

MENTAL HEALTH FOR JOURNALISTS

HKBU
SCHOOL OF COMMUNICATION



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SARAH BREIDENBACH
CERTIFIED COUNSELOR
FOCUS

TREATING TRAUMA

12PM-1PM, CVA 1022

Hear from a certified counselor to learn about the types of trauma impacting journalists, how to recognize the symptoms of PTSD, anxiety and depression and how trauma and other mental health issues can be treated.

Sarah Breidenbach, certified counselor and founding director of Focus Psychological Enrichment Centre in Hong Kong. Sarah specializes in the treatment of depression and anxiety through a focus on trauma resolution for PTSD and Complex PTSD.



Register here for
all events or email
majis@hkbu.edu.hk



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ERIC WISHART
AFP

MENTAL HEALTH IN THE NEWSROOM

11AM-12PM, CVA 1022

Learn how international journalists cover mental health and how AFP as a news organization handles trauma with its own journalists. Also get some tips on how to avoid secondary trauma and moral injury in the newsroom.

Eric Wishart is Standards and Ethics Editor, and former editor-in-chief, of Agence France-Press. His areas of expertise include media ethics, the challenges of misinformation, the erosion of trust in established media, press freedom and the safety of journalists.



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TERESSA SIU
HKBU

LUNCH & LEARN: FOOD FOR BOOSTING PRODUCTIVITY AND POSITIVITY

12:15PM-1:15PM, CVA 1022

Bring your brown bag lunch and listen to journalism teacher and holistic nutritionist **Teressa Siu** explain how she uses food to promote positive mental health. She'll also give you some tips on foods that make you feel good and energized.

*The first 20 students to register will get a free healthy snack bag including hummus and veggies, juice and a gluten-free muffin made by vegan chef Tina Barrat.



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TERESSA SIU
HKBU

PRACTICE: ROOFTOP YOGA

10AM-11AM, CVA ROOF

Join us for a relaxing and rejuvenating yoga session on the roof with journalism and yoga teacher **Teressa Siu**. You will learn simple stretching techniques that promote better focus and calm your mind and body. All are welcome!

*Free yoga mats will be provided to the first 40 students to register.



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TERESSA SIU
HKBU

LET'S CHAT...

11AM-12PM, CVA ROOF

Join us for an informal sharing session to talk about your personal experiences with mental health, overall well-being, stress management, semester burnout and anything else you want to discuss! Led by journalism teacher **Teressa Siu**.

Former journalist **Teressa Siu** is an international wellness speaker, a certified Reiki master, yoga teacher, holistic health/nutrition coach and raw foods chef. She specializes in integrating holistic nutrition and healthy lifestyle prescriptions to help people be well, happy and healthy.