

Coping with adversity

1. When we encounter adverse events, such as poor academic performance, or relationship break-up, that have a negative impact on us and surpass our ability to cope for an extended period of time, we can classify them as "adversity."
2. When we face adversity, we tend to have negative thoughts and feelings, such as feelings of incompetence, lack of support, and hopelessness. To overcome these negative thoughts and emotions, we can employ the following methods for immediate relief:
 - i) Use positive words to encourage ourselves and shift our mindset, such as "I believe in my ability to face adversity".
 - ii) Practice "diaphragmatic breathing" to calm down and relax.
 - iii) Talk to someone we trust and seek their support.
 - iv) Engage in positive activities that can immediately relieve our mood, such as singing, listening to music, doing exercises, etc.
 - v) Recall some pleasant experiences, such as celebrating birthday with best friends.
 - vi) Believe in ourselves and affirm our strengths and skills. Recall our own strengths, skills and past successes, like learning to ride a bicycle.
 - vii) Stay hopeful and optimistic when facing difficulties. Try to focus on the positive side rather than dwelling on the negative side under any circumstances, cultivating a "hopeful" way of thinking.
 - viii) Focus on what we appreciate to relax our mind, like reading inspiring stories or news.
 - ix) Relieve moods through religious beliefs, such as praying.
3. When dealing with adversity, we can use the "ROAD" to remind ourselves:

ROAD	
Reflection	Recognise the current hardships and desired changes and set goals to overcome the hardship.
Optimism	Maintain a positive, optimistic, and never-give-up attitude, and push yourself to make a change.
Abilities	Utilise our abilities, such as problem-solving, stress-relieving, and time management skills, as well as external resources like support from family and friends.
Development	Strengthen our morale and determination to overcome difficulties, allowing for personal growth.

4. When we think we cannot receive help from others, we should proactively seek resources and be open to accepting assistance.

Here are some counselling hotline services:

- i) Suicide Prevention Services 2382 0000 (24-hour service)
- ii) The Hong Kong Federation of Youth Groups - "Youthline" at 2777 8899 Telephone recording (Counselling service hours: Monday to Saturday from 2 pm to 2 am)
- iii) BREAKTHROUGH Counselling Centre - Counseling Service 2632 0777 (by Appointment)