



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
科
人
Societist

English
Version

WELLCATION

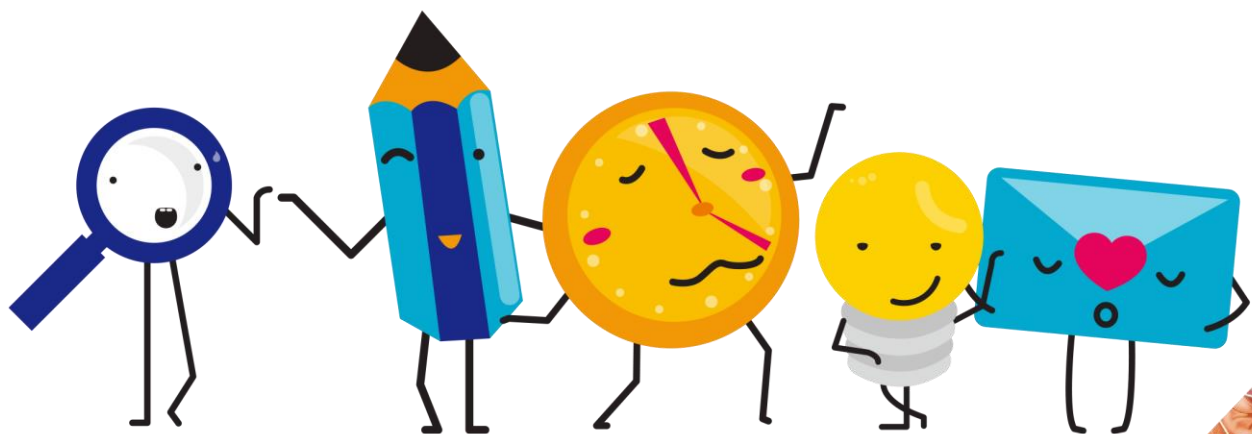
14

Day

Quarantine

Wellness Kit

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



**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 over the next 14 days. 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 to, 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 14 days to spend some quality times with your thyself. Eat well and sleep well. Keep your body and spirit healthy by following this 14 days Wellness Kit. It will transform the 14 days into a once a life time rejuvenating Wellcation for you."



Dr. Michael Tse

Director of Centre for Sports and Exercise, HKU

"Following this 14-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 14-day 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

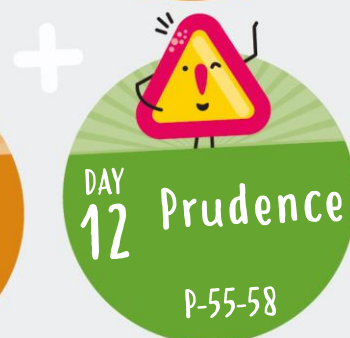
"Maintaining Mental wellness during quarantine is our primary concern. It is OK not to feel Ok and it is very normal. You don't have to face it alone. You have not been forgotten and I hope our booklet can provide some support to you. "

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



Help and Further Resources _____ p.67

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 2 weeks! Embrace it as much as you can!

Create a schedule. Set your eating times. 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



"14 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, dont 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



隔離期間每天定時測量體溫，對自己的身體症狀也變得格外注意。有時間做了一些平時一直沒來得及做的事，比如讀了幾本書，好好整理了房間，每天進行簡單的鍛鍊。原以為在家隔離會很枯燥，真正經歷過覺得時間過得很快，每過一天就感到輕鬆一些。

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

Our team at The University of Hong Kong has members that themselves went through quarantine, and we also conducted a survey to collect further experiences. The result is a 14-day programme of activities and guidance grounded in experience and the scientific research of well-being.



04 05

06

07

08

We will be inviting 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 14 days may not give you the opportunity to explore Hong Kong or meet with 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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13

14



How To Use This Kit

This pack is designed to be something you visit daily.

This pack is designed to be something you visit daily. Each day has been 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
story



a video-based
activity



a well-being practice
based on psychology

Depending on your personal schedule, you may like to use these 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



Checked your temperature?

Pls fill in the survey ▶

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?)

Day
01

Kindness



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 wellbeing to really pay attention to little things sometimes.

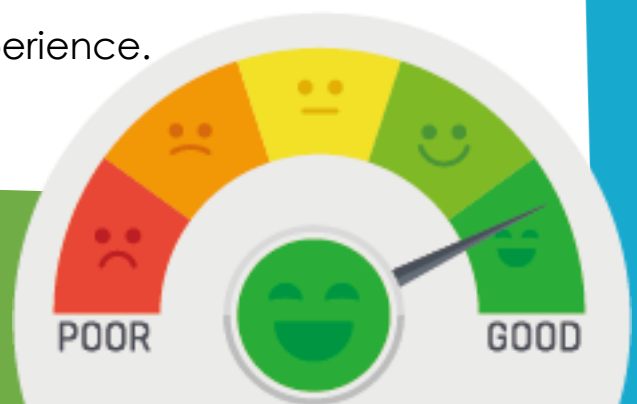


To do this, let's make ourselves a cup of tea, and then find a nice comfortable spot in the room to enjoy it.

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 10 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 have left?

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, we might list three to five goals for the next 10 days. These may be related to work or study requirements. It might also involve more personal things like exercise, diet, a book you have always wanted to read but never had the time before. Do something individual to us that we 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 the next 2 weeks! Embrace it as much as you can!



Next day >

DAY
04

Social Intelligence

“

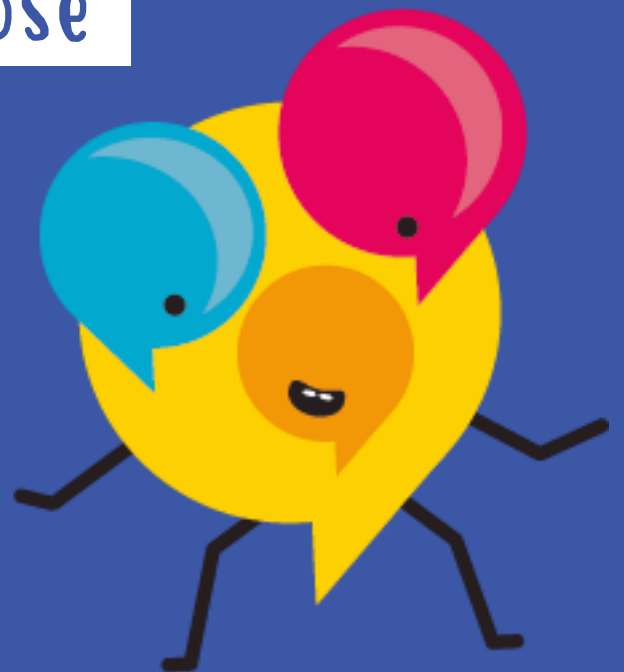
I am aware of and

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?



Play Video ▶

Daily Practice

Discovering character strengths

Researchers have explored the way in which we each have different values and strengths, and have 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.)

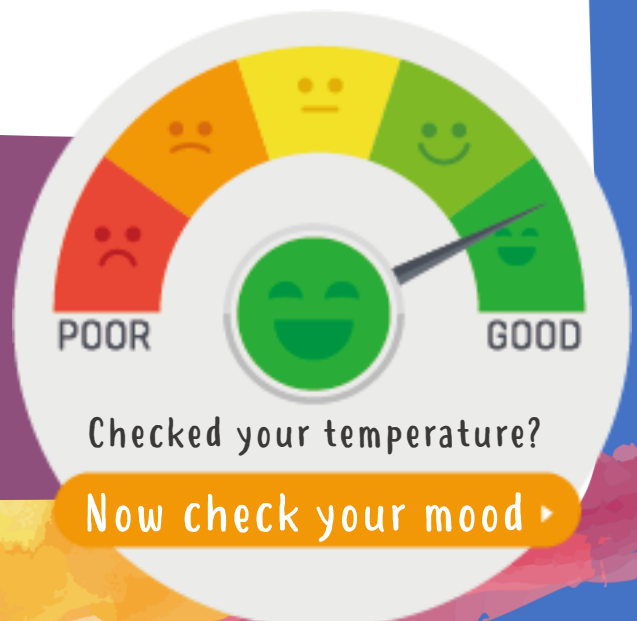
Next page for the character strengths

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 next 7 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.



Checked your temperature?

Now check your mood ▶



Practical Tips

Create a schedule. Set your eating times. 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 >

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	

DAY
05

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

— Bertrand Russell

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 two weeks of time to be solely with your thoughts and feelings.”



Next day >

DAY
06

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 goes 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

Letter writing

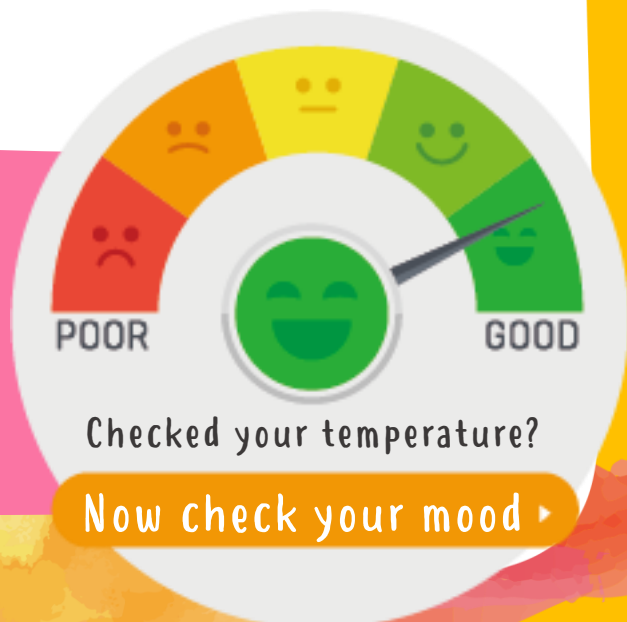
People you care about must be wondering how you are getting on, and you may also be thinking more about others.

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, but also, 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

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?

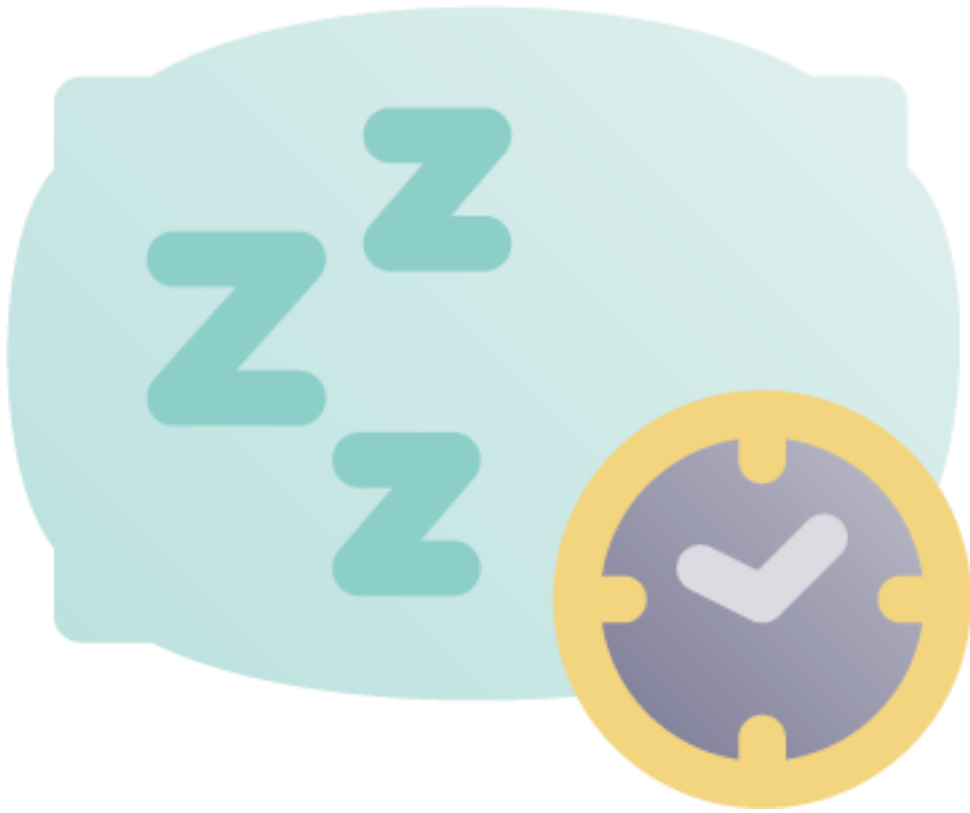
Day
07

Perseverance



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 during the quarantine, which are the silver linings in that difficult time.



Next day >

DAY
08

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, his 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 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 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 of before.

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 sounds of unwrapping it, the smells, the taste, and the texture. How does it feel to slowly pay attention to what you are consuming rather than to do 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 hotel/center staff.



Next day >

DAY
09

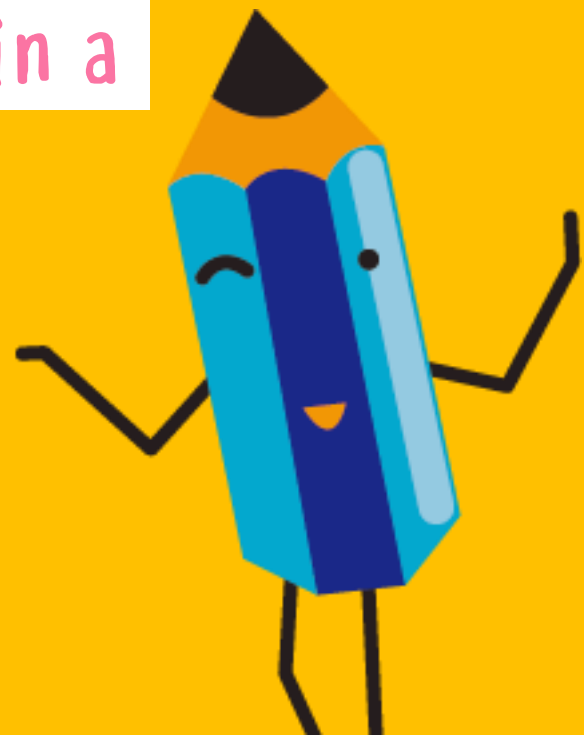
Develop a passion for learning.
If you do, you will never cease
to grow

— 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 frustrated and discouraging. No one believed she could make it, even herself.

This year, she had a new math teacher, called 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 teachers. "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 to her. "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 puzzles.



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?



Daily Practice

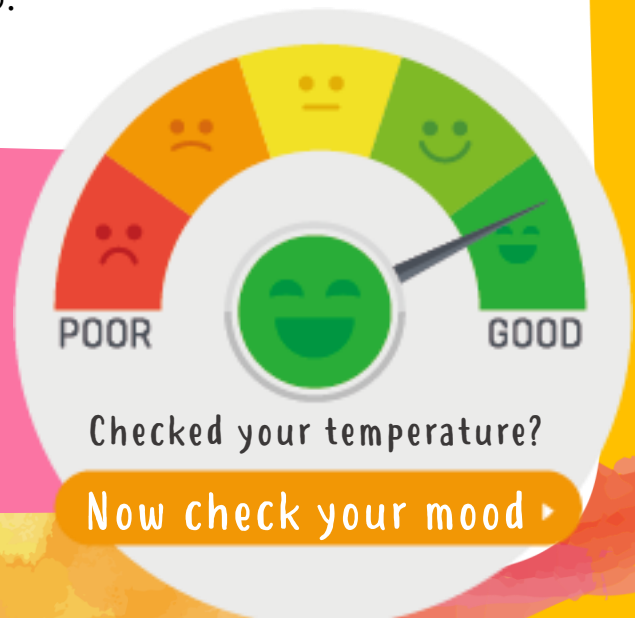
Your future self

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 once you leave. 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 well will make us 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

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 would cover the cat's garden, 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 the overgrown part of the tree down.

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

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

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

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

Together, they climbed 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 could enjoy the sun while the tree continued to bloom, and their idea also brought them new friends too.



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

Letter-writing

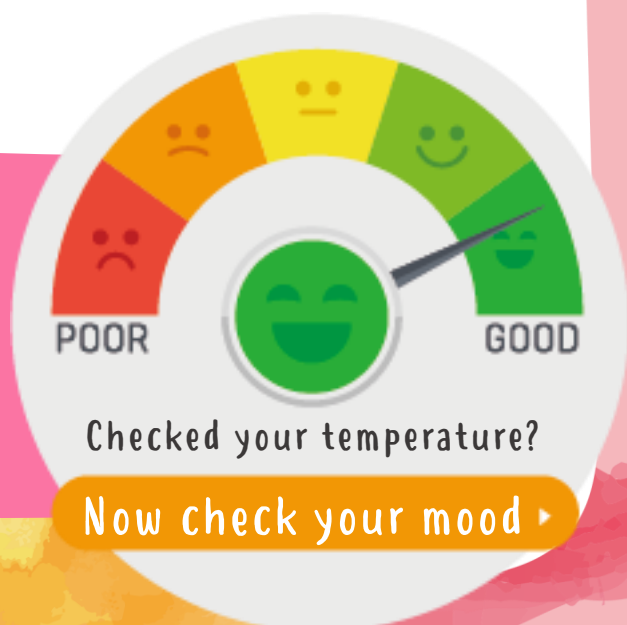


There may be some people you have been thinking of in the past 9 days who are important in your life. Yet there is one very important person in your life who has been accompanying you all this time since your moment of birth. It is YOU. Your very good self.

To do this, we can reflect back on the images we had from yesterday or our week after we leave. We may also consider a wider time span, and reflect on any lessons we would 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

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 realise 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

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

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.

Eventhough 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

Review your gallery

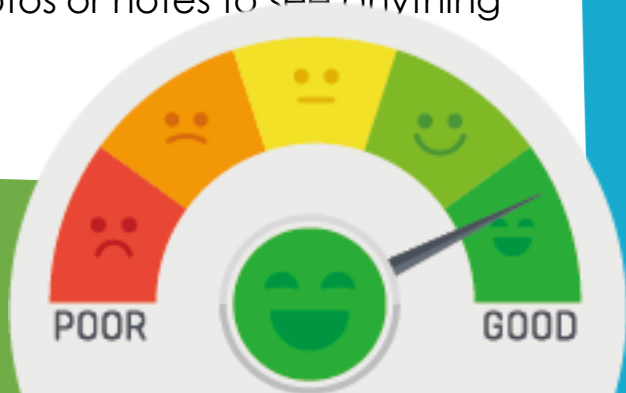


Not long to go! If you have been writing things down during the past 11 days, or taking photos, you may have lots of memories stored. Research shows that reminiscing about pleasant memories boosts feelings of savouring and happiness.

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



Next day >

DAY
13

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 something both for the well-being of ourselves, not to mention those we express it 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 out 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 test was all clear. If not, let us know and we'll send you another 14 day kit to get a double dose of well-being.



Checked your temperature?

Now check your mood ▶



Practical Tips

The first day back out again 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
14

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 discussion between Lexie and her family and friends about the decision. Lexie's family and friends thought it was better to stay at home, given that it's more familiar and will be less demanding financially and geographically. Despite all the advice, Lexie thought it was more important to step outside of one's comfort zone, to explore something new, so she chose Hong Kong.

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

Lexie thought of 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 some meals for himself. He was trying hard to let the waitress understand what his orders were. 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 apologising in Cantonese, and looked close to tears.

Lexie thought that this wasn't the appropriate attitude for the westerner to have. 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 apologised. Lexie translated the apology to the waitress and ordered her food in Cantonese. She realised 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 14 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 boost, you may
start again for a double
dose of wellbeing.

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

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 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

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

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

The HKJC Centre for Suicide Research and Prevention, HKU
2/F, Hong Kong Jockey Club Building for Interdisciplinary Research,
5 Sassoon Road, Pokfulam, Hong Kong

 2831 5232

 2549 7161

 csrp@hku.hk

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Centre on Behavioral Health

HKJC Centre for Suicide Research and
Prevention

Centre of Development and Resources for
Students, HKU

Centre for Sports and Exercise, HKU

Faculty of Social Science

Hong Kong Jockey Club Charities Trust

Quality Education Fund



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