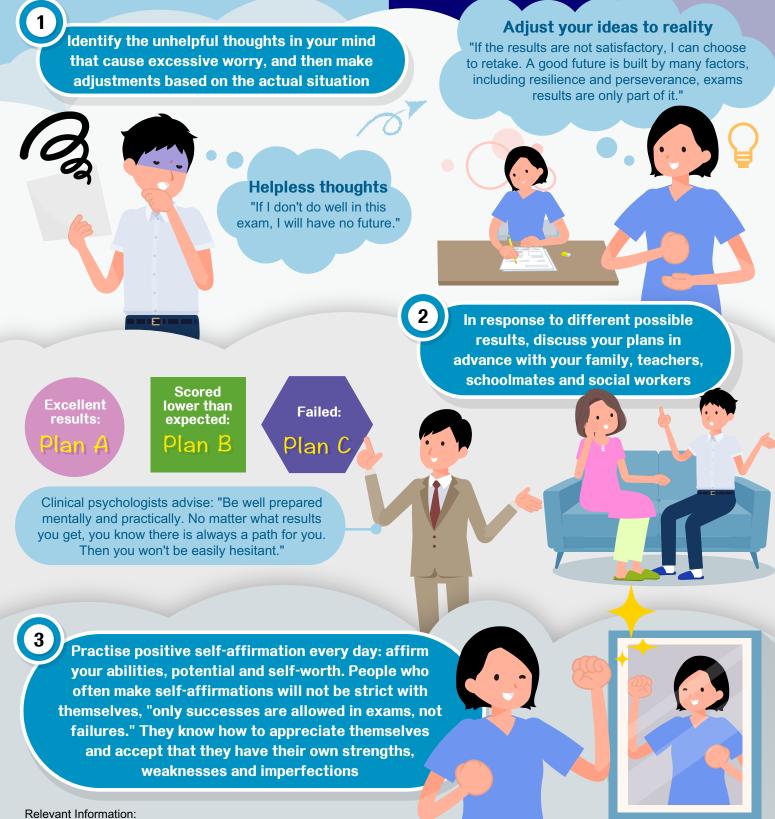
Worried about the results day and night? What can I do?

Excessive worry will consume our psychological strength and create a sense of powerlessness that "a disaster is coming" and "I cannot cope with it". If you notice that you are often worried about the results, you can focus on the following three things:



Student Health Service https://www.studenthealth.gov.hk/eindex.html Hok Yau Club https://www.hyc.org.hk/