

MIND SCIENCE CENTRE

FY2020 NEWSLETTER #2

NUHS
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NUS
Yong Loo Lin
School of Medicine,
Academic Research Centre



"2020 was a year of uncertainty. As we settle into the new normal, we've identified new opportunities to digitally evolve our programmes, such as Age Well Everyday and Mindfulness Retreat on Zoom. Through these efforts, we continue to broaden our reach and extend our impact in the various communities, particularly seniors who are socially isolated. In 2021, Mind Science Centre will continue its efforts to heighten public awareness of mental health issues, and through its research and related programmes, strive to make a difference to the lives of many."

Cheong Choong Kong

Chairman, Advisory Board, Mind Science Centre

"COVID-19 has changed our perspective of things and our centre has discovered new ways to impact the mental health scene in Singapore. The nationwide mental resilience survey was a significant initiative we've done in 2020 to identify critical mental health issues that requires intervention and prevention in school, workplace and for the seniors. This will serve as a guiding reference for our ongoing research efforts and eventually, be translated into meaningful evidence-based mental resilience programmes and inform mental health policy in the years to come."

Associate Professor John Wong Chee Meng

Centre Director, Mind Science Centre



RESEARCH SPOTLIGHT



THERAPEUTIC FOREST

Walking away from
Depression & Dementia

Watch the video to find out more.



Walking Away From Depression & Dementia

Take a moment to hear the rustling of leaves, the chirping of birds, or simply the crackling sound as you take a step on the leaf litter on the forest ground. Enjoy the perfect serenity of the forest and be intrigued by the little flora and fauna surprises along the way. Reconnecting with nature is a great way to take a break, stimulate your senses and recharge yourself when you feel overwhelmed with life stressors.

In our new pilot study on Nature and Mindful Awareness, we brought 22 seniors on a mindful forest walk to reconnect with nature while studying the positive impact on the individual's mental, physical and social health. The study is the latest initiative of Age Well Everyday (AWE) programme, an ongoing community intervention that seeks to prevent depression and dementia in the elder generation. Scan the QR code to follow us on a journey with our fellow study participants.

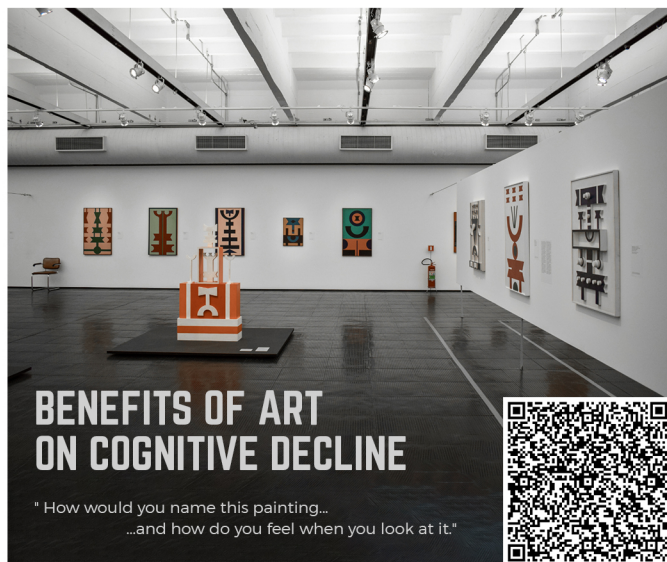


Click on the QR code
to donate NOW

Keen to make a difference in the mental health scene of Singapore?

Support our research and community programmes today!

For more information, get in touch with us at Wileen@nus.edu.sg



Remediating Age-Related Cognitive Decline with Art

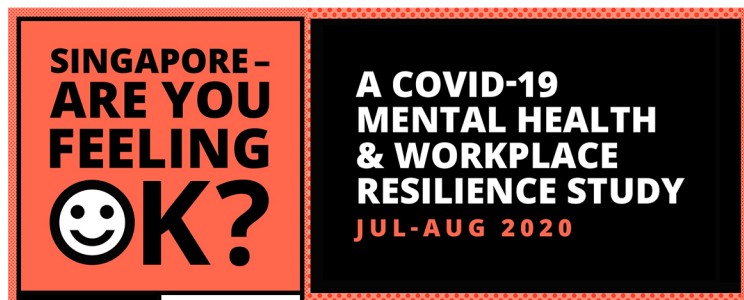
Do you know that art-themed therapy can work wonders on the elderly with mild cognitive decline?

Our recent study, which engaged senior participants on a 12-week art therapy, concluded positive effects on their cognitive performance. While more studies are in the pipeline, let's start by setting a date with your friends or your elders on a weekend trip to the art gallery, museum or even our upcoming Mind Art Experiential Lab (MAELab). While you are there, simply ask yourself the same questions we posed at the left and engage in mindful appreciation of the art pieces to stimulate your cognition. As simple as these questions may sound, it may be the key to remediate age-related cognitive decline in elderly.

COVID-19 INITIATIVES

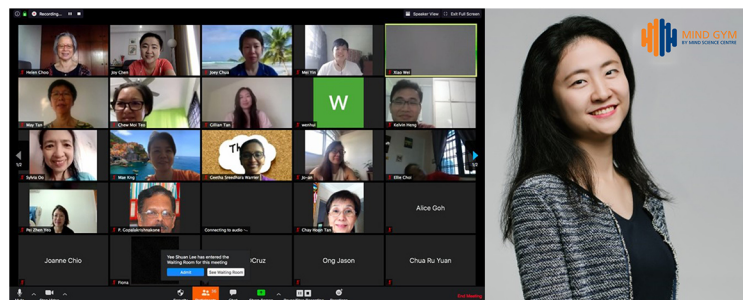
As some of our research and community programmes come to a temporary hiatus due to COVID-19, Mind Science Centre continues to find ways to contribute to Singapore's mental health scene during the circuit breaker period.

Here's how we've made a difference!



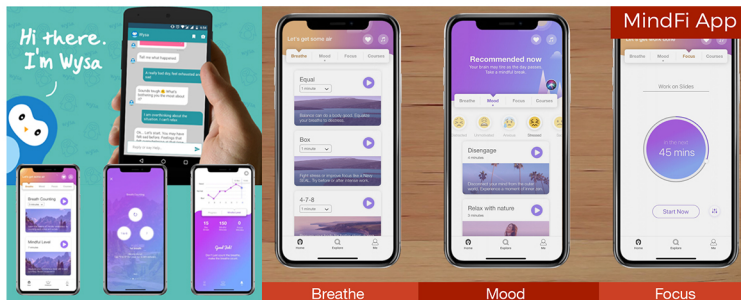
Nation-wide Mental Wellness Survey

In a milestone collaboration between Mind Science Centre and I am a Community Care Buddy (IAMCCB), a comprehensive nation-wide survey was rolled out to assess Singapore's Workplace Resilience and Mental Health Resilience in the light of COVID-19 uncertainties. With a total of 3,256 respondents, the results allow us to better understand the perceived level of stress and types of coping style across different demographics. From here, we will be able to develop useful interventions and allocate more resources on arising critical issues. Click [HERE](#) for the infographic findings.



Complimentary courses and activities for the public

With movement restrictions in place, many of us experienced the impacts of cabin fever and the overwhelming stress of a new working style. To engage the general public on a journey to discover how mindfulness can keep boredom and anxiety at bay, Mind Science Centre's MindGym launched a series of complimentary mindfulness retreat and Mindfulness-based Cognitive Therapy courses online for stress management and self-care during circuit breaker period.



Care for our Frontline Medical Workers

Extending our resources towards supporting our fellow National University Health System colleagues, we initiated the adoption of a mental health support chatbot app- WYSA to provide 24 hours support for the medical workers. Furthermore, we collaborated with MindFi to engage our employees on a 100-day wellness challenge starting from World Mental Health Day on 10 October 2020. Through daily mindfulness-based activities, it strengthens our mental resilience and allows us to cope with new stressors brought about by COVID-19.



Brand New Lifestyle Initiatives for the Seniors

As face to face AWE sessions at the community centres are currently not feasible, Mind Science Centre engaged various efforts via Radio, TV and Webinars to broadcast knowledge on how our seniors can engage in ageing well practices at home. These webinars were conducted in collaboration with National Silver Academy and People's Association to extend the reach of our programmes. In addition, AWE e-learning modules were offered for free from April to May for all interested volunteers.



Click on the QR code to donate NOW

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2020 SIGNATURE EVENTS



24 OCTOBER

Wee Sin Tho Lecture: The Ecology of Resilience cum 'Nature.Health.Happiness' Book Launch

Social Capital and Mental Capital are essential fertilisers to boost and strengthen the growth of our individual and community resilience during uncertainties. A qualitative study that encompasses these factors through mindful walking in the rainforest was found to enhance cognition and mental well-being of the senior participants. These findings and the science of such nature-based programmes were elaborated in the published book by Professor Kua Ee Heok. The book launch was officiated by Minister Desmond Lee and interesting insights about the effects of mindful walking in therapeutic gardens were shared by Professor Kua, Professor Vincent Chong and Mrs Wee Geok Hua during the event.

MORE DETAILS



7 NOVEMBER

2nd Tow Tiang Seng (TTS) Lecture: TCM & Biomedical Perspectives

In line with Mind Science Centre's focus on a preventive, non-drug approach to improving the quality of life in mental and physical aspects, the second instalment of the prestigious TTS lecture series explored the common ground shared by Modern Medicine and Traditional Chinese Medicine and suggests how it may be possible to combine them as a key to achieving better health and longevity outcomes. This webinar by keynote speaker Professor Hong Hai, was conducted over Zoom and attracted more than 250 esteemed guests and donors of Mind Science Centre.

MORE DETAILS



12 DECEMBER

Age Well Everyday (AWE) Volunteer Appreciation Event

Through the annual AWE Volunteer Appreciation, Mind Science Centre expressed our greatest gratitude to all our volunteers, leaders, key stakeholders and strategic partners for all the contributions they have made to the AWE programme. Beyond that, we aligned our strategies for the year ahead with our partners and facilitate our volunteers and leaders to adapt the implementation of AWE at various sites in the new normal. This event was conducted over Zoom and all attendees celebrated with us from the safety and comfort of their homes. Interested in joining us as a volunteer to make a difference to the senior's lives?

SIGN UP NOW

Our Mission

With our key focus in Research, Education and Upstream Intervention Services, we strive to make a difference in the mental health scene across the age continuum. We are the first mental wellness centre in the world focusing on the Asian culture, lifestyle, phenotype and issues, so as to develop innovative holistic solutions that are uniquely Asia. Our ongoing research seeks to discover the potential benefits of engaging in *Mindfulness, Art Reminiscence, Tai Chi, Horticulture, Rainforest Therapy, Choral Singing and Chinese Ink Painting*.

Click [HERE](#) to support our meaningful cause and fund our research work!

WHAT'S SHAPING UP!



Mind Art Experiential Lab (MAELab) Soft Opening

The highly anticipated MAELab is finally in its final stages of renovation. This innovative space seeks to evoke embodied reflective moments and facilitate internalisation of learning with personal relevance through its art exhibition. The first curation will be ready for soft opening by March. We can't wait to invite you down for an amazing experiential day.

STAY TUNED



Mind+Stress in Women

Get set for our upcoming Mind Booklet Series, set to be released in March! In this instalment, our clinical psychologist, Joy Chen, will be addressing the issues close to the heart for women. Find insights about what mental health issues women might face during midlife and understand what we can do to self-help or to assist another in need. Grab your free copy at our affiliated hospitals or polyclinics when it's released!

STAY TUNED



3rd Tow Tiang Seng Lecture: Music is good for my mental health

Discover how music heals us and strengthen our mental resilience as Maestro Jeremy Monteiro serenades you with his beautiful jazz pieces on 27 March. What's more, our brand-new publication "Profiles in Resilience" will be launching on this special day, officiated by Minister Desmond Lee. Webinar vacancies are on a first-come, first-served basis.

REGISTER NOW!



AWE E-learning April Recruitment

Sign up for the upcoming online training course to acquire knowledge and skills about how one can engage in active ageing. The 6 modules cover dementia, lifestyle management, depression, stroke and caregiving, two sessions on Mindfulness Practice and a webinar session with qualified healthcare professionals.

*Programme fee applies. Enjoy 50% OFF for Singaporean/Permanent Resident aged 50 & above.

REGISTER HERE!

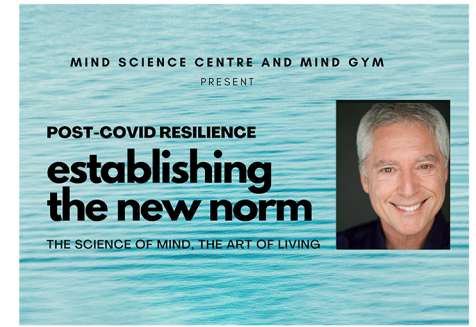


Mindfulness 8 Week Programme May Recruitment

Anchoring on the mindfulness teachings, the programme seeks to guide participants to step out of the 'mindless' mode and appreciate the beauty of here and now. You will learn how to deal more skilfully with the stresses and strains of daily living through the 8 sessions.

*Programme fee applies

OPENING SOON



Mindfulness Workshop with Dr Alan Wallace [Rescheduled]

Restore your emotional balance and strengthen your mental resilience with our half-day interactive mindfulness workshop. This online event will be back in the running and seats are on a first come first served basis. Be sure not to miss it!

*Workshop fee applies.

STAY TUNED

"The ability to give is a blessing."

— The late Mr Wee Sin Tho, Founding Chairman of Mind Science Centre

Wee Sin Tho Memorial Fund

In honour of the late Mr Wee, who was a pillar of inspiration and a driver of Mind Science Centre's (MSC) foundation building, a memorial fund was set up to consolidate the support given to our mission. As an organization dedicated to build mental resilience across the demographic profiles in the community, we have invested in continuous research and rolled out evidence-based intervention and prevention programmes. These efforts have touched the lives of more than 2,800 seniors, healthcare workers and youths. As we are fully dependent on philanthropic support and grants, we sincerely appeal for your generous support of a memorial donation, which will go a long way in enabling MSC to persevere in our mission.

The key areas your generous support will be channelled to:

- Forging Early Childhood Resilience
- Helping Seniors Age Well
- Mind Art Experiential Lab (MAELab), Mind Gym
- Sustainable administration of Mind Science Centre

Together, we will make a difference to the mental health scene in Singapore!
Click on the QR code to donate today!

