

Keep Calm and Manage Stress

Take good care of yourself, so you can support your children

Get your own support

- Keep in contact with family and friends by phone and online channels
- Find someone to talk about your feeling
- Take turns with other family members in childcare



Keep informed

- Take periodic breaks from news coverage of the pandemic. Avoid information overload
- Keep informed from reliable channels only. Avoid fake news that makes you feel anxious



Take a break

- Do something fun or relaxing for yourself
- Avoid using alcohol and drugs as a way of dealing with negative mood and sleep problems



April 2020



學生健康服務
Student Health Service



衛生署
Department of Health