

Joys 30

Personal

1

MINDFUL SIP

When you have your coffee/ tea break, before you drink your choice of beverage, notice its colour, temperature, weight of the cup, and how it makes you feel. Then, take the first sip, noticing only its taste and temperature.

2

PALM SUNBATHING

Stretch out your palm under the sun for 5 minutes and feel the presence. What do you feel in your palms? What thoughts have emerged? Share your feelings with your group!

3

THE 5-4-3-2-1 GROUNDING

Silently name: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

4

BAREFOOT MOMENT

Stand barefoot on a surface (grass, wood, carpet) for a minute. Notice the texture and temperature on the soles of your feet and which muscles are supporting your standing.

5

OBSERVE A THOUGHT

For one minute, watch your thoughts as if they are clouds passing in the sky, without getting carried away by them.

6

I'M GRATEFUL FOR...

Be on the lookout for an act of kindness, however small, happening around you throughout the day. Before you sleep, silently name three specific things you are genuinely grateful for. Thank yourself for being appreciative of small things.

7

#CITYWALK

Take half day to walk around (and get lost in) a neighbourhood. Notice the different street signs, marks on the streets, the neighbourhood store, bonitique cafes, etc. Regardless if you have been to the neighbourhood before, it may surprise you what new things you may find!

8

PEOPLE WATCHING

Spend 30 mins in your community (in a cafe/ in the mall/ etc.), do not look at your phone, and observe people passing by.

9

LISTEN TO A DIFFERENT PERSPECTIVE

Watch a show or read an article by someone who usually has a perspective that you disagree with. Just listen without judgement.

10

COMPLETE A CHALLENGE

Engage in a task that you know you will likely fail, but you give it a try anyway.

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Family and Friends

1

SHARE A SMILE

Offer a warm, gentle smile to a stranger you pass on the street and notice their facial or verbal reaction.

2

THANK A SERVICE WORKER

Genuinely thank a cashier, barista, bus driver, or delivery person for their work.

3

CHECK-IN MESSAGE

Send a message to a friend or loved one simply saying, "Thinking of you," with no other agenda.

4

OFFER SMALL HELP

Make a genuine offer of small assistance, like "Can I get you a drink?" or "Let me help you with that."

5

SHARE APPRECIATION

Tell a family member, friend or colleagues one specific thing you appreciate about them.

6

PHONE-FREE MEAL

For your next meal with someone, put your phone away and give them your undivided attention.

7

LISTEN TO UNDERSTAND

In your next conversation, make your primary goal to understand the other person's perspective, not to reply or comment.

8

EMPATHY EXERCISE

Put yourself in the shoe of someone who you often have conflicts with. Consider their feelings, thoughts, perspectives and needs with an open-mind without judgement. Use this insight to find ways to handle your conflict with that person next time.

9

RECONNECT WITH SOMEONE

Take initiation to reach out to someone who you have lost touch with for a while.

10

ORGANIZE A GATHERING

Volunteer to organize a gathering for your friends or colleagues to provide a chance for people to connect.

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Community and Environment

1

POWER DOWN

Unplug one electronic device or charger that isn't actively in use.

2

BE A VEGETARIAN FOR A DAY

Spend a day being a vegetarian to reduce meat consumption.

3

NATURE CLEANUP

Pick up one piece of litter on your walk and dispose of it properly, noticing the small improvement.

4

TOTE BAG AWARENESS

Mindfully place a reusable shopping bag by your door so it's ready for your next trip.

5

WALK A SHORT ERRAND

Choose to walk an errand that you might normally drive/ take transportation to. Notice the details you see on foot.

6

LEARN ONE FACT

Spend two minutes learning one new fact about a local environmental issue or a plant or species in HK that you never seen before.

7

GIVE SECOND LIFE TO AN ITEM

Instead of throwing it away, find a way to give an item that you or your friends/ family doesn't want a second life.

8

JOIN A VOLUNTEER ACTIVITY

Find a cause you care about and sign up for a volunteer activity.

9

PAUSE THE USE OF DISPOSABLE PLASTICS FOR 48 HRS

For 48 hours, try not to use any disposable plastics. Is that even possible?

10

VISIT A COUNTRY PARK THAT IS NEW TO YOU

Hong Kong has many beautiful county parks. How many have you been? Take a day to visit one that you haven't explored before!