

SMART (one day workshop)

Session 1: Factual recapture:

Brief recapture of the SARS pandemic

Cognitive reappraisal: positive and negative impact of SARS

Revising symptoms:

Discussion of impact on individuals and society

Meditation on love for all

Coping with fear:

Body-mind link: discussion of somatization

Physical exercise: simple tai-chi, acupressure, massage

Dietary advice: Traditional Chinese Medicine- derived health drinks to strengthen the body

Appreciation of life: Zen and Daoist teachings

Session 2: Emotional well-being:

Chinese teachings: balance of emotional state

Coping skills for excessive emotions

Creating meaning:

Growth through pain, turning crisis into opportunity, finding creativity through

Trauma

Life ahead, return to the basics, appreciate life and people

Goal setting and action planning

Chan, C., Chan, T., & Ng, S. (2006). The strength-focused and meaning-oriented approach to resilience and transformation: A body-mind-spirit approach to trauma management. *International Social Health Care Policy, Programs, and Studies*, 29. doi:10.1300/J010v43n02\_03

