



*cedars*

Centre of Development and Resources for Students  
學生發展及資源中心

# PSYCHOLOGICAL RESOURCES & SELF- HELP MATERIALS FOR STUDENTS UNDER QUARANTINE

Prepared by CEDARS-CoPE

(Counselling and Person Enrichment Section, Centre of Development and Resources for Students)

# Self-Help Resources

## HKU CEDARS-CoPE – [Self-help series](#)

- [Relaxation and Mindfulness exercises](#)
- [More information on mental health](#)

### Breathing Exercise for Relaxation (English version)



### CoPE Together: A Series of Tips on Helping Yourself and Others



Sleeping Difficulties  
(Chi / Eng)



Slow Breathing  
(Chi / Eng)



Self-compassion  
(Chi / Eng)



Self-soothing  
(Chi / Eng)



The Power of Kindness: Listening  
(Chi / Eng)



Supporting Your Friends or Students  
in Critical Incidents  
(Chi / Eng)



Take Care of Yourself in Critical  
Incidents  
(Chi / Eng)



When You Experience Intense  
Emotions or Flashbacks of Stressful  
Moments  
(Chi / Eng)

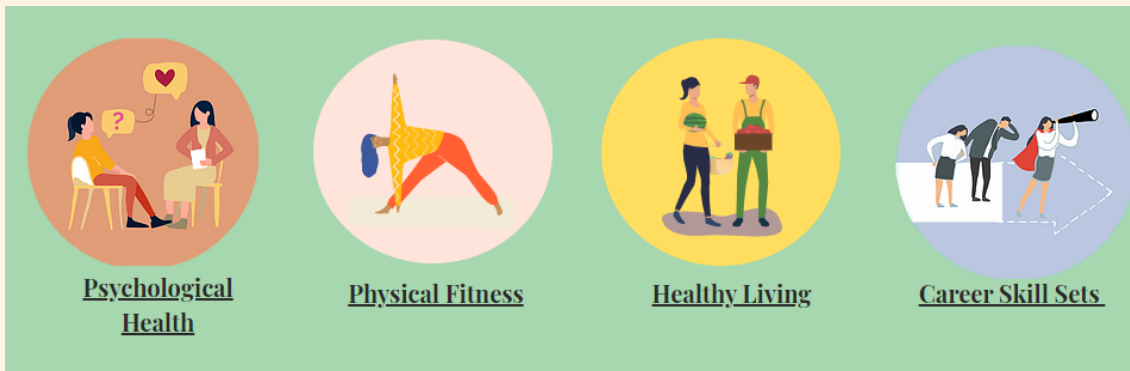


How to Handle Disagreements?  
(Chi / Eng)

# Self-Help Resources

## HKU CEDARS – Gearing Up

- 4 forms of support resources to well-equip HKU students' mind and body for challenges in pandemic





# Self-Help Resources

[Wellcation – 21-day Quarantine Wellness Kit](#)

[Wellcation – 14-day Quarantine Wellness Kit](#)

The HKJC Centre for Suicide Research and Prevention, HKU

A daily guide themed on **universal character strength**

**3 sessions:**

1. a reflective story
2. a video-based activity
3. Mental Well-being practice



## Contents

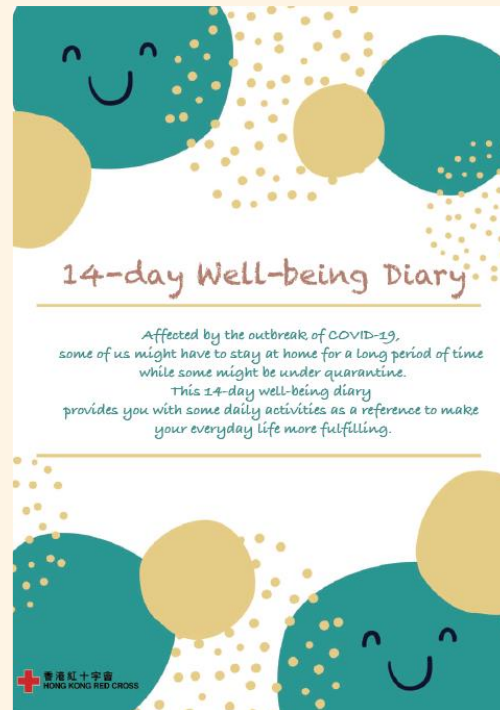
Introduction	P.4			
User Guide	P.5			
An evidence-based programme of quarantine activities and inspiration grounded in the international psychology of well-being				
DAY 01 Kindness P.10-13	DAY 02 Self-regulation P.14-17	DAY 03 Zest P.18-21	DAY 04 Social Intelligence P.22-26	DAY 05 Curiosity P.27-30
DAY 06 Teamwork p.31-34	DAY 07 Fairness P.35-38	DAY 08 Spirituality P.39-42	DAY 09 Humor P.43-46	DAY 10 Perseverance P.47-50
DAY 11 Forgiveness P.51-54	DAY 12 Hope P.55-58	DAY 13 Love of Learning P.59-62	DAY 14 Creativity P.63-66	DAY 15 Honesty P.67-70
DAY 16 Perspective P.71-74	DAY 17 Appreciation of Beauty & Excellence P.75-78	DAY 18 Prudence P.79-82	DAY 19 Leadership P.83-86	DAY 20 Gratitude P.87-90
DAY 21 Bravery P.91-92	DAY 22 Humility P.97	DAY 23 Judgement P.98	DAY 24 Love P.99	
Help and Further Resources				p.100

# Self-Help Resources

## Hong Kong Red Cross – 14-day Well-being Diary

- Activity suggestions under “Seven Wellness Principles”

1. Mind well
2. Sleep well
3. Exercise well
4. Love well
5. Play well
6. Work well
7. Eat well



Day 4

My feeling(s) is/are

My bodily sensation(s) is/are

**Get My Body Moving**  
Let's try to focus on your body today and choose some activities that you are comfortable doing, such as yoga or aerobic exercises.

The small goal for myself today: How I feel after completing the goal:

Mood of the day: Please fill in the hearts below to indicate your mood today.  
very bad (1 heart), very good (10 hearts)

香港紅十字會  
HONG KONG RED CROSS

# COVID-19 Info

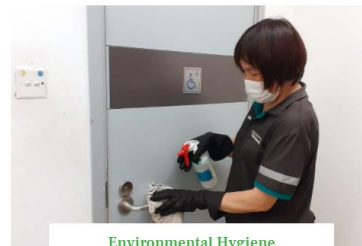
- Centre for Health Protection - <https://www.chp.gov.hk/en/index.html>
- COVID-19 Featured Website by the HKSAR - <https://www.coronavirus.gov.hk/eng/>
- HKU COVID-19 INFO HUB - <https://covid19.hku.hk/>



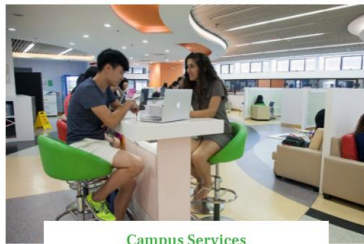
New Students



Teaching & Learning



Environmental Hygiene



Campus Services



Residential Halls & Colleges



Events & Crowd Management

## USEFUL INFORMATION

 Public Transport	 Inbound Travel
 Public Services	 Statistics on Passenger Traffic
 School Arrangements	 Control Points for Passengers


# Local Hotlines and Helplines

Organization	Hotline/ Helpline
Centre for Health Protection Hotline	2125 1111/ 2125 1122 (9am to 8pm)
Home Affairs Department Hotline	2835 1473 (9am to 6pm, Mon to Fri)
Government COVID-19 Helpline	9617 1823 (WhatsApp)
Red Cross "Shall We Talk" Psychological Support	5164 5040 (WhatsApp)
The Samaritans	2896 0000 (24/7)
Open Up - Jockey Club Online Youth Emotional Support	9101 2012 (WhatsApp/SMS) (24/7)



# Counselling and Psychological Services at HKU


If you have arrived in HK and want to talk to a counsellor...



Clouded by worries and feeling stuck?

Work things out with a counsellor at CEDARS-CoPE!

Confidential • Professional • Free



Centre of Development and Resources for Students  
The University of Hong Kong  
香港大學學生發展及資源中心

Call or email CEDARS-CoPE Tel: 3917-8388 Email: [cedars-cope@hku.hk](mailto:cedars-cope@hku.hk)  
More details on how to approach us [Video](#) [Website](#)