mask on her left ear, the mask accidentally slipped and fell on the dirty ground. She was devastated because that was her only mask, and she knew she would be in trouble without one. She sat there and cried with her hands on her face. The tears were sliding within the fingers.

Suddenly, she heard this voice, "Hey". She wasn't sure whether she heard someone because she was just crying out loud. She looked up and saw a janitor.

The janitor asked: "What's wrong?". Angelina looked down on the floor at the mask and sobbed. The janitor responded "Sweetheart, don't worry, come with me."

Angelina was very confused, but she followed the janitor anyway. Walking pass the empty stores and chairs, they stopped at the entrance of a door. "Wait here." said the janitor. Angelina stood there looking around. The janitor came out with a mask in her hand and said, "This is a gift from my granddaughter, and I think it will look good on you. Have a safe flight sweetheart." Angelina burst into tears out of gratefulness and when she wanted to express her gratitude with a hug, she heard the voice of her parents in her head, "Social distancing Angelina". So, she didn't hug the janitor, but she thanked her and there she went to the departure hall and arrived back to Hong Kong safely.

Angelina got to appreciate life a little bit more by looking into the small things that happened in her life. A small act of giving can already be something powerful and impactful to people's life during the difficult times. She promised herself to spread a little bit of love and care to people around her, regardless of who they are.



Reflection questions

01

Can you think of a time someone showed a small act of generosity to you?

02

Often we take for granted small acts of love from people we are around often. Can you think of a time a loved one did something for you that you didn't particularly notice at the time?

24 hours emotional support hotline

The Samaritan

2896 0000

Suicide Prevention Services

2382 0000 (Cantonese Only)

Caritas Family Crisis support Centre

18288

Youth Outreach

9088 1023

HKJC Online Youth Emotional Support-Open Up

(11-35 years old)

9101 2012 (WhatsApp/SMS)

www.openup.hk

Contact Us

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