

Face Adversities with Perseverance Overcome Hurdles with Resilience

Students



Introduction

Every person is endowed with talents. Everyone is unique, important and precious. Yet, we all face adversities at different points in life. When we are under stress, some thoughts and emotions might arise which could affect the way we confront and solve problems. Therefore, positive life values and effective problem solving skills are important to us.

No matter how difficult the hurdles are, they can be overcome ultimately. There are always more solutions than problems. We should gain control of our emotions, confront adversities and overcome the hurdles courageously. We should also cherish our lives.

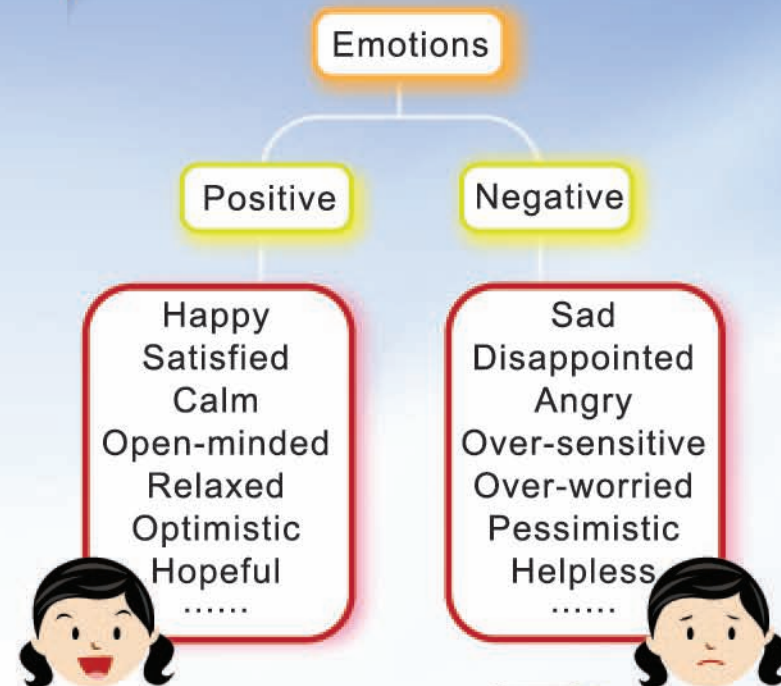
Understanding "Emotions"

When our biological or mental states receive external stimulations, we exhibit psychological reactions, namely "emotions". When we get emotionally upset, not only do we experience the feelings, but also we show them in our facial and body expressions. Physiological changes also take place in our body.

**When feeling:
excited, nervous, angry, frightened...**

rapid heart rate and breathing;
dryness in the throat and lips;
tensed muscle; jaw clenching;
sweating; shivering...

Types of Emotions



Emotion Thermometer



It is natural for us to experience different emotional reactions at different times and under different circumstances. We should learn how to express and manage them appropriately, as well as solving problems in a calm manner.



You can try to understand your own emotions and feelings by making records and writing down possible causes at different times of the day:

Time	Feelings	Emotional Reactions	Causes
wake up	☑️ 😊 😞	happy	beginning of a brand new day
school lessons	😊 😊 😞		
after school	😊 😊 😞		
bed time	😊 😊 😞		

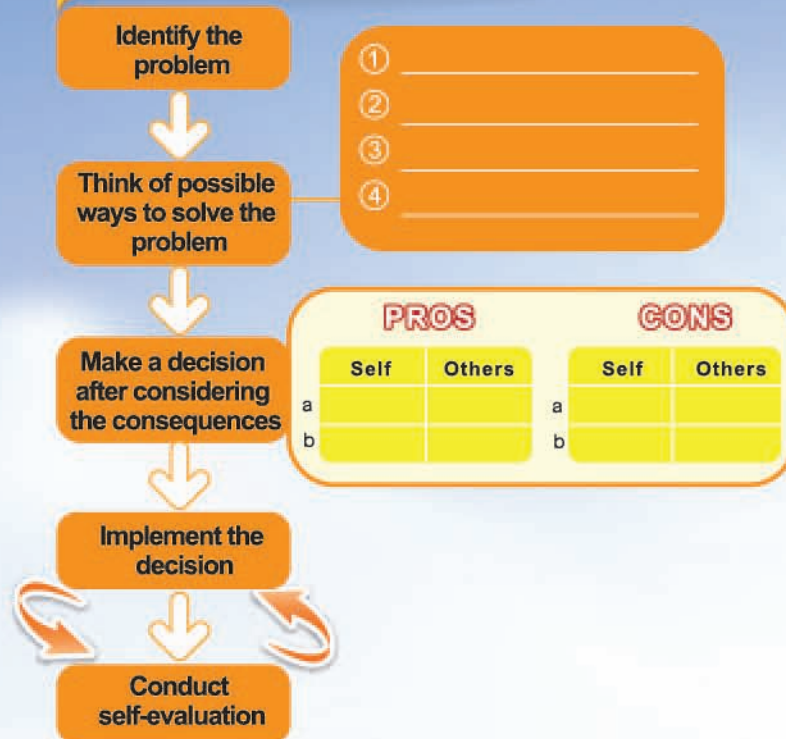
Ways to Regulate Emotions



Which of the following ways can help you regulate your emotions?

- Close your eyes and breathe deeply while counting backwards from 20 to 0.
- Wash your face; take a bath; drink some water.
- Listen to music; sing a song; draw and paint; read a book.
- Do some physical exercises.
- Express your worries to friends and family.
- Sit quietly or lie down for a while to calm down.
- Practise muscle relaxation exercise to relax your body.
<http://www.studenthealth.gov.hk/english/relaxation/relaxation.html>
- Close your eyes and imagine being in a pleasant and safe environment.

Five Steps to Problem-solving



Warning Signs of Emotional Stress

- insomnia; low appetite
- loss of interest in previous favourite tasks
- inability to concentrate
- easily upset emotionally by trivial things
- feelings of helplessness, fear and hopelessness
- loss of meaning in life
- expression of suicidal ideation

Seek Help

When negative emotions persist or even aggravate and you feel hard to handle by yourself, turn to mature and reliable adults for help. You should also seek immediate support when suicidal ideation arises.

Your family, teachers, school social workers and professionals such as educational psychologists, medical experts are willing to listen to your needs and render appropriate help.

The following community resources can also provide you with support:

The Samaritan Befrienders Hong Kong	2389 2222
Suicide Prevention Services	2382 0000
Caritas Family Crisis Support Centre — Caritas Crisis Hotline	18288
The Hong Kong Federation of Youth Groups	2777 8899
Youth Outreach	9088 1023
Hok Yau Club student counselling hotline	2503 3399
Breakthrough Counseling Centre	2377 8511
The Samaritan Befrienders Hong Kong (Heartchat) www.help4suicide.com.hk/heartchat.php	
Infinity Teens – Cyber Youth Outreaching Project facebook.com/caritas.infinityteens	
The Hong Kong Federation of Youth Groups utouch.hk facebook.com/utouch.hk Whatsapp 6277 8899 / Download iPhone app “Something”	
The Boys’ and Girls’ Clubs Association of Hong Kong Nite Cat Online nitecat.bgca.org.hk facebook.com/nitecatonline Whatsapp 9726 8159 / 9852 8625	