

# TOTAL HEALTH NEWSLETTER



**MS. JENNY CHAN**  
PSYCHOTHERAPIST

Jenny is a psychotherapist, accredited play therapist and parent-child play coach in private practice. Her main concern is healthy mental well-being of people across all ages. She helps children with emotional and behavioral problems, parents with parent-child conflict and adults who need personal counseling.

## Self-help Stress Management in Pandemic

### 1. START FRESH AND REFOCUS *daily activities*

Many people change to work from home and they may feel less productive while not working from their offices. Like a car, we need an ignition spark to get us going at the start of the day. Try to find a small ritual or habit that gets us started. We can have a cup of warm water with slices of lemon, 10 minutes of stretching, a set of a morning workout or prayer, etc. The key is finding the ignition or trigger switch that works. It enables us to focus on all the other activities energetically and positively. Make sure we can grasp an opportunity to start fresh and refocus every day.

### 2. Mindful BREATHING

Mindful breathing is to focus on our own breathing. Focus on inhaling and exhaling on our own pace, best to be done 15 minutes daily for at least a week. This can be done while standing, but ideally, we can be sitting or even lying in a comfortable position. Eyes can be opened or closed, but it might be easier to maintain focus if eyes are closed. A regular practice of mindful breathing can make us feel better in difficult situations: to help us deal with stress, anxiety, and negative emotions; cool down when temper flares; and sharpen skills of concentration.

### 3. Gratitude begets **HAPPINESS**

Pandemic is a stressful disaster intruding into our lives, however, it is always our choice to respond to the situation with an attitude of gratitude, alertness, and intention... or not. Dr. Sonja Lyubomirsky<sup>1</sup> has found that the simple act of writing down five things that cultivate gratitude once a week for ten weeks results in a significant increase in overall life satisfaction and optimism. The expression of gratitude in the face of adversity means much more than simply looking on the bright side or ignoring the reality of painful truths. Gratitude provides us with the opportunity to learn valuable lessons, like finding meaning in suffering, or experiencing the interconnectedness and impermanence of all things.



References:  
1. <https://www.cnbc.com/id/25708262>

# Recipes for Your Happiness!

**MR. ALAN SIU**  
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LIFESTYLE MEDICINE CERTIFIED  
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## 1. Caffeine-free Chocolate Bliss Balls

### INGREDIENTS:

- 3 cups dates, pitted (roughly 18 dates)
- 5 tablespoons tahini
- 4 tablespoons carob powder (a caffeine-free alternative to cocoa)
- A pinch of pink salt
- Black and/or white sesame seeds for coating

### PREPARATION:

1. Add dates, tahini, carob powder, and pink salt to a food processor and blend until well combined and smooth.
2. Roll into small balls and roll in white or black sesame seeds if you like.



## 2. Greek Stuffed Portobello Mushrooms

### INGREDIENTS:

- 4 portobello mushrooms, wiped clean
- 1 cup chopped kale
- ½ cup cherry tomatoes
- ½ cup crumbled vegan cheese
- 2 tablespoons sliced olives
- 1 tablespoon chopped fresh oregano
- 3 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- ½ teaspoon ground pepper
- ¼ teaspoon salt

### PREPARATION:

1. Preheat oven to 400 degrees F.
2. Combine 2 tablespoons oil, garlic, ½ teaspoon pepper and salt in a small bowl. Then coat the mushrooms with the oil mixture. Place them on a large baking sheet and bake until the mushrooms are mostly soft, for around 8 to 10 minutes.
3. Meanwhile, combine kale, tomatoes, vegan cheese, olives, oregano and the remaining 1 tablespoon oil in a medium bowl. Once the mushrooms have softened, remove them from the oven and fill with the kale mixture. Bake until the tomatoes have wilted, for an additional 8-10 minutes.

#### Reference:

1. <https://www.raepublic.com/recipes/chocolate-tahini-vegan-bliss-balls>
2. <http://www.eatingwell.com/recipe/274595/greek-stuffed-portobello-mushrooms>

# A NEW *Beginning*



On July 1, 1989, award-winning American singer and actress, Cher, released what was to become one of her most famous and popular songs: “If I could turn back time”. Although the song became an instant hit and was played all over the world, she hated it when it was first presented to her. It took a lot of pressure and convincement for her to agree to sing it.

How many of us, if we could turn back time, would actually do it? The fact of the matter is, that the heavy weight of a troubled past is a reality to a lot of people. Life is very ungenerous about giving second chances; however, the beginning of a new year affords us a golden opportunity to redo things in life, to start again, to set realistic goals with realistic expectations. 2021 comes on the heels of one of the worst years in modern history, a year that was marred by the great tragedy of COVID-19. Unfortunately, the aftertaste of 2020 could easily sour 2021. We face the risk of “hope fatigue” when after much suffering, we become afraid of hoping for better outcomes. As we begin 2021, let us remember one of the greatest promises that God has given to humanity: He will renew his mercies every morning. Although we may not be able to turn back time; we may not be able to fix a broken marriage teetering on the brink of divorce, we may not be able to undo financial mistakes or any other issue that can be currently affecting us, but we can always begin again. There is hope that in God we can find solid new beginnings, “though the fig tree

does not bud, and there are no grapes in the vine, though the olive crops fails and the fields produce no fruits, though there are no sheep in the pen and no cattle in the stalls, we can still have hope for a new beginning”(Habakkuk 3:17). Is there an area of your life where you need to intentionally begin again? You are not alone, be of courage and take whatever steps necessary, as small as they may be, to make positive changes in your life during 2021.



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## OUR *Prayer Room* AND *Worship* SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.



Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 8:30am to 9:00am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you. **From the Chaplain's Office**

# FREE

## Smoking Cessation Program FOR YOU!

Lifestyle Management Center is now offering a free community smoking cessation program. The program will be conducted online and can be in Cantonese or English. It includes 7 lessons (30 minutes each), and will be finished within 1 month. If you have any enquiry or would like to register for it, please kindly contact us by phone or email!



**Lifestyle Management Center (LMC)** is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

### DONATE TODAY



Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

**WEBSITE:**  
[www.hkahf.org.hk](http://www.hkahf.org.hk)

### DONATE FOR A BRIGHT FUTURE



Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

**TEL: (852) 2835 0555**

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