



# LiA Project Outline (part A)

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## Your full name and University of affiliation

**Full name:** Wang Yaxuan (Crystal)

**University:** The University of Hong Kong

# University contact

Your key contact or supervisor at your University

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**Full name:** Dr. Wong W. C. Paul

**Department:** Department of Social Work and Social Administration

**Email address:** [paulw@hku.hk](mailto:paulw@hku.hk)

# Title of your LiA project

Empowering Communities: A Collaborative Effort for Mental Wellness

# The organisation/charity you are working with

Heart and Soul

# Organisation/charity contact

Your key contact (supervisor) at the organisation/charity

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**Full name:** Susana Yuen

**Email address:** [info@heartandsoul.hk](mailto:info@heartandsoul.hk)

# The need or cause you are supporting

What is the specific problem, cause or opportunity you are exploring?

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We are primarily addressing the escalating mental health crisis amplified by the COVID-19 pandemic and the high-stress lifestyle prevalent in Hong Kong. This crisis manifests as increased emotional distress and negativity among individuals, impacting their overall well-being and ability to cope with daily life events. Through the implementation of meditation and yoga practices, we are exploring their potential as effective solutions for stress management and emotional well-being. These mindfulness techniques offer

an opportunity to create a supportive environment that encourages individuals to prioritize their mental health, fostering resilience, and inner peace amid life's adversities.

## Goal

**What is the big-picture idea/vision and desired outcome of what your LiA project is trying to achieve in order to address the need or problem above?**

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Our vision is to foster a resilient and mentally healthy community in Hong Kong that is empowered to confront and manage the emotional distress exacerbated by the ongoing pandemic and the city's high-stress lifestyle. By doing that, we aim to provide free, accessible and quality mindfulness services (e.g. workshops and other relevant events) to those in need to equip people with the tools and skills necessary to better manage their emotional well-being.

## Objectives

**These represent how you will achieve your goal. Write down three to five SMART objectives outlining how you will achieve the overall goal.**

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1. To successfully run at least four workshops by working collaboratively with professionals (e.g. yoga class teachers), NGOs and volunteers
2. To talk to people with emotional hardship in person, critically analyze their sources of stressors with professionals (e.g. social workers) and devise meaningful activities accordingly to help with their mental health
3. To organize and facilitate volunteer recruitment and training before relevant activities are conducted in the community

## List any challenges, barriers or risks to achieving your objectives

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1. One challenge is the language barrier, given that the primary language of communication in Hong Kong is Cantonese but my Cantonese is still not quite

proficient. This might cause difficulty for me to communicate with participants and local NGOs.

2. Engaging with NGOs is an essential aspect of our project. However, these organizations often operate under tight schedules and numerous responsibilities, which could lead to delays in communication.
3. The personal nature of mental health might make some individuals reluctant to participate in our programs fully. It may take some time to build trust and foster a comfortable environment that encourages open communication and active participation.

## Ideas to overcome barriers or challenges

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1. In order to bridge this gap, I plan to invite local volunteers who can help translate our materials and conversations into Cantonese to help with the workshops.
2. Recognizing that NGOs may be time-constrained, we will adopt a flexible approach when scheduling meetings, and use various communication channels, including emails, calls, and online meeting platforms, to facilitate ongoing and open dialogue.
3. To encourage participation and trust, we aim to build a safe environment. Starting with smaller group sessions may help individuals feel more comfortable. Moreover, bringing in mental health professionals or those who have successfully navigated similar challenges to share their experiences might also motivate individuals to engage actively.

## Milestones per week




What are the significant activities/objectives of the LiA project outlined by week?  
Please provide dates.

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### My Milestones

Aa Week	 Start date	 Milestones	 Details
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Aa Week	 Start date	 Milestones	 Details
<u>1</u>	@July 1, 2023	International yoga day & communication	Organize international yoga day event, communicate with other NGOs for future events and collaboration opportunities
<u>2</u>	@July 8, 2023	Free yoga/meditation workshops & volunteer training	Organize free yoga/meditation workshops for the local community by collaborating with other NGOs, train volunteers
<u>3</u>	@July 15, 2023	Free yoga/meditation workshops	Organize free yoga/meditation workshops for local community by collaborating with other NGOs
<u>4</u>	@July 22, 2023	Free yoga/meditation workshops	Organize free yoga/meditation workshops for local community by collaborating with other NGOs (probably also work with schools to train students to become mental health ambassadors)
<u>5</u>	@July 29, 2023	Free yoga/meditation workshops & information videos	Organize free yoga/meditation workshops for local community by collaborating with other NGOs & make short informational videos with NGOs to promote mental health on instagram and Youtube
<u>6</u>	@August 5, 2023	Free yoga/meditation workshops & information videos	Organize free yoga/meditation workshops for local community by collaborating with other NGOs & make short informational videos with NGOs to promote mental health on instagram and Youtube