

## **Mental Wellness Workshop: Attention Please**

**Date:** September 16, 2022 (Friday)

**Time:** 2:30 p.m. - 5:20 p.m.

### **Overview**

Building focus, minimizing distraction, enhancing attention, and sleep management.

The average human attention span is now shorter than a goldfish. A recent study found that the average human attention span has fallen from 12 seconds in 2000 to 8 seconds today. It is reported that goldfish have a 9-second attention span. In this age of easy access to the internet and social media, our attention span has been reduced to a minimum. Along with the short attention span, we also notice a shorter memory. With information overload, our brain is not able to retain every detail it processes and impacts our productivity, attention, peace of mind and sleep. We feel more distracted and bored. As the mind wanders, research has shown that it easily gets trapped into patterns and negative thinking. It is extremely important for research postgraduates to have their attention intact either for performing experiments or handling the equipment or for academic writing. Any distraction can cause major health, safety and career hazards.

### **Learning Outcomes**

- Learn the techniques to deal with distraction and minimize random mind wandering.
- Know how to focus on your goal and retain attention for longer periods of time.

### **Learning Activities**

- Decluttering techniques
- Attention enhancing activity
- Conscious relaxation technique to help build focus muscle

### **About the Speaker**

Dr. Nimisha Vandan, co-founder of OKAYMINDS and a former Post-Doctoral Fellow at the School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong conducted research to understand the impact of COVID-19 of various population in Hong Kong. During PhD, her research focus was on understanding the effect of culture and ethnicity on patients' access to healthcare, their experience with healthcare system, cultural competency of healthcare professionals. Being passionate about understanding the influence of culture on life, she is keen in raising mental health awareness in the community and runs an initiative OKAYMINDS (<http://www.facebook.com/okayminds>). She has successfully received a certificate in "Intercultural communication" from HKU and has been conducting similar workshops for another local University and a number of NGOs.

She did her Masters in International Health from The University of Tokyo, Japan and Bachelors in Pharmacy from India.