

# Bridge

This Newsletter aims to promote communication between students and the Student Health Service of the Department of Health

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## Working with Dad and Mum to overcome Life Challenges

### Editor's Note

Adolescents are often facing challenges in developmental stage including building up self-image, family relationship, academic prospect as well as friendship and love. These challenges sometimes may make you feel helpless.

Through practicing "SHARING", "MIND" and "ENJOYMENT", you will be in a good psychological condition to face problems. You will stay healthier, happier and lead a more meaningful life.

When you face challenges or difficulties, do share your concerns with dad and mum. With their support, you can manage the situation much easier. Please share the following messages with them.



### Bridge Blog

I love to hear from my dad and mum saying .....

- |                     |   |
|---------------------|---|
| 1. You are great!   | 4. Keep up the efforts. Dad and mum always support you! |
| 2. You can do this. | 5. It is alright if you have tried your best.           |
| 3. I love you.      | 6. No matter what happens, we always stand by you.      |

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# 1. SHARING



**Dad and Mum can .....**



**So that I would .....**



**share your daily life including your feelings and views with me**



**learn how to share my ups and downs with others**



**I hope**

you can share the news, hot topics in the society or moments that make you laugh, disappointed, sad, happy, embarrassed, angry, etc.



**spare time for meals and chat with me**



**express my inner feeling to you when facing life challenges**



**I hope**

you can put aside your work and mobile phone as far as possible to chat with me in a caring tone. Always be attentive to my emotions and understand what I am going through.



**express verbal appreciation to me explicitly**



**cherish myself when I feel being valued and appreciated**



**I hope**

you can always use words of appreciation to express your gratitude to me. For example, say "Well done!", "Such a brilliant idea!", "I appreciate your caring attitude to others", "I like your polite manner."



**show acceptance to me even my points of view are different from yours**



**freely voice out my difficulties and seek help, as I know I can share anything with you**



**I hope**

you can listen to me first to understand more what I am thinking about. You do not need to rush to give your views.



**give time to me to handle emotions**



**find ways to ventilate unhappy mood**



**I hope**

you can accept that I have emotions of pleasure, anger, sorrow, joy and the need to express my feelings. Do allow me ample time and space to handle emotions.



**encourage me joining volunteer service**



**feel happy in helping others**



**I hope**

you can join volunteer work, so that I can be moved by your positive behavior. I will learn to help others.

## 2. MIND



Tomorrow is  
another day!



**Dad and Mum can .....**



**So that I would .....**



**create joyful atmosphere by sharing jokes with me**



**enjoy parent-child relationship. Through recalling happy family moments, I can ease negative emotions**



**I hope** you can always smile and have a good sense of humor.



**give encouragement when I am facing failure**



**realize I do not do well just in one single event and thus reduce my negative emotion**



**I hope** you can show your support when I feel frustrated by saying encouraging words. For example, say *"Failure in a single incident does not mean that you will never make it. Keep it up!"*



**encourage me through sharing of your life experience in facing adversities**



**refer to your experience and get the strength to face difficulties as your life stories motive me**



**I hope** you can cultivate perseverance to me through sharing of personal experience. For example, say *"I've encountered similar situation and I..... at last....."*, *"Don't worry! You can solve the problem step by step. Tell me if you can't figure it out and we can work out together."*



**share your feelings and needs**



**learn to accept my emotional needs and actively find ways to manage them**



**I hope** you can encourage me to use language to describe my genuine feeling like annoyed, upset, disappointed, tense, anxious, excited, etc.



**encourage me to set personal goals based on my own ability**



**develop confidence through self-improvement and my anxiety level will be reduced when I do not need to keep competing with others**



**I hope** you can support me to pursue my goals by saying *"Don't always compare with others. What more important is to achieve self-improvement. Try your best and you will feel happy."*



**count the blessings everyday with me**



**treasure what I have already possessing and I will be less dissatisfactory when feel down**



**I hope** you can lead me see the good side of life, let me know what I am possessing including family, friendship, health, personal quality, wisdom and competency.





### 3. ENJOYMENT



**Dad and Mum can .....**



**So that I would .....**



**encourage me to identify and develop genuine hobbies and interests**



**develop my hobbies and interests, which can become an effective way to relieve negative emotion**



**I hope** you can trust me that I can allocate my time efficiently.



**support me doing physical activities**



**develop good habit of doing exercise. It can be a very effective way to cope with stress**



**I hope** you can give different kinds of support, including on-site support or share the related athletic news with me



**accept me to spend some time everyday on leisure activities**



**enjoy staying alone for a short while that makes me feel good**



**I hope** you can encourage me to spare some time on leisure activities that can cheer me up in busy days.



**share "good people, good deeds" with me**



**fill with positive energy when I live in a love world**



**I hope** you can share with me about special articles or posts from news, magazines and social network that carry positive energy.



**arrange family activities that fit my interest**



**feel satisfied for enjoying family time**



**I hope** you can schedule family activities regularly that fit my interest and level of competence so as to strengthen parent-child communication. Outdoor activity is a good choice.

#### References

1. Joyful@HK website. Available from: <http://www.joyfulathk.hk/en/index.asp>
2. Student Health Service Health Information – Psychological health of adolescents/ How to develop the EQ of your child/ Building your child's self-esteem. Available from: [http://www.studenthealth.gov.hk/english/health/health\\_ph/health\\_ph.html](http://www.studenthealth.gov.hk/english/health/health_ph/health_ph.html)

**"SHARING", "MIND" and "ENJOYMENT" enable your children to grow up healthily**

"Joyful@HK" project is a territory-wide mental health promotion campaign, launched by the Department of Health in January 2016. We advocate the practice of three elements "SHARING", "MIND" and "ENJOYMENT" in daily life. If you wish to get more information on "Be joyful", you can click into the following website: <http://www.joyfulathk.hk>

