



Flourishing in the face of adversity

在逆境中活得豐盛

📅 2:30 PM - 5:20 PM | April 1, 2022 (Friday)



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疫情反覆給我們帶來了各種挑戰和困難。在面對生活、學業、家庭等各方面的壓力時，你可能發現自己的身心健康也受到了影響。人類天生容易有消極偏見(negativity bias)。因此相比正面的資訊，我們對負面的資訊更為敏感，也更容易被負面的信息所影響。幸運的是我們可以通過有效的方法來改善這一偏見對我們的影響。在本次的工作坊中，我們會一起探索如何通過靜觀練習、運用自己的性格強項等積極心理學方法來應對日常生活中的各種困難和挑戰。

學習目標

1. 了解想法、情緒和身體的關係以改善身心健康
2. 學習和運用自己的性格強項來面對疫情帶來的各種挑戰

學習活動

1. 通過實例和影片講解相關理論
2. 情境討論和分享
3. 靜觀練習

日期: 2022年4月1日(星期五)

時間: 下午 2:30 - 5:20

地點: Zoom

語言: 普通話

講者: 心理學系 [徐佳琪博士](#)

報名: https://hkuems1.hku.hk/hkuems/ec_hdetail.aspx?UEID=80824

Repeated outbreaks of the pandemic have posed various challenges and difficulties in our daily lives. Stress from life, study, or family may affect your physical health and mental wellbeing. Humans are prone to negativity bias. We tend to be more sensitive to, and more easily influenced by, negative information than positive one. Fortunately, there are effective ways to ameliorate the effects of this bias on us. In this workshop, we will explore how to

deal with various difficulties and challenges in daily life through mindfulness practices and positive psychology methods such as applying our character strengths in different circumstances.

Learning objectives

1. Understand the associations between thoughts, emotion, and body to improve physical and psychological wellbeing
2. Learn and apply Character Strengths to face challenges under the pandemic

Learning activities

1. Learning theories and strategies through examples and videos
2. Scenario discussion and sharing
3. Mindfulness practices

Date: April 1 (Fri), 2022

Time: 2:30 pm -5:20pm

Venue: Zoom

Language: Putonghua

Facilitator: [Dr. Melody Jia-Qi XU](#), Department of Psychology

Registration: https://hkuems1.hku.hk/hkuems/ec_hdetail.aspx?UEID=80824

關於講師

徐佳琪博士是一名教育心理學家，目前在香港大學心理學系任高級執業講師一職。徐博士在香港大學精神醫學系獲得博士學位，此後在心理學和精神健康領域開展研究工作。她亦於英國牛津大學靜觀中心完成“生活中的認知靜觀療法(MBCT-L)”四階教師培訓。徐博士致力於將研究和實踐相結合，為學生、教師和家長提供各類教學和培訓，包括但不限於正向教育、教育心理學和精神健康等主題。

About the speaker

Dr. Xu Jia-Qi is an Educational Psychologist and currently works as a Senior Professional Practitioner at the Department of Psychology, the University of Hong Kong. Dr. Xu obtained her Ph.D. degree from the Department of Psychiatry, the University of Hong Kong and has actively engaged in research in the field of psychology and mental health ever since. She also completed her teacher training for “Mindfulness-based Cognitive Therapy for Life (MBCT-L)” (M1-M4) at the Oxford Mindfulness Center. Dr Xu applies her research and practice in her teaching and trainings for students, teachers, and parents, including but not limited to positive education, educational psychology, and mental health.