



香港城市大學
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Developing a Mindfulness-based Stress Reduction Training Workshop for Undergraduates

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Abstract:

These days, nearly 60% and 70% of HK undergraduates experience high stress and stress-related physical disorder respectively. Forty percent have even been so stressed that they felt suicidal, which definitely affects their learning attitude significantly. Stress is one of the essential concerns of university students, but students generally pay little attention to such key point. The proposed course aims at developing effective and sustainable mindfulness-based stress reduction (MBSR) skills for students to cope with challenges and stresses in their daily life and learning.

MBSR training was initiated by the University of Massachusetts, USA, in 1979. Its effectiveness amongst students, patients, stressed general public, etc., was well-recognized scientifically. This MBSR course is the 1st GE course proposed to the undergraduates in HK. Composed of the Mind/Body and Integrative Medicine context, the course aimed at cultivating students with both 'formal' and 'informal' mindfulness practices. Through guiding students to discover a deep internal resource available, MBSR techniques facilitate students' positive health behaviours and psychological and emotional stress resilience. The innovative, self-discovery, experiential, and interactive training in mindfulness meditation, hatha yoga, discussion, and so on, will be effectively utilized in their stress management in learning and professional development in the life span.