



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER



Faculty of
Social Sciences
The University of Hong Kong
香港大學社會科學學院



PandA

賽馬會「樂天心澄」
靜觀校園文化行動

Jockey Club "Peace and Awareness"
Mindfulness Culture in Schools Initiative

Press Release

Jockey Club PandA launches mindfulness resources package to support DSE students

March 24, 2020

The Hong Kong Diploma of Secondary Education Examination (DSE) will soon begin under the threat of coronavirus. Students not only need to prepare for the public examinations, but also need to take care of their mental health, in order to concentrate on their studies. **Jockey Club "Peace and Awareness" Mindfulness Culture in Schools Initiative (JC PandA)** has launched '**Mindfulness in the Face of Academic Stress**' resources package to encourage DSE candidates and students to create a mindful space in times of the epidemic, so as to better adjust their emotions for their mental well-being. This package is a follow-up of an earlier resources package, '**Mindfulness in the Time of Coronavirus Epidemic**', that supports the general public in this difficult time.

Professor Lam Shui Fong, Director of JC PandA and Professor in the Faculty of Social Sciences of The University of Hong Kong, expressed the view that it was common for students to feel tired and anxious facing public examinations. Coupled with worries about the epidemic, this year posts a greater challenge to students, parents and teachers. Professor Lam explained, "I recommend students to try practicing mindfulness when they feel stressed or upset. Mindfulness is a way to soothe your mind and soul."

'Mindfulness in the Face of Academic Stress' resources package includes a manual, a video explaining stress response, and two sets of 5-minute and 10-minute mindfulness audio guides. The audio guides cover petal practice, three-step breathing space, mindful stretching, mindful walking, mindful breathing, body scan, and befriending practice. These practices are suitable for students who have studied for a long time, suffer from insomnia before examinations, are awaiting the distribution of the examination papers, and worry about their academic performance and future before the release of examination result. This resources package is available to download for free.

In addition, the "Mindfulness in the Time of Coronavirus Epidemic" resources package released earlier is also available to download for free. This package offers both English and Chinese versions. The audio guides offer options of English, Cantonese and Putonghua practices, which are suitable for people of all ages, including the elderly, busy workers, teenagers and children. JC PandA recommends users to practice according to the sequence of the audio guides. Beginners may start with the shortest practice. Both resources packages

are launched with the support from the Hong Kong Association of Careers Masters and Guidance Masters.

The resources packages are available to download for free:

‘Mindfulness in the Face of Academic Stress’ resources package

www.icpanda.hk/sr2020 (Chinese manual and Cantonese audio guides)

‘Mindfulness in the Time of Coronavirus Epidemic’ resources package

- www.icpanda.hk/ms2020/en (English manual, and English and Putonghua audio guides)
- www.icpanda.hk/ms2020 (Chinese manual and Cantonese audio guides)

About Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative

Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative (JC PandA) aims to promote mindfulness culture in schools in Hong Kong and focuses on the mental health of students, teachers and general public in Hong Kong. This three and a half years’ project spans between 2019 and 2022 is funded by The Hong Kong Jockey Club Charities Trust, and is organised by the Faculty of Social Sciences of The University of Hong Kong. JC PandA is one of the pioneer large-scale projects in Chinese societies that explore the benefits of mindfulness for students and teachers in school settings. The research findings and experiences of the project will shed light on how mindfulness could be applied in the education sector, and enable educators in Chinese societies to apply mindfulness in building a healthy and flourishing school culture.

Website: www.icpanda.hk

For media enquiries, please contact

- Ms Lia Tsang, Faculty of Social Sciences, HKU (Tel: 39171261; email: liatsang@hku.hk)
- Ms Henrietta Lai, Faculty of Social Sciences, HKU (Tel: 39175176; email: icpanda@hku.hk)

~End~