

# Mindset 思健

On Mental Health from the Jardine Ambassadors  
由怡和親善大使推動之精神健康計劃

MINDSET Feature 思健特寫	2
Education and Prevention Group 教育及預防小組	3
Re-integration Group 融合小組	5
Fund Raising Group 籌款小組	6
Express 速遞	6

## 思健特寫 MINDSET Feature

### 「沙士」與精神健康

在短短數月，沙士影響著每一個香港人。影響我們的，不單只是身體健康的問題，而是因這個危機所帶來的心理壓力和情緒困擾。我們的日常生活、工作量、工作環境或責任都可能因為沙士作出了改變，我們或許會感到煩躁、焦慮、恐懼等，這都是很自然的現象和反應。

在危機之中，因為我們覺得失去控制，面對太多未知之數，或者是遇上了一些從未遇過的經歷，我們便會很自然地產生一些負面情緒，如焦慮、不安等。正如其他的壓力反應一樣，這些情緒可以令我們提高警覺，並給我們一種動力去處理危機。但是，當這些焦慮或其他的壓力反應加劇，譬如由焦慮演變成為惶恐，便倒過來令我們的防禦和處理能力都削弱。到這個時候，越過份擔心的人，反而越易得病。

危機的特點是令人感到慌亂，能夠保持有條不紊的生活方式及處事的程序，正是面對危機的重要策略。例如，為免自己或家人受到感染，而減少到人多處是安心；擔心到足不出戶，便是慌亂。戴兩個口罩，感覺呼吸困難也不肯脫下，也是慌亂。

身心的健康是互相影響的。在面對問題的時候，若能先理解自己是受何種情緒影響，及懂得處理內心的感受，有助我們管理情緒，提升抗逆的能力。

雖然沙士為香港人帶來很多負面的影響，可是沙士亦令香港人團結起來，在危難當中發揮互助、互愛的精神。亦使習慣繁忙的我們，放慢腳步，多點關心家人，珍惜共聚的時間。其實只要我們以正面、積極的態度去面對逆境或困難，我們可以活得開心、做得精采。

醫院管理局  
2003年7月

### SARS and mental health

In just a few months, SARS affected everyone in Hong Kong. Not only was our physical health being threatened, so as our mental health. SARS changed our daily routine, workload, work environment and responsibilities. We might have felt annoyed, anxious and afraid, but these are all natural responses and can be expected in sudden incidents like the SARS outbreak.

In crises, when we face incidents we have never encountered before and we are left with uncertainties, we might feel a lack of control over our lives. Negative emotions such as anxiety and a sense of insecurity are generated easily. Like many stress-induced responses, these negative emotions not only alert us, but also motivate us to deal with the crisis without delay. However, when the degree of these emotions increases, for example, when anxiety turns into paranoia, our ability to defend and manage ourselves is reduced. As a result, the more worried we become, the more likely we are to contract diseases.

Crises hit us unprepared, maintaining a regular lifestyle and avoiding panic is the key to combat them. The Confucians philosophy, adopted by many Chinese, stresses the importance of 'centrality' – avoiding the extremes. In the case of SARS, to prevent infection, most people felt secure by avoiding populated areas. However, some took the extreme of avoiding going out at all or wearing two masks that could be suffocating. These extreme actions could only lead to paranoia.

Physical and mental health goes hand in hand. If we understand our emotions, we can manage them more effectively when we confront problems. Our immunity will then be enhanced, and the chances of catching the disease will be lowered.

Although SARS brought many negative impacts to Hong Kong, it also brought solidarity to its people. In difficult times, we helped others through our love and care. SARS slowed our busy life, and gave us time to show concern for our families and appreciate our time together. If we can direct our lives with a positive attitude in adverse conditions, we can lead a happy and fulfilling life.

Hospital Authority  
July 2003

## 教育及預防小組 Education and Prevention Group

由醫院管理局健康資訊天地及「思健」攜手合辦的「Teen 使行動 — 青少年思健推廣計劃」旨在提升香港青少年精神健康的需要。這項計劃有助鼓勵青年人建立正面的人生態度。

'Health In Mind', a programme co-organized by Health InfoWorld of the Hospital Authority and MINDSET will meet an immediate and pressing need to enhance the awareness of mental health for Hong Kong youth and help them to develop a more positive attitude towards their mental health and life in general.



### 醫院探訪



學生和院友合作的大型掛畫草稿。  
Students organized a wall painting activity with patients at Kowloon Hospital. The above painting conveys the Community's acceptance of mental illness patients.

三月八日，怡和親善大使和醫院管理局職員帶領八十位參加「Teen 使行動」計劃的學生，分成四小組，分別到九龍醫院，葵涌醫院，青山醫院和屯門醫院進行第二次的義工服務。雖然服務方式根據院方要求而各有不同，但是目的一致，學生透過活動，服務後討論及分享，學習關懷及互愛，正確跟院友的相處態度。活動包括學生和院友的互動遊戲和學生院友合作繪畫的大型掛畫。



### Hospital Support Visits

Eighty 'Health In Mind' advocates, who are students from the participating schools of the project, were divided into four groups and visited Kowloon Hospital, Kwai Chung Hospital, Castle Peak Hospital and Tuen Mun Hospital respectively on 8th March. In addition to designing games and activities for patients, students worked with patients to design and paint pictures to be hung on the corridors of Kowloon Hospital. The students demonstrated great care and concern for the patients and appreciated the opportunity to have close interaction with them.



青協社工和怡和親善大使引導學生參予討論及分享。  
Students are enthusiastically involved in sharing and discussions, led by Jardine Ambassadors and representatives of Youth Federation.

### 校內推廣活動 - 歌唱比賽

雖然非典型肺炎令到「Teen 使行動」的工作坊和醫院探訪一度暫停，但是學生們對有關活動的熱誠並沒有受影響。裘錦秋中學(葵涌)於六月舉行歌唱比賽，同學們必須為所選定的歌曲填上與精神健康有關的歌詞，把從「Teen 使行動」中所學到的轉化為樂曲。一名怡和親善大使劉敏儀更被邀請為評判員。



### In-School Programme - Singing Contest

The SARS epidemic did not stop the students' passion for the 'Health in Mind' programme. An exciting Singing Contest was organized by Ju Ching Chu Secondary School in June. Students were responsible for writing the lyrics on topics such as healthy life, drug abuse and positive thinking. The lyrics showed remarkable changes in their learning attitudes and behaviour after participating in the 'Health in Mind' programme. This helped reinforce the programmes' aim of creating a greater awareness of mental health issues among students. A Jardine Ambassador, Vivien Lau, was invited to be one of the judges of the contest.



歌唱比賽優勝班別以「健康人生」作主題，而勝出的歌詞則描述「濫用藥物」之害處。  
The winning team highlights the theme of "healthy life" while the winning lyric points to the dangers of drug abuse.



## 「從抗炎中活出生命」工作坊

七月三日和十一日，「Teen使行動」舉辦了本學年度最後一個活動 - 「從抗炎中活出生命」工作坊。是項工作坊由香港大學行為健康教研中心總監，「齊心運動」發起人陳麗雲教授主講，怡和親善大使和青協社工負責引導小組討論。超過八百名學生參與此工作坊，當日現場學生反應熱烈。活動目的透過非典型肺炎經驗，引出正面訊息，SARS代表了‘S’ - ‘Sacrifice - 犧牲’、‘A’ - ‘Appreciation - 欣賞’、‘R’ - ‘Reflection - 反思’、‘S’ - ‘Support - 支持’，建立學生積極樂觀態度去欣賞生命。

「Teen使行動」隨著暑假的開始，學校活動亦會短暫休息。新學校年度活動將於九月再開展。

## 戲劇比賽

林護中學於七月十日舉行戲劇比賽，主題以飲食失調及濫用藥物作主幹，學生把從工作坊汲取之知識運用於劇本創作上。是項活動怡和親善大使劉敏儀、王玉媚擔當評判而李偉雄、鄭德華則擔當訓練司儀。



## Student Workshop - ‘Growth from SARS’

‘Growth From SARS’- the final workshop of this academic year’s ‘Health in Mind’ programme was conducted by Professor Cecilia Chan, the Director of the Centre on Behavioral Health, the University of Hong Kong and the cofounder of the ‘We are with you’ campaign, on 3rd July and 11th July to the students of the three participating schools. Together with the Jardine Ambassadors and the social workers from Youth Federation of Hong Kong, the positive meaning of SARS (Sacrifice, Appreciation, Reflection and Support) was delivered to over 800 students.

Students’ response was good and the workshop’s objective to enhance adolescent resiliency and appreciation of life after SARS experience has been achieved. Activities of the ‘Health in Mind’ programme will recommence in September.

## Drama Competition

A drama competition with eating disorder and substance abuse as themes was held on July 10 in Lam Woo. Students wrote their storyboard and scripts based on mental health theme/topics learnt from previous workshops. During this event, Jardine Ambassadors’ Jason Li and Samson Cheung acted as MC trainer while Vivien Lau and Sammi Wong as judges.



## 「Teen使行動」備忘紙

「Teen使行動」挑選一些由學生提供與精神健康有關的語句，製成一批印上這些語句的精美備忘紙，並派發給參予「Teen使行動」的三間學校所有的同學，推廣精神健康的重要。



## ‘Health in Mind’ Memo Pad

A nicely-designed memo pad, carrying mental health messages suggested by the participating students, were being distributed in all three participating schools, aiming to promote the importance of mental well being.

## 書展

由怡和親善大使、醫院管理局、公共圖書館和出版商於四月至五月在裘錦秋中學聯手協辦書展，展出的書籍以精神健康為主題，包括「正面人生」、「戰勝逆境」、「自我鼓勵」等。全校的學生被安排在課堂時間到圖書館閱讀，他們亦可以以優惠價購買書籍。部份學生表示，他們對精神病康復者所著作的書籍特別有興趣。

## Book Fair

A book fair to promote mental health was jointly organized by Ju Ching Chu Secondary School, Jardine Ambassadors, the Hospital Authority, the Hong Kong Public Library and the participating publishers from April to May 2003 in Ju Ching Chu Secondary School. Arrangements were made for students to visit the book fair during school time, and discounts were offered for purchase of books. The students were particularly interested in books that were written by mental health patients.

## 融合小組 Re-integration Group

### 香港文華東方酒店捐贈物品 予青山醫院

為配合青山醫院其新增的中途中心即將開幕，在三月廿四日香港文華東方酒店捐贈多款物品予該中途中心，希望能為此中心添新氣。物品包括：椅子、多款餐具及聖誕裝飾品等。該中途中心為精神病康復者提供一個正常的生活環境，從而幫助他們學習生活基本技能，重新投入社會。



### Donation to Castle Peak Hospital from Mandarin Oriental, Hong Kong

To facilitate the opening of Exiter's hostel established by the Castle Peak Hospital, Mandarin Oriental, Hong Kong, with the help of the Jardine Ambassadors, has kindly donated furniture, chinaware and decorations to Castle Peak Hospital. It is hoped that these items can help to provide a comfortable environment to the occupants of the hostel. The Exiter hostel provides a normal living environment to people who have recovered from mental illness and who need to learn basic skills, preparing them to re-integrate with the society.

圖為怡和親善大使李瑞倫於當日捐贈物品予青山醫院。  
Jardine Ambassador Alan Lee handed over the chinaware, chairs and decorations, etc. to Castle Peak Hospital.

### 非典型關愛行動

「思健」捐贈一萬六千港元予香港心理衛生協會，以支援其非典型關愛計劃。該計劃專為幫助觀塘區的長者和精神病患康復人士認識和理解非典型肺炎。

行動中，十五隊由怡和親善大使、精神病康復自願工作者及協會職員分別探訪六十位獨居長者和精神病患康復人士，向他們講解預防非典型肺炎的衛生工作和如何保持心境開朗。受訪人士還獲贈由萬寧提供的抗炎錦囊。



### Atypical Care-Giving Action

MINDSET has donated \$16,000 to The Mental Health Association of Hong Kong (MHA) in support of its Atypical Care-Giving Action project, which was designed to help the elderly living alone and ex-mentally ill people in the Kwun Tong District understand more about preventative measures against SARS.

Some 15 teams of 'atypical care-givers' comprising Jardine Ambassadors, ex-mentally ill volunteers and MHA staff visited 60 living-alone elderly and ex-mentally ill people on four consecutive



Saturdays in June and July. The care-givers introduced anti-SARS knowledge, including personal and home hygiene, and taught relaxation skills to relieve the stress caused by the threat of SARS. In addition, each person visited was presented with an anti-SARS kit sponsored by Mannings.

由萬寧贊助的抗炎錦囊。  
The anti-SARS kit sponsored by Mannings.



## 籌款小組 Fund Raising Group

### 公益行善“折”食日

三月二十七日，多間怡和集團屬下公司的員工參與了一年一度與公益金合辦的“折”食日。雖然香港經濟低迷，他們仍慷慨捐出總數八萬元的善款。結果，此舉不但透過捐贈公益金屬下之精神健康服務機構，幫助了香港的精神健康推廣服務，亦令怡和集團成為是次籌款活動頭五名的捐款機構。



### Skip Lunch Day 2003

On 27th March a number of Jardine Matheson Group companies participated in the annual Skip Lunch Day organized by the Community Chest. Despite various social and economic uncertainties in Hong Kong, Group employees dug deep into their pockets to raise approximately \$80,000 for the mental health services offered by the Chest's agencies. The Jardine Matheson Group was recognized as the top five fundraisers in Hong Kong.

### 置邦捐贈「思健」

置邦於六月展開物業服務管理問卷調查。為響應集團「思健」精神健康計劃的推行，決定每收到一份已填妥的問卷即捐贈港幣十元予「思健」，以支持精神健康服務團體。



### EastPoint Makes Donations to MINDSET

In response to the Jardine Matheson Group's MINDSET initiative, EastPoint has taken advantage of a Property Management Service Survey it launched in June to donate \$10 for every completed survey received to MINDSET in support of charities related to mental health.



## 速 遞 Express

### 怡和集團繼續以捐贈公益金 支持精神健康服務

怡和集團和旗下的置地集團、牛奶公司、仁孚行、金門建築公司捐出共超過一百八十萬港元，作為公益金於二零零三至二零零四年度的善款捐贈。配合集團「思健」計劃支助精神健康服務的目的，所捐出的善款將指定作為支持精神健康服務的經費。該筆款項將撥給公益金旗下的三個精神健康服務機構，它們分別是：

#### – 浸會愛群社會服務處

會把所獲善款用於輔導服務和情緒失調人士小組服務；

#### – 香港家庭福利會

會把撥款支持精神健康服務組的工作；

#### – 香港心理衛生會

會把款項投入精神健康志願服務上。



THE COMMUNITY CHEST

香港公益金

### The Group Continues to Support Mental Health through the Community Chest

Jardine Matheson Limited, together with Hongkong Land, Dairy Farm, Zung Fu and Gammon Skanska, have donated over HK\$1.8 million to the Community Chest for the year 2003/4. The donation to the Chest will continue to be designated to support mental health projects, which is in line with MINDSET's objective to support mental health in Hong Kong. The fund will be allocated to three of the Community Chest's mental health agencies, namely:

#### – Baptist Oi Kwan Social Service

which will utilize the fund on its counselling service and group work for clients with emotional disorders;

#### – Hong Kong Family Welfare Society

which will focus on mental health work groups;

#### – The Mental Health Association of Hong Kong

which will concentrate on its volunteer service in mental health.



Jardine Ambassadors

[www.jardine-ambassadors.com](http://www.jardine-ambassadors.com)

If you would like to participate in any MINDSET activities or have any suggestions regarding MINDSET, please contact:

**Education and Prevention Group**

Ms. Sammi Wong

(Gammon Skanska)

Tel: 2170 1804

Fax: 2356 0538

e-mail: [sammi.wong@gammonskanska.com](mailto:sammi.wong@gammonskanska.com)

**Re-integration Group**

Ms. Anna Cheung

(The Excelsior)

Tel: 2837 6983

Fax: 2504 3572

e-mail: [annac@mohg.com](mailto:annac@mohg.com)

**Fund Raising Group**

Mr. Tony Lam

(Hongkong Land)

Tel: 2842 8246

Fax: 2877 2117

e-mail: [tlam@hkland.com](mailto:tlam@hkland.com)

Please address your comments or suggestions regarding MINDSET News to:  
Group Corporate Affairs,  
Jardine Matheson Limited  
48/F., Jardine House  
Central, Hong Kong  
[gca@jardines.com](mailto:gca@jardines.com)

Jardine Pacific

  
Hongkong Land

  
MANDARIN ORIENTAL  
THE HOTEL GROUP

  
Dairy  
Farm

  
Jardine Motors Group