

MIB Wellness Programme The Foundation of Mindfulness Practice: Attitude & Commitment

July 2020

Wellness Programme – Mindfulness Practice Workshop

To help members alleviate stress and optimise mental effectiveness amidst the outbreak of COVID-19, The Law Society's Member Benefit Committee organised an online workshop entitled "The Foundation of Mindfulness Practice: Attitudes & Commitment" ("the Workshop") for members to join in the comfort of their homes or offices on 16 July.

Mr. Edward Lau, speaker of the Workshop, shared his expertise on mental health and well-being, as well as advice and tips on coping with stress and anxiety in daily lives. At the Workshop, members were also guided through sessions of meditation.

The Workshop was well received by 25 members.



Mr. Edward Lau was the speaker of the Workshop
工作坊講者劉銘志先生

身心健康系列-正念靜觀實踐工作坊

為了協助會員在疫情期間減輕壓力，提升心理效率，律師會會員權益委員會於7月16日舉辦了「正念靜觀實踐的基礎：態度與承諾」線上工作坊，讓會員從家中或從辦公室參與。

講者劉銘志先生分享了他在心理健康方面的專業知識，以及在應對壓力和焦慮的建議和技巧，還指導了會員練習冥想。

工作坊吸引了25位會員參加，備受好評。



- What is mindfulness and meditation, and how does it improve health?
- Scientific findings:
 - Behavioural outcomes
 - Brain functioning
- Direct experience: Learn meditation exercises
 - Attention – focused attention to the breath
 - Emotions – mindful awareness of emotions
 - Social functioning – loving kindness / compassion



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