

Mindfulness in the Time of Coronavirus Epidemic



Jon Kabat-Zinn, a renowned mindfulness teacher once said, “You can’t stop the waves, but you can learn to surf.” This is a positive way to cope with adversity. Today, as we face the coronavirus epidemic, many of us may feel panic, angry, and helpless. Kabat-Zinn’s words are particularly meaningful in this moment. Instead of cocooning in panic, why not start taking good care of ourselves through practising mindfulness? The great surge has already been built, let’s learn how to surf!

The Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative (JC PandA) hosted by the Faculty of Social Sciences of The University of Hong Kong has developed this resources package, which is available to the public. For the Chinese version, please [click here](#).

Manual

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5-minute English Practices

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| 1. Mindful Stretching | [Listen] | [Download] |
| 2. Mindful Sitting | [Listen] | [Download] |
| 3. Body Scan | [Listen] | [Download] |
| 4. Three-step Breathing Space | [Listen] | [Download] |

5-minute Putonghua Practices

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