

全球养生机构精神健康项目



MENTAL WELLNESS INITIATIVE
GLOBAL WELLNESS INSTITUTE

SpaChina杂志与全球养生机构精神健康项目联手推出“精神健康专栏”，邀请读者一同探索保持精神健康状态的途径。精神健康项目(MWI)旨在帮助人们获得持续的身心健康，所关注的范畴从个人经验的内在方面延伸到“社会精神”的状态和影响，即整个社会的普遍精神状态及其对个人精神健康产生的影响和/或作出的贡献。MWI相信通过知识的交流与传递，将帮助人们获得生命成长、幸福、创造力、内在平和、慈悲心和智慧。研究证明，运动与锻炼、正念练习、营养、社会链接都有助于提升精神健康状态。其中，有意识的自我关注和自我引导是获得长久精神健康的基石。

GWl Mental Wellness Initiative

SpaChina is pleased to announce a new partnership with the Global Wellness Institute's Mental Wellness Initiative. This issue of SpaChina offers the third in what will be a regular section of the Magazine that focuses on mental wellness and the different ways to achieve and maintain this. The Mental Wellness Initiative (MWI) aims to understand those pathways that help people stay well and thrive mentally as well as physically. The lens of mental wellness extends from the very inner aspects of individual experience through to the influence and condition of what is sometimes called the 'social mind' – i.e. the mental condition of the surrounding society and its effect on &/or contribution to mental wellness. We in SpaChina share the MWI's commitment to empowering and communicating mental well-being for people around the world. Through the exchange of knowledge, we can promote and support lifelong growth, happiness, creativity, inner peace, compassion and wisdom. Movement and exercise, mindfulness, optimal nutrition and social connectivity are all supported by evidence as ways of creating and maintaining growth in mental wellness and happiness. In this, self-care and self-guidance are cornerstones to sustainable mental wellness.

疫情期精神健康提升

“针对精神健康问题的解决方案、提升精神健康的途径将为养生行业提供新机遇。”
Gerard Bodeker教授 文



这个时代的挑战

新 冠疫情还在持续之中，科学研究发现，新冠病毒不仅能破坏呼吸、心血管和免疫系统，还会给大脑和心理造成影响。

2020年7月，欧洲研究者在《自然》杂志上发表的文章中写到：“一些新冠患者会出现思维混乱和头痛，但无明确神经学症状，另外一些患者则出现明显的神经学临床表现，如中风、癫痫、脑炎。”还有一些研究报告指出，在鼻部感染之后，新冠病毒会通过嗅球进入中枢神经系统。脑部炎症会进一步促发各类神经和精神疾病。

新冠疫情爆发以前，世界卫生组织估

计，中国有5400万人患有抑郁症，4100万人患有焦虑症。中国卫健委在最近的一项报告中紧急寻求精神危机干预。于是，各大精神健康协会和组织纷纷组建专家团队编制指导方针，发表健康教育文章和视频，提供给中国的精神健康专家、在线精神健康服务商和普通民众。中国卫健委表示：“新冠疫情的迅速爆发为中国的精神健康服务造成了巨大挑战。”

精神健康倡议(MWI)

从世界卫生组织和全球精神健康研究的数据可知，全世界正在经历精神健康危机：超十亿人口患有焦虑症，四个人中就有一个人有精神障碍。

全球健康研究所发起的精神健康倡议(MWI)旨在探寻获得身体和精神健康的途径。MWI的使命是与养生教育者和推动者分享相关知识，不仅局限于精神健康技巧，也包括提供有助提升精神健康和预防精神疾病的日常练习的相关数据，帮助人们在每日生活中更好地发挥潜能。

MWI成立以来已发表若干篇报告和研究论文，并在国际线上线下论坛中就精神健康发表演讲。(https://globalwellnessinstitute.org/initiatives/mental-wellness-initiative/)

水疗行业须重新定位

Spa Business杂志在2020年8月刊上引用了Intelligent Spas的创始人兼董事Julie Garrow的评论：“我们追踪研究了过去十年全球水疗生意业绩，最新一篇调研显示，由于供求失衡，即开业SPA数量远超过消费者对SPA服务的需求水平，全球水疗中心的平均收益在这10年间减少了一半。2008年到2018年间，SPA理疗房平均占有率下降了47%，进一步证实了以上结论。值得肯定的方面是，客人单次造访收益增长了29%，现为129美元(118欧元、104英镑)。综合各项调查发现，即使在疫情爆发以前，诸多水疗收益和造访指标已发生明显下滑，水疗经营者所面临的商业环境挑战重重。”

著名经济学家和未来预测学者Thierry Malleret近期写到：“完全恢复还需要很长的时间，很多事情都会变得和以前不一样。从



外部限制和消费者心理两方面来看，人们都将越来越多倾向于国内旅游，而非出国旅游。”Malleret还预测，人们对于清洁程度的要求将大大超越以前。“人们将不愿意与陌生人处于同一有限空间内，否则会感到焦虑紧张，因此许多人会青睐在家练习瑜伽或做运动，而非前往俱乐部或健身房。因此如有可能，一定要推出线上服务。”

水疗设计

毫无疑问，重新开业的水疗养生中心必须实施严格的防疫安全措施。Blu Spas的联合创始人Cary Collier说到：“新冠疫情的爆发将对水疗设计产生影响。现在已出现针对水疗和养生设施的各类科技与材料，帮助打造更加卫生、清洁、抗病毒的生态系统，包括针对空气质量的过滤系统、可穿戴空气净化器、空气净化窗帘；以及设置消毒入口、清洁区、减少相互接触的可能性(想想星际迷航里的传感器大门、无线射频识别储物柜)、设置自助消毒房间、引进除菌机器人。”(www.bluspasinc.com)

水疗重新开业

六善。六善水疗养生副总裁Anna Bjurstam说：“在疫情期，与所有酒店和水疗一样，我们也不得不歇业。六善所属的洲际酒店集团在3月中旬让170家酒店关门歇业，现在几乎所有都已重新开业。青城山六善酒店的餐厅在解禁当日迎接了70位客人，周末时的入座率达到100%。”

2020年3月，六善推出网上养生计划——与六善共宅，为用户提供各类疫情期的实用信息和建议，如怎样减少焦虑和孤独感，如何保证优质睡眠，以及在家办公tips等，旨在

帮助人们更好地关爱自己与自己所爱的人。

加州Glen Ivy Hot Springs温泉度假村。位于加州的Glen Ivy Hot Springs温泉度假村重新开业后，推出了一项私人户外养生体验——Passport to Wellness，为客户打造“社交隔离”的水疗体验。客人们可在池畔享受户外水疗疗程、健身课程、游泳、新鲜餐饮，并探索当地美丽的自然环境，同时与其他人保持必要的社交距离。

度假村严格执行当地和国家健康政策，推出数项措施以保证员工和客人的健康安全，包括户外空间服务、限流、监测体温、戴口罩、必要的社交距离，以及其它安全措施。

由于疫情原因，度假村每天仅接受少量客人，并由专门人员向客人介绍度假村的各类养生服务与设施、提醒客人各项预订流程、为其提供餐饮服务。

Passport to Wellness户外养生项目包括户外泥疗法、50分钟的瑞典式按摩，疗程均在度假村花园内新建的理疗亭中进行。此外，还包括一系列瑜伽、冥想、水中健身、水中瑜伽课程，带客人重拾身心平衡。

客人还可体验度假村的各个特色理疗池和矿物泡浴，并品尝经典的三道式餐食，加州当地食材入馔，包括健康沙拉、新鲜海产、优质酒饮。

根据客人所选择的客房类型和大小，该项目提供标准、高级、奢华三个选项。

养生训练

疫情爆发后，养生教练和水疗人士纷纷表示，自己感到很脆弱：“我们都经历了焦虑、压力、不知所措。但为了改变这些情况，我们要把这些说出来。”

全球健康研究所在2020年8月举行的线上

研讨会上，一众养生教练都说到：“坦白自己的脆弱可以帮助我们改变自己的行为，令我们拥有更加健康、幸福的生活。”他们一致认为，一名值得信任的教练或是顾问可大大帮助人们实现积极转变。水疗和养生中心不妨考虑为个体及团队客人提供养生训练或顾问咨询。

正如Thierry Malleret所说的：“如有可能，一定要推出线上服务。”

政府将支持养生事业

Malleret预测：“疫情前，得益于‘微探险’潮流，欧洲的阿尔卑斯山区沿线和美国的各大国家公园成为了热门目的地，如今这一趋势将进一步发展。政府会大大推动养生活动，因为这是他们降低医保支出的唯一办法。

在澳大利亚，西澳大利亚州政府投资了几百万美元推广休闲垂钓作为提升疫情期精神健康的途径。西澳洲拥有澳大利亚最长的海岸线，达12889千米，州内1/3的人口会进行休闲垂钓，这项活动每年为该州经济贡献约30亿美元的收益。西澳洲政府表示，推广休闲垂钓作为疫情期提升精神健康的措施的原因是，休闲垂钓活动将人们引向自然，使人们更长时间聚焦于单一的消遣活动，降低人们因参加其他活动而产生聚集的可能性，同时还能促进疫情安全地带的国内旅游。

新商业模式

很显然，这是一个催促养生和水疗行业开发线上业务的时机。水疗应拓展为全面养生服务，线上服务可包括以下内容：

- 线上科普——科学知识和讯息分享、养生食物和菜谱推荐、相互支持平台
- 线上运动课程——包括有氧和无氧运动
- 线上训练指导——包括精神健康训练指导
- 线上产品销售——个人护理用品、包括冥想和其它提升精神健康的养生类APP
- 线上社区——在社群内分享自己提升精神健康的目标和途径

精神健康倡议的发现

MWI进行的一系列研究表明，人们可通过诸多方法、途径自主管理自身的精神健康。我们在精神健康白皮书及其它发表文章中均有提及，内容摘要如下：

与自然连接。中医大师孙思邈认为，呼吸清新的空气、每天在自然环境中散步、吃花园里土生土长的新鲜菜蔬是拥有和保持健康的基本要素。孙思邈生于公元581年，死于公元682年，完成了30卷的《千金要方》医学著作。这本著作的前几卷里丝毫没有提到

医药，而是谈论生活方式、饮食和运动。绿色环境可提升心理健康，帮助人们更快从压力中复原，预防压力的产生，并能增强专注力。在提升精神健康方面，绿色环境的质量（包括拥有多样化的野生动植物）比其面积更重要。居住地毗邻优质绿色环境的人比毗邻劣质户外环境的人拥有更低的心理压力。居住地周围拥有自然环境对孩童尤其重要，可提升他们应对生活压力和突发事件的能力、增强他们的专注力和认知功能。因此，目的地水疗和养生度假村可从中汲取灵感，城市水疗中心也可以考虑推出在公园和花园里进行的项目。

运动。无数研究都已证实，运动对于提升生活品质 and 长寿的积极作用，如今越来越多研究发现，运动还可以增强精神健康。牛津大学出版社《运动的重要性——改善情绪、释放焦虑》将科学发现和行为法则转化为适合大众实践的简单策略，旨在帮助人们通过理解情绪与意图之间的关系，来建立和坚持执行运动计划，如使用工作表和核查表来记录运动前后的情绪信息，从而强化运动意图。定期进行瑜伽、太极、跳舞、高强度运动、散步等活动可降低抑郁和焦虑感，增强积极情绪。

营养。《金匱要略》是第一本谈论内科、外科、妇产科疾病的临床书籍，也是中国文学中第一本涉及疾病和症候的鉴别诊断，并提供相应治疗方法和医药处方的医学书籍。书中有两整章内容讲论通过食物来预防和治疗疾病，

包括不同食物的治疗功效、不同食物种类之间的相互作用。现代研究进一步证实健康饮食对于精神健康的重要作用。

英国精神健康基金会说到：“无日常精神健康问题的人群中，近2/3的人士每天吃新鲜水果或喝果汁；而在经历日常精神健康问题的人群中，不到一半的人会这么做。这同样适用于新鲜蔬菜和沙拉。经历一定程度精神健康问题的人群更少吃健康食物（新鲜蔬果、有机食物），更多吃不健康的食物（薯条薯片、巧克力、即食餐、快餐）。”一项对数篇关于营养和精神健康研究的总结汇报证实，在孩童和成年人中，不良饮食和糟糕的精神健康状态之间的关系。习惯性的不良饮食（比如摄入西式加工类食品）将增加患上抑郁症和焦虑症的风险。该综合研究也证实了优质饮食和精神健康之间的关系。因此，水疗中心可推出线上和线下营养学课程，结合中国古代养生智慧和西方的现代科学，引导客人明白健康饮食对增强精神健康的关键性。

减压。哈佛的研究人员发现，冥想是一项修复性活动，可减轻免疫系统的负荷，让每日持续努力保护自己的身体得到休息。还有研究预测冥想可帮助人们健康地变老。练习冥想可增强神经可塑性、促进脑灰质和脑白质的发育，具体益处包括：降低深层创伤压力从而提升精神健康，改善脑部结构和功能，改变基因表达和端粒长度，降低年龄相关的疾病发生率等。冥想是长期促进身体和

精神健康的主要途径。

欢笑。爱笑瑜伽(Hasyayoga)引导练习者持续大笑。爱笑瑜伽的诞生基于这样一种理念：故意大笑和自发大笑可产生同样的生理和心理益处。爱笑瑜伽通常是团体进行，参与者彼此进行眼神交流、讲笑话、嬉闹。牛津大学的研究者发现，社群交际中的大笑可带来神经生理学变化，提升愉悦感，并促进大脑中丘脑、尾状核、前脑岛等区域的内源性阿片类物质释放。通过网络连线进行的大笑和实际社群活动中的大笑具有同样的治愈效果，这也为想要提供爱笑瑜伽的水疗和养生中心提供了新可能。

不断成长

现在已有大量的研究阐明养生习惯是如何促进大脑在一生时间里不断进行自我改变和重塑的，即神经可塑性。

若能获得对于神经可塑性及其实际应用的更深入的了解，我们就能更好地拥抱生命的无限可能，为自己和他人赋能，促进有意义的成长和积极改变。那时，我们将不仅仅是生存在这个日新月异的现代世界，而是能够在充满未知和不确定性的环境中实现个体和团体的茁壮成长。

当全世界的人们都在探讨疫情后的生活状态，精神健康应被提上首要议程。针对精神健康问题的解决方案、提升精神健康的途径将为养生行业提供新机遇——这也是我们所肩负的社会责任。





Spa Reception, Six Senses Qing Cheng Mountain

Promoting Mental Wellness in the Time of COVID

“Solutions to mental health challenges and pathways for promoting mental wellness constitute a special opportunity for the wellness sector – and indeed a great responsibility to our society.”

By Professor Gerard Bodeker

The Challenge of our Generation

As the COVID-19 crisis progresses, scientific research is showing that the disease can cause brain and psychological effects as well as respiratory, cardiovascular and immune system damage.

European researchers publishing in the scientific journal *Nature* in July 2020 wrote: “While some patients with COVID-19 may show confusion and headache (non-specific neurological symptoms), others may develop specific neurological manifestations including stroke, seizures and signs of encephalitis”. Elsewhere it has been reported that following nasal infection, coronavirus has been demonstrated to enter the central nervous system through the olfactory bulb. And that brain inflammation then has an effect on various neurological and

psychiatric disorders.

In China, prior to the COVID-19 crisis, the World Health Organization estimated that 54 million people were suffering from depression and about 41million suffer from anxiety disorders. A recent report from The National Health Commission of China put out a call for emergency psychological crisis intervention. In response, various mental health associations and organizations have established expert teams to compile guidelines and public health educational articles/videos for mental health professionals and the general public alongside with online mental health services. The National Health Commission of China stated that: “the rapid transmission of the COVID-19 has emerged to mount a serious challenge to the mental health service in China”.

The Mental Wellness Initiative (MWI)

We know from the WHO and from global mental health studies that the world is suffering from a mental wellness crisis: Over one billion people suffer from anxiety, and one in four people experience mental disorders. The Mental Wellness Initiative (MWI) of the Global Wellness Institute aims to understand those pathways that help people stay well and thrive mentally as well as physically. The MWI’s mission is focused around sharing knowledge for wellness educators and influencers. This is not just about mental wellness techniques but rather is about offering data on evidence-based daily practices that serve as prevention tools; for living our full potential in everyday life.

The MWI has now produced a number of

reports and research papers and has presented on mental wellness in several global online and in-person forums (<https://globalwellnessinstitute.org/initiatives/mental-wellness-initiative/>)

The Spa Industry – Time to reposition

Spa Business Magazine's August 2020 issue quotes Julie Garrow, founder and managing director of Intelligent Spas, who says: "We've been tracking global spa performance over the last 10 years and our latest survey shows that average revenue per spa halved during that time due to a supply and demand imbalance, in essence, too many spas opened compared to the level of demand for spa services. A 47 per cent decrease in average spa occupancy rates between 2008 and 2018 prove this. On the positive side, revenue per visit increased 29 per cent to US\$129 (€118, £104). Overall, the findings confirm that many revenue and visit indicators have decreased significantly and even before the coronavirus, the business environment for spa owners and managers was challenging."

The well-known economist and future forecaster Thierry Malleret, wrote recently: "Recovery will take a long time and things will not be the same as before. A partial, wider retreat from globalisation will favour regionalism and localism in travel as people will have less discretionary spend and confidence to venture abroad again". Malleret also predicts that

there will be a new obsession with cleanliness. "Anxiety and diffidence about sharing space with complete strangers may be another and many people may decide that it's preferable to practice yoga or exercise at home rather than going to a club or gym. It goes without saying, whenever possible, have an online presence".

Spa Design

Clearly, spas and wellness centres will need to adopt COVID-safe measures on reopening. Cary Collier, co-founder of Blu Spas, says: "Without doubt COVID-19 will impact on spa design. The technology, materials and finishes to deliver more clean, virus-resilient ecosystems for spas and wellness facilities already exist. Whether that's to do with air quality, such as filtration systems, wearable air purifiers or air-purifying curtains; or cleanliness, such as elegant sanitisation portals, back-of-house 'clean zones', a reduction of 'touch zones' (think Star Trek type sensor opening doors, RFID opening lockers), self-sanitising rooms or bacteria-battling robots". (www.bluspasinc.com)

Spa Reopenings

Six Senses. Anna Bjurstam, VP of Spas and Wellness, Six Senses Hotels Resorts Spas, reports that: "Like all spa businesses, we've had to shut our properties. But there is light at the end of the tunnel. IHG, the owners of Six Senses, had 170 hotels closed in mid-March

and almost all of those have now reopened. At Six Senses Qing Cheng Mountain in China, the restaurant had 70 walk-ins the first day the lockdown was lifted and it's experiencing up to 100 per cent occupancy at the weekends."

In March 2020, Six Senses launched their At Home With Six Senses portal offering advice on how to reduce anxiety and loneliness for example, as well as tips on everything from working at home to getting into good sleep routines. The At Home initiative aims to offer proactive and pragmatic ways for people to care for themselves and the people they love.

Glen Ivy Hot Springs, California. Glen Ivy Hot Springs in California has reopened with a new private outdoor wellness 'staycation' to create a safe socially-distanced spa experience for returning guests. Called *Passport to Wellness*, the package invites visitors to enjoy a curated day of physically-distanced pool-side relaxation including open-air treatments, fitness classes, swimming and fresh dining, while exploring the destination's peaceful grounds.

Glen Ivy Hot Springs is following local and state health guidance and has introduced several new protocols to keep both employees and guests safe while at the resort, including operating entirely outdoors, limiting capacity, exposure screenings, temperature checks, face coverings, and physical distancing, among additional safety measures.

Due to COVID-19, Glen Ivy is only welcoming a small number of guests daily. Hosts will be on hand to educate visitors about the wellness destination, remind guests about their appointments, provide food and beverage services and more.

The programme offers an outdoor mud therapy experience and 50-minute open-air Swedish massage conducted in a new outdoor treatment pavilion in Glen Ivy's Secret Garden. In addition, guests have the opportunity to reconnect body and mind through complimentary yoga, meditation, Aqua Fit and Aqua Yoga classes.

The package also enables guests to access Glen Ivy's extensive offering of therapeutic pools and mineral baths and enjoy a three-course meal featuring wholesome California cuisine with a focus on healthy salads and fresh seafood, with a premium wine pairing.

The Passport to Wellness is available in three tiers: Standard, Deluxe and Premium, which are based on the size and type of space



Tai Chi, Six Senses Qing Cheng Mountain



Glen Ivy Hot Springs, California

people choose to spend their day in, within the hot spring resort.

Wellness coaching

What wellness coaches and spa professionals are saying is that we are all feeling vulnerable since this pandemic started. We're all experiencing anxiety, stress, uncertainty – and, for a change, we are talking about it rather openly.

At an online Global Wellness Institute conference in August 2020, a number of wellness coaches said that openness about our vulnerability will enable many behavior changes toward living our healthiest, happiest lives. And they all agreed that if a person has a trusted advocate or coach or advisor, this will be a very powerful boost towards making positive changes in our lives. Wellness coaching for individuals and groups offers new opportunities for spas and wellness centres.

As Thierry Malleret says: "It goes without saying, whenever possible, have an online presence".

Governments will promote Wellness

Malleret, predicts: "the Alps in Europe and National Parks in the US are locations which were already benefitting from the 'micro-adventure' trend before COVID-19 and this will now accelerate. Governments will incentivise wellness because they will have no other choice when it comes to decreasing healthcare costs".

In Australia, for example, the state government of Western Australia, where it is estimated that up to one third of the state's population engages in recreational fishing, has invested several million dollars into promoting recrea-

tional fishing as a COVID mental health measure. Western Australia has the longest coastline of any state or territory in Australia, at 12,889 km. Noting that recreational fishing brings in around \$3billion each year to the state's economy, the state government is promoting fishing as a means of improving mental health by way of being in Nature and focusing on a simple recreational pastime during this challenging COVID-19 era and also stimulating domestic tourism in a COVID-safe region of Australia.

New business methods

Clearly, this is the time of online development for the wellness and spa industry. Spas now need to expand into wellness and an online presence can include:

- Online knowledge – science, how-to information, wellness foods and recipes, mutual support
- Online movement – both aerobic and anaerobic
- Online training – including mental wellness training
- Online products – personal care products, wellness apps, including meditation and other mental wellness apps
- Online community – connecting with others online to share our goals for promoting mental wellbeing through shared pathways.

The Mental Wellness Initiative's Messages:

What we have found in our MWI research is that people can self-manage their mental wellness by a wide range of methods and pathways that lead to mental wellbeing. These are docu-

mented in our White Paper on Mental Wellness as well as in other MWI publications and include:

Connecting with Nature. The master of Chinese Medicine, Sun Simiao, advised that fresh air, daily walks in natural landscapes and food from a fresh and wholesome garden – cultivated in part by the owner – were the fundamentals of creating and maintaining good health. Sun Simiao was born around 581 CE and died in 682 CE after completing his 30 volume Encyclopedia of Medicine – the first few volumes of which were not dedicated to medicine at all, but to lifestyle, diet and exercise. Green space is good for psychological wellbeing, improving recovery from stress and protecting against future stress, and improving concentration. And it turns out that the quality of green space, including its richness in wildlife, may be more important to mental health benefits than its quantity. People living near quality green space, full of wildlife and thriving habitats, were twice as likely to report low psychological distress as those living near low quality open spaces. Nature near home is particularly important for children, increasing their ability to cope with stressful life events, directed attention and cognitive function. This is something that destination spas and wellness resorts can build their marketing around, including urban spas which can begin offering programs in parks and gardens.

Movement. In addition to the well-documented effects of exercise on quality of life and longevity, there is an emerging body of findings showing that exercise benefits mental wellbeing. The Oxford University Press book "Exercise for Mood and Anxiety" translates scientific findings and principles of behaviour change into easy strategies for the general public. The focus is on helping to establish and maintain an exercise program by understanding the relationship between mood and motivation. The strategy includes worksheets and checklists to help record information on moods before and after a workout in order to improve motivation. Yoga, TaiChi, dance, vigorous exercise, walking and many other forms of movement have all been shown to reduce depression and anxiety and to enhance positive mood when done on a regular basis.

Nutrition. *Essentials from the Golden Cabinet of Jin Gui Yao Lue* 金匱要略, is reported to be the oldest clinical book dedicated to inter-



Six Senses Spa Corridor, Six Senses Qing Cheng Mountain

nal, external, gynaecological and obstetric diseases. It is also the first medical book in the Chinese literature on differential diagnosis of diseases and symptoms, along with treatment and prescriptions. Two full chapters of Jin Gui Yao Lue are dedicated to the use of food in preventing and treating illness, including the healing properties of different foods and interactions between different food types. Modern research has supported the importance of healthy eating in creating and maintaining good mental health and wellbeing.

The Mental Health Foundation of the UK notes that: “Nearly two thirds of those who do not report daily mental health problems eat fresh fruit or fruit juice every day, compared with less than half of those who do report daily mental health problems. This pattern is similar for fresh vegetables and salad. Those who report some level of mental health problem also eat fewer healthy foods (fresh fruit and vegetables, organic foods and meals made from scratch) and more unhealthy foods (chips and crisps, chocolate, ready meals and takeaways).” A review of multiple studies on nutrition and mental health has confirmed a relation between unhealthy dietary patterns and poorer mental health in children and adolescents. A habitually poor diet (e.g., increased consumption of Western processed foods) was associated with a greater likelihood of or risk for depression and anxiety. The study also found a consistent trend for the relationship between good-quality diet and better mental health. Clearly, opportunities are there for both online and in-spa courses in wellness nutrition drawing on China’s ancient traditions combined with evidence from modern science on the benefits of a healthy diet in enhancing mental

wellbeing.

Stress reduction. Harvard researchers report that meditation is one of the ways to engage in restorative activities that may provide relief for our immune systems, easing the day-to-day stress of a body constantly trying to protect itself. The prediction is that this would then lead to healthier aging. Changes associated with the practice of meditation include enhanced neural plasticity and increased grey and white matter development in the brains of meditators. With benefits ranging from enhanced mental wellbeing through to reduction of deeply traumatic stress, from changes in brain structure and functioning through to changes in gene expression and telomere length and reduced age-related decline, meditation stands as a primary pathway for lifelong enhancement of physical and mental wellness.

Laughter. Laughter yoga (Hasyayoga) is a practice involving prolonged voluntary laughter. Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups, with eye contact, jokes and playfulness between participants. Oxford University researchers found that social laughter produced neurophysiological changes, increased pleasurable sensations and triggered endogenous opioid release in the thalamus, caudate nucleus, and anterior insula regions of the brain. Online laughter is just as therapeutic as laughing in a real social group and offers a new option through laughter yoga for spas and wellness centres.

MOVING FORWARD

We now have substantial scientific evidence that explains how wellness habits promote our

brain to change and rewire itself through a lifelong process termed *neuroplasticity*.

In gaining a deeper understanding of neuroplasticity and its practical applications, we can better harness its immeasurable potential, empowering ourselves and each other toward meaningful growth and positive change. We will ensure that we not only survive in our fast-changing modern-day world, but learn to thrive both individually and collectively in a shifting landscape of unpredictability and uncertainty.

As the world looks to life after COVID-19, mental wellness is a front-burner priority. Solutions to mental health challenges and pathways for promoting mental wellness constitute a special opportunity for the wellness sector – and indeed a great responsibility to our society.



Prof. Gerard Bodeker
毕业于哈佛大学公共卫生与健康专业的Gerry Bodeker教授致力于整合医学和养生方面的研究，其专注于对亚洲传统医学和健康生活方式的研究。

二十年以来，他在牛津大学教授医学科学课程，担任哥伦比亚大学流行病学副教授。Bodeker教授著有多部书籍，如《世界卫生组织全球版图：传统、补充和替代医学》、《全球水疗行业解析》、《精神健康：途径、实证与展望》。目前他正与亚洲开发银行合作撰写有关亚洲养生的报告和书籍。

A Harvard-trained public health academic, Gerry Bodeker researches and advises on integrative medicine and wellness. He has specialised in Asian traditions of medicine and healthy lifestyles. He has taught in medical sciences at Oxford University for two decades and is adjunct professor of epidemiology at Columbia University. Prof Bodeker has published widely, including the following books: The World Health Organization Global Atlas on Traditional, Complementary and Alternative Medicine, Understanding the Global Spa Industry, and Mental Wellness: Pathways, Evidence and Horizons. He is working with the Asian Development Bank on a report and a book on Wellness in Asia.