

**Mind HK partners with local workshops for Stress Awareness Month  
Encourage Hong Kong people to look after wellbeing by dealing with pressure**

**Hong Kong – 10 April 2019 –** We have all experienced stressful moments and being under pressure is a normal part of life. Yet, when stress gets overwhelming it can lead to mental health problems. This April, Mind HK is working with different local workshops in an in kind promotion partnership for **Stress Awareness Month.** Through these creative outlets, Mind HK hopes participants can take a moment to relax, prioritise their wellbeing and figure out how to best manage their stress.

**Stress Awareness Month** has been held every April since 1992 to increase public awareness about the cause and treatments of stress in modern life. This is especially relevant for Hong Kong, a city with one of the longest average working hours globally (50 hours per week) and over 70% of Hong Kong adults reporting their job to be a major stress trigger.

Mind HK, a non-profit organisation committed to improving awareness and mental health in Hong Kong, would like to encourage the general public to look after their wellbeing by joining different kinds of classes and workshops to help alieve everyday pressures.

**Mind HK’s Stress Awareness Month Partners 2019:**

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| **Workshop** | **Description** | **Registration details** |
| [**HIUCHI**](https://www.hiuchi-art.com/)  **Ceramic candle holder workshop**  IMG_6643.JPG | Learn how to use different techniques to make ceramic candle holders using the perforation technique. A diverse selection of colour is provided for making the marbled antlers to personalise the candle holder.  **Time:** 21 Apr (Sun) 13:00 – 16:30  **Duration:** 3.5 hours  **Workshop fee:** HKD 780 per person, includes expenses for all materials | Grace: 6432 9366  (WhatsApp) |
| [**Make your day**](https://www.facebook.com/myd.candle/)  **Dried flower candle workshop** | An introduction to two common raw materials used in dried flower candle making as well as pressed flower art. Each participant will make one dried flower candle in 3.5 hours.  **Time:** 1 – 30 April  **Duration:** 3.5 hours  **Workshop fee:** HKD 480 for one product | Phone: 6102 2477  Email: [makeyourday1210@gmail.com](mailto:makeyourday1210@gmail.com) |
| [**The Mixing Bowl**](https://www.themixingbowlhk.com/)  **Earl Grey tea sponge cake Workshop**  C:\Users\kellyc\Downloads\DSC08279.png | Learn how to bake and decorate a cake from scratch. Bake a three-layer of earl grey-flavoured sponge cake, make an Italian meringue butter cream, then assemble the cake layer by layer. With the instructor, participants will experience an enjoyable, stress-free evening and go home with a beautiful-looking cake.  **Time:** 25 April 19:00  **Duration:** 3.5 hours  **Workshop fee:** HKD 1,000 per person | Phone: 2524 0001  Online registration: <https://bit.ly/2WzlUfa> |
| [**Kanvas HK**](https://www.kanvashk.com/)  **Wheel Throwing Pottery Workshop**  Image may contain: one or more people and people sitting | Use the wheel throwing method to create a ceramic piece. Students will complete all trimming and glazing in 3 separate lessons. Each piece is permanently preserved using high temperature firing. Cost includes materials, use of tools, firing and instructor fee.  **Time:** 1 – 30 April  **Duration:** 2 hours per class  **Workshop fee:** HKD 780 / 3 classes | \*Participants are required to register in pairs  Kanvas: 6288 7582  (WhatsApp) |
| [**Shabibi Sheep Workshop**](https://www.shabibisheepworkshop.com/)  **Marbling Concrete X Brass X Sterling Silver Jewellery** | **Day 1:** Learn basic knowledge about concrete and how to work with concrete mixture to create marble patterns.  **Day 2:** Unmould the concrete beads and work on sanding. Participants will make their own design using brass parts provided and finish off with the sterling silver chain and clip.  **Time:** Weekdays/non-public holiday, starting from 1-6:30pm; Weekend/public holiday: 12-2pm or 6-8pm  **Duration:** 2 hours per class  **Workshop fee:** HKD 490-620 / 2-days | Vincent: 95433689  Email: shabibi.sheep.workshop  @gmail.com |

**About Mind Hong Kong**

Mind Hong Kong is an initiative formed out of the Patient Care Foundation. It is committed to improving awareness and understanding of mental health in Hong Kong. They provide online support and interventions, based on global best practices to empower anyone experiencing a mental health problem and to equip them with the resources they need. Through collaborative research Mind Hong Kong are leading the way in understanding mental health problems in the city and providing its population with the right support and resources.

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