

## Chill and Slow Day

Hong Kong is known for being one of the fastest-paced cities in the world. While being efficient can help you get lots of things done, there is nothing wrong with slowing down to prioritise your mental well-being and enjoy the moment. Chill and Slow Day was aligned with such a purpose.

Below is a comprehensive outline of activities. First, there was a meditation session. Nothing was better than starting the day off with a calm and peaceful mind to set the mood for the day. Cushions and blankets were set across the dim hall to create a peaceful and cosy environment for students to get in the zone. Meditation audio guides and soothing music were played to calm the brain and cleanse the soul. Not only was the entire process highly beneficial to mental well-being, but it was also spiritually awakening. Problem-solving requires a clear mind, and meditation gives us just that. Safe to say, students felt refreshed after that. Not to mention, students were allowed to arrive at the event at any time from 9:30 am to 12 noon to ensure they arrived well-rested.

Moving on, a movie screening was held. A snack bar was set up in the covered playground for students to pick the snacks of their choice. Each student was given a bowl to fill with their desired snacks, from popcorn to chocolate. Also, each student got to make and customise their drinks. Toppings ranging from whipped cream to brown sugar tapioca pearls were provided to add an extra spark to their drinks. As for the movie, the newly released Disney film, *Inside Out 2*, was shown. The movie includes relatable scenes of the teenage protagonist Riley struggling to fit in at her new school and facing puberty. The film took students through the journey of confronting and solving their problems and the emotional challenges along the way. It conveyed the message that 'you don't have to change yourself to fit in', inspiring students to continue being their unique selves and bringing a light of hope for those struggling with mental health problems and self-worth. Apart from being able to enjoy the movie with their friends and their favourite snacks, they were also enlightened.

Overall, I would say that Chill and Slow Day was a huge success! I was beyond delighted to see students leaving relaxed and satisfied.