

MENTAL HEALTH

an alternative way
to show your care

Mental health is considered as one of the core elements of workplace wellness nowadays. Employers with mental health benefits are at a significant advantage to lower turnover rates, job burnout, occupational mistakes, workplace violence, and injuries. As a result, the workplace will become a safer and healthier environment with less absenteeism and increased productivity.

Mindfully is a team of Hong Kong-based, registered clinical psychologists who wants to make mental health awareness available to your employees and help your business grow in a caring manner.



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who are we?



Beatrice Ng

Registered Clinical Psychologist
(HKICP and HKPS)
UK Chartered Psychologist (BPS)
Canada Certified Mindfulness Trainer
MSSc (HKU), RCP (HKPS), CPsychol (BPS)

Beatrice is experienced in diverse settings including public hospitals and non-governmental organizations. In her private practice, she has worked extensively with clients having depression, anxiety issues, relationship problems, childhood trauma, and complicated grief. She is also a frequent speaker in corporate training and has run workshops on mental health topics. Beatrice is currently teaching Mindfulness-based Cognitive Therapy (MBCT) to help professionals and the public in Hong Kong.



Doris Yeung

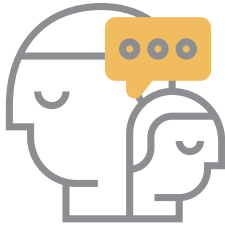
Registered Clinical Psychologist (HKPS)
Life Member of Asian Academy of Family Therapy

Doris specializes in a broad range of mental health challenges including Depression, Anxiety, Work Stress Management, Sleep Issues, Relationship Challenges, Family Development Issues such as New Parenthood, Parenting Challenges, Coping with Empty Nest, the Stress of Taking Care of Elderly Parents, as well as Grief and Bereavement. Along with ten years' experience in providing psychological services, as a mother of two, Doris offers an extra layer of empathy and understanding to the treatment for people struggling with child and family issues.



what
is

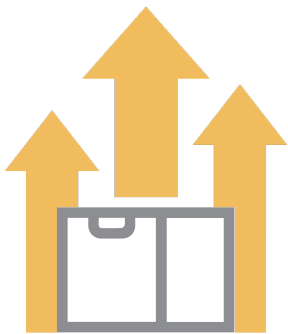
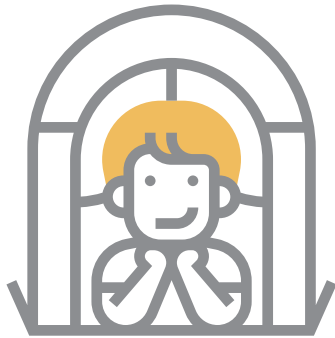
MENTAL HEALTH?



- **Mental health** includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
- **Mental illnesses** are conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day.
- **Mental and physical health** are equally important components of overall health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease. Similarly, the presence of chronic conditions can increase the risk for mental illness.
- A number of factors can contribute to risk for mental illness, such as early adverse life experiences, experiences related to other ongoing (chronic) medical conditions, biological factors, use of alcohol or recreational drugs, etc.

MENTAL HEALTH

VS PRODUCTIVITY



People are an important asset to a company, but the Office for National Statistics the U.K.¹ also shows that absences from work account for 18 billion pounds in lost productivity every year. There are many factors that drive absenteeism, and mental health is undoubtedly one of them. According to WHO², depression and anxiety cost the global economy an estimated USD\$1 trillion per year in lost productivity. Poor mental health at work could result in poor team cohesion, decrease clarity in objectives, violence, and aggression.

What should we do? Why should organizations care?

These data indicate that employees around the globe need more taking-care-of. Employees could face stress and problems inside and outside of the office. Organizations that provide mental health care demonstrate a caring manner to their team. It shows that the company does not only care about getting the work done, it also concerns about the enjoyment of work for their human asset.

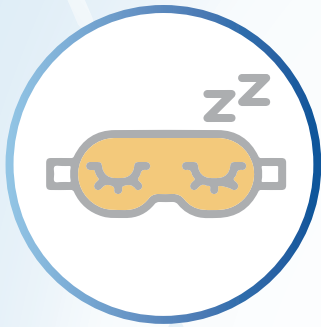
Prevention better than cure

A study found that Chinese people tend more to delay help-seeking when it comes to mental health issues. The delay of it not only extends the suffering period, it also affects the responsiveness of treatments later on³. In other words, it always takes longer to cure. But there is much to do before things get worse, and prevention is a common practice to avoid the problem from arising. All we need to do is to learn about it.

Sources

1. Office for National Statistics, 'Sickness Absence in the UK Labour Market: 2018', *Office for National Statistics*, 2018, viewed December 2020, < <https://bit.ly/3afouRA> >
2. World Health Organization, 'Mental Health in the Workplace', *World Health Organization*, viewed December 2020, < https://www.who.int/mental_health/in_the_workplace/en/ >
3. F K D Wong, Y Lau, S Kwok, P Wong, & C Tori, (2017), 'Evaluating the Effectiveness of Mental Health First Aid Program for Chinese People in Hong Kong', *Research on Social Work Practice*, vol. 27, no. 1, 2017, pp. 59-67.

Mindfully intends to extend corporate training into covering mental health. We believe that mental health knowledge should be as common as general knowledge. If a more joyful employee could increase productivity simultaneously, then why not? We have designed a series of workshops that covers most needs of your employees' mental health.



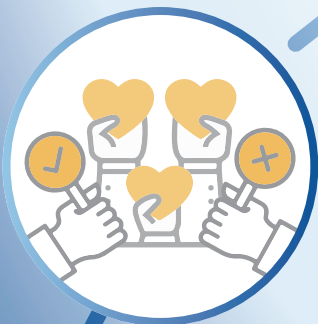
- Mindfulness Training
- Burnout! Watch Out!
- Sleep Management
- Stress Management



- Mental Health Awareness
- Anger Management
- Staff Motivation



- Mindful Parenting
- Transitioning to parenthood
New Mum, Happy Mum!
- Renew the Relationship
with Difficult Older Parents



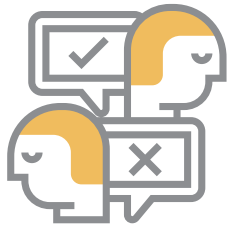
- Unconscious Bias in Workplace
- Suicidal Prevention Training
- Understanding LGBTQ

MINDFULNESS TRAINING

paying attention in a particular way



Mindfulness focuses on the awareness of moment-to-moment internal and external experience with a state of non-judgemental attentiveness. Many people know that we have to treasure the moment, but have difficulties actualizing it.



Mindfulness provides a way for us to practice in our daily life, which can cultivate our awareness, acceptance, compassion to self and others. The change comes from our own experience of practice. It can be an intervention method for psychological disorders such as anxiety, depression and chronic pain. The benefits of mindfulness are not limited in mental health disorders, it benefits everyday life, such as enhanced attention span and working memory.

SUITABLE FOR WHO?: All Level of Employees.

BURN OUT! WATCH OUT!

Work could be enjoyment, could be our motivation, but it could also become a burden to our emotions. Especially when we often bring work outside of the workplace nowadays - we read work messages outside of work hour, we hang out with colleagues post-working hours and couldn't help talking about some of the work. With some blended life-style, burn out happens way more than we wanted.

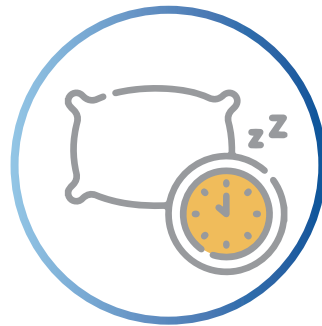
SUITABLE FOR WHO?: Leaders, Managers,
and All Level of Employees.



SLEEP MANAGEMENT

We all go to sleep every day, but not everyone gets a quality sleep every night. Quality sleep helps set the day into a brighter tone. Yet, how is it done? How much do we know about sleeping? And what should I do if I am suffering from insomnia or poor sleep quality?

SUITABLE FOR WHO?: All Level of Employees.



STRESS MANAGEMENT



Stress does not take time off, so stress management should be part of our lifestyle management. We tend to think of stress as a negative emotion, but making good use of stress could turn things upside down. Stress management lets us turn stress into a tool to organize priority, make plans, and accomplish tasks. It is a workshop to learn about stress, the function of stress, the skills and coping strategies of stress management.

The workshop can be delivered like a talk, or in an interactive workshop with staff sharings and interactions.

SUITABLE FOR WHO?: Leaders, Managers, and All Level of Employees.

MENTAL HEALTH AWARENESS



Emotions are signals that reflect the quality of our mental health. The awareness of these signals helps us learn how we can take better care of ourselves, prevent burn-out, sleep disturbance or suffering from more serious mental illness. It is what mental health is all about.

This workshop is dedicated to raise awareness to mental health, to learn the language that our emotions and physical symptoms are trying to tell us. We will go through symptoms, suicide preventions and so before a disorder is diagnosed. This classification helps us to check in with ourselves from time to time, to know whether we are ok and whether do we need professional help.

SUITABLE FOR WHO?: All Level of Employees.

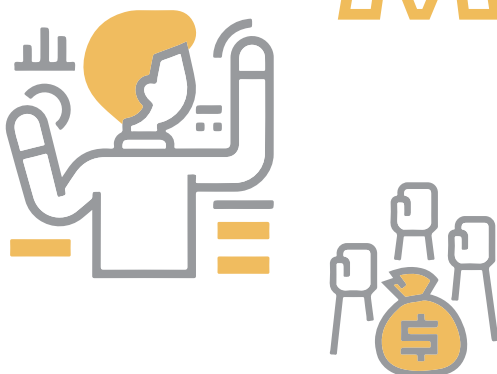
ANGER MANAGEMENT

A certain degree of ups and downs at work is normal. Learning the effective tools to manage different degrees of anger, from frustration to rage, will help to maintain positive relationships with customers and also among employees.

SUITABLE FOR WHO?: Leaders, Managers, Sales People



STAFF MOTIVATION



Feeling the staff have low morale at work due to different corporate conditions? This is a workshop that focuses on motivating the staff with positive psychology knowledge. We all have equipped with a certain amount of resilience, optimism and curiosity that could help maintain our motivation in face of adversity.

SUITABLE FOR WHO?: All Level of Employees.

MINDFUL PARENTING

It's a workshop focusing to help employees to be more effective parents. Working parents often suffer from guilt and chronic stress in balancing their work and private life. Mindful parenting facilitates employees to make wiser decisions in their parenting in order to support their better work-life balance.

SUITABLE FOR WHO?: All Level of Employees.



TRANSITIONING TO PARENTHOOD



New Mum, Happy Mum!

Should I play classical music to baby? How to foster their development in the early years? Should I quit my day job to provide the best care for them? These are common questions that any new mum would encounter. Let's learn about quick and practical tips on the emotional and relationship changes as you become new mum or new dad.

SUITABLE FOR WHO?: Expectant parents, New parents

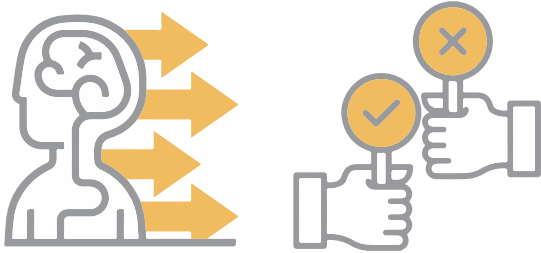
RENEW THE RELATIONSHIP WITH DIFFICULT OLDER PARENTS

Dreading the next visit with your parents? Feeling relieved when the gathering is over yet feel guilty about the sense of relief? Avoid thinking about what would it be like if your parents become dependent? Maybe it's time that you review the relationship and renew any maladaptive pattern to prepare for what might lie ahead. In this workshop, you will learn about the common characteristics of difficult parents and practical tips on how to establish appropriate boundaries with them.

SUITABLE FOR WHO?: Adults with parents aged 60 or above



UNCONSCIOUS BIAS IN WORKPLACE

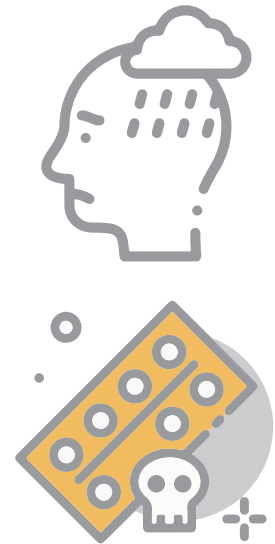


Do you know there are over 150 unconscious biases identified in psychology? It is good to know how our brain may trick us into some fallacy unconsciously. It helps us to make wiser decisions, work better with our partners and understand our customers more easily. It will be carried out in an interactive way! Have fun!

SUITABLE FOR WHO?: Leaders, Managers, Sales People

SUICIDAL PREVENTION TRAINING

Knowledge in identifying signs of suicidal people could be crucial in some industries. It is also an important skill to learn to save lives around us. Different occupational roles could take different precautions in this regard as well.



SUITABLE FOR WHO?: Frontline Staff, Policy Makers

UNDERSTANDING LGBTQ

Does men dress in feminine dressing style equal to homosexuality? My son seemed to have close male friends only, how to tell if he is having issues in sexual orientation? Gender issues are actually omnipresent yet we are often biased by gender stereotypes. Come and join this workshop to expand your understanding about gender diversity.

SUITABLE FOR WHO?: All Level of Employees.



Get in touch

with our Mental Health Ambassador
to learn more about advocating
mental health at your organization

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Mindfully
We are here to help