

Stress Management

1. Definition of Stress

“Stress” is a subjective feeling. When a person is facing internal or external demands and fails to cope, they may feel unwell physically and mentally (i.e. feel stressed).

An appropriate level of stress can motivate improvement, develop our potentials and promote personal growth. However, excessive stress may affect our physical and psychosocial health.

Pointer stops at different zone representing :

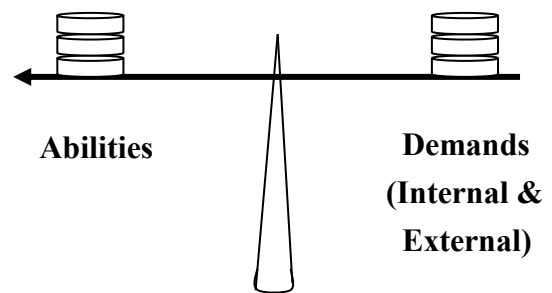
- Demand outweighs ability.
(It creates stress and makes people feel uncomfortable.)
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- Demand and ability are about the same. (It helps people to feel balanced.)
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- Demand is lower than ability.
(It hinders the development of potentials and leaves room for improvement.)

**Stress
Index**

HIGH
MODERATE
LOW



2. Learn to identify symptoms of stress and relieve it promptly to protect your normal daily life.

Here are some tips to relieve stress:

- i. Distraction: shift your focus from the stressful event to other unrelated matters.
- ii. Take a break. Enjoy your favorite activities like watching movies, listening to music, playing sports, etc.
- iii. Reorganize your chaotic mind by writing diary, drawing, etc. Clarify the reasons and situation that bothers you. Find the possible solutions.
- iv. Have balanced diet and adequate rest. Get healthy to cope with stress.
- v. Make good use of social support. Seek help when necessary.

3. **Never** use the following ways that will cause negative consequences:
 - i. Smoking, alcohol and drug taking
 - ii. Avoidance or social withdrawal
 - iii. Throwing temper tantrum, getting hostile
 - iv. Bullying
 - v. Addictive behaviours e.g. addicted to online games
4. The key to cope with stress is to identify the sources of stress; persons, places or matters that caused it and then use appropriate ways to handle the stress, such as consider adjusting the level of demands and strengthen your coping skills (e.g. learn positive thinking, keep cheerful, self-talk, etc.)
5. If the stress cannot be relieved and symptoms persistently for more than two weeks, you have to seek help from parents, friends, teachers or social workers. If the stress can be relieved appropriately, it can prevent it from triggering emotional problems. If a student develops emotional problems, it is advised to seek medical attention promptly.