

Mental Wellness Workshop: Stress to Strength

Date: September 14, 2022 (Wednesday)

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

Overview

Management of study/research/work induced stress and anxiety and its effect on productivity.

Stress is not just a psychological condition, it can affect your physical health and well-being if considered negatively for a longer period. It can affect your body and your mind (thought patterns, learning, memory, and feelings), and as a result, your behaviour. Your productivity, creativity, innovation, emotional interactions, and flexibility of thinking all decreases. Research itself may be an arduous journey for research postgraduates like you. Experiments are highly sensitive and difficult to perform, and all the labour turns useless if you can't get the result as expected. It may therefore be quite stressful, frustrating, and depressing for everyone of you. But miracles can happen if these stresses can be managed well and used as a source of motivation to enhance learning and turn into strength.

Learning Outcomes

- Understand the impact of stress on body and mind.
- Learn how changing and managing the perception towards stress can change the outcome in terms of productivity.

Learning Activities

- Story sharing
- Discussing case study
- Activity/Techniques to understand and manage stress
- Cognitive reframing

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.