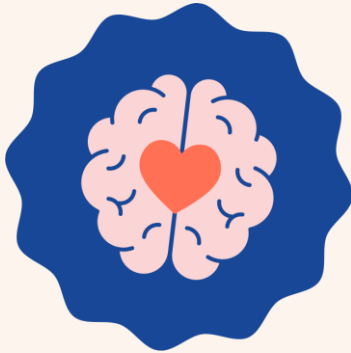


Be kind to
to your
mind

Diary of a Day



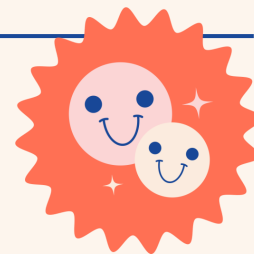
Here is where your happiness beings

Presented by Natalie Ng On Kiu

Content of the activity

Background information	What is the current situation?
Introduction	What is the activity about?
Aim of the activity	What the activity will brings
Simple information	Content of the activity
Promotion of activity	Expected results
Credits	SLIDESGO

For more info:
SLIDESGO | BLOG | FAQs



Background information



Unclear cognition on their emotions

01.

Teenagers and adults always ignore and overlooked their own feelings and emotions in the daily life

02.

Results

May suffer from mental illness and disorders because of not treating their own feelings importantly

03.

Data evidence

61% of Hong Kong adults currently suffer from poor mental well-being



“Diary of a Day”

The activity “Diary of a Day”

- participants may record their journey in a day
- record things that brings happiness / things that brings depressions
- have a clear vision on what they think and feel in a day

Aim of “Diary of a Day”



Express and record feelings

01.

Record and express feelings in the way of writing diary and note down the incident in a day

Escape from internet

02.

Nowadays, internet becomes a place people share their daily life, but why not try to put down our phone and write a diary

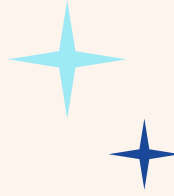
Comfortable ways

03.

Instead of shouting, screaming, crying etc, try to quietly write a diary to express your feelings whatever it is sad or joy

“Diary of a Day” Planning

- Target group: teenagers and adults
- Age of target group: 13–30
- Number of participants: unlimited
- Limitation: None
- Requires: a pen, a diary



“Diary of a Day” Information

How to do?

How?

- Prepare a diary or a notebook
- Find a time that you are relaxed
- Write down the thing that you have gradient on (people you want to thanks or memorable incident)
- Continuously write the diary for a week / month /year
- Recap all the happiness in the daily life and found that life is not that stressful



“Diary of a Day” Expectations

Expected results

- Participants continuously write the diary, and persist it for a least a week or even a month.
- Improvement on knowing more about themselves emotions and feelings (happiness or sadness)
- Have a clearer vision on their daily life
- Clear that what makes the participants feel happiness and what makes them feel anxiety
- Achieve the aim of reducing the number of people suffer from anxiety and depression



“Diary of a Day”

What to write?

***Few things that you are
THANKFUL***

1

2

3

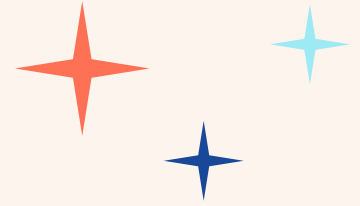
***Other emotions that you
FEEL***

1

***Few things that you feel
HAPPY***

1

2



“Diary of a Day” Promotion

01.

Online sharing workshops

Design a attractive poster, it will always persuade people to join

Organise online sharing workshop for people to share their diary

02.

Promotion in office

Promotion in company/offices, offices ladies may feel stressed for work

03.

Promotion in school

Promotion done in schools, cooperate with schools

Focus on teenagers feelings, they are more willing to write a diary

Student will be motivated to join with their friends and classmates



“Diary of a Day” What to write

Instructions

Design your own diary!



A fruitful day
begins with a
cup of
coffee.....

Today
happiness
come from.....

“Diary of a
Day” is fun to
join.....

I am happy because...

I can read, I
can breathe, I
am happy!.....

I finished today’s work in a
efficient way.....



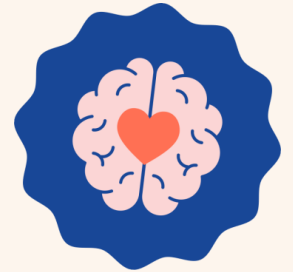
“Diary of a Day”

Is this a sustainable activity?



Yes!

- Writing diary is a habit
- Participants may have a chance to still performing this habit even the activity ends
- The recorded memories will be kept as the participants grow up which includes their emotions and thoughts in a period of time
- “Diary of a Day” is a meaningful activity



“Diary of a Day”

Professional help

01.

Seeking help from doctors who studied mental health

- Know more about how the system works
- What should be required
- What should be the main focus
- How to provide particular help



02.

Find organisations to help with planning the workshop

- Cooperate with some organisations to carry out workshops
- Provide a place for sharing
- Hold talks to tell how emotions will be affected
- Tell more about the benefits of writing a diary

“The most important decision you make is to be in a good mood.”

—*Diary of a Day*

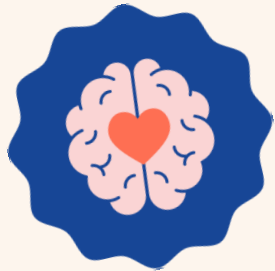




Thanks



Do you have any questions?



"Diary of a Day"



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