

COVID-19 Wellness Courses

Self-caring during COVID-19 “疫”境下的自我照顧

- Current issues related to the COVID-19 outbreak 2019 冠狀病毒疫情對個人生活的影響
- Self-test on wellbeing 身心狀態的自我測試
- Personal stressors & and hierarchy of needs in times of uncertainties 面對多變環境的壓力及個人需要
- Scientific-proven mind-body approach to reduce anxiety and fear 實證為本的身心照顧策略

Prevention of COVID-19 and Seasonal Flu from Chinese Medicine Perspective

新型肺炎與春季疫病之預防

- COVID-19 from Chinese Medicine Perspective
中醫分析新型肺炎
- Strengthening Your Immunity with Preventative Healthcare
增強正氣及治未病概念
- Choosing the Right Food
選擇配合體質的食材
- Acupressure for Better Health
穴位按摩

Stretching Exercises at Your Desk

辦公桌上的伸展運動

- Common Computer-related Back and Neck Problem
長期使用電腦的常見頸背問題
- Work Environment and Posture
工作環境與姿勢
- Exercise for Relaxation
頸及背部運動

Positive Anti-epidemic Mind

正念抗“疫”

- Observing and Being Aware of Our Mind
觀心 – 覺察心態與念頭
- Understanding Our Mind, Strength and Limitation
知心 – 理解自身的想法、優勢及局限
- Connecting Positive Mind against Pandemic
療心 – 連繫正念以對抗疫情

How to Stay Focused at Work in the Midst of a Pandemic

在紛擾疫情中專注工作

- Challenges and Impacts of the Current Epidemic on Work
現時疫情對工作的挑戰與影響
- Active Working–Questions to Ask Before, During and After Work
積極作業 – 保持工作效率的秘訣
- Create Our Own Unique Work Atmosphere and Environment
創造自己獨特的工作氛圍和環境