

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 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" "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

love to hear from my dad and mum saying

- You are great!
- 2. You can do this.
- 3. I love you.

- 4. Keep up the efforts. Dad and mum always support you!
- It is alright if you have tried your best.
- 6. No matter what happens, we always stand by you.

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If you have any comments, you may email to our Edition Board at shsbridge@dh.gov.hk









share your daily life including your feelings and views with me





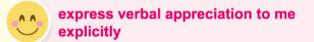
you can share the news, hot topics in the society or moments that make you laugh, disappointed, sad, happy, embarrassed, angry, etc.







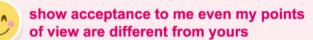
you can put aside your work and mobile phone as far as possible to chat with me in a hope caring tone. Always be attentive to my emotions and understand what I am going through.

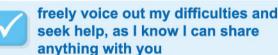


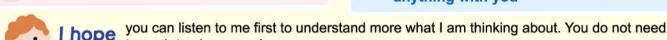


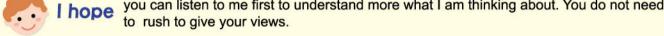


you can always use words of appreciation to express your gratitude to me. For example, hope say "Well done!", "Such a brilliant idea!", "I appreciate your caring attitude to others", "I like your polite manner."



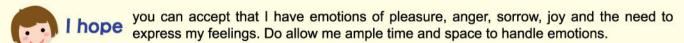




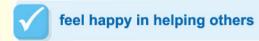


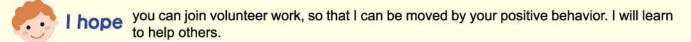
















Dad and Mum can





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



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



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



you can cultivate perseverance to me through sharing of personal experience. For hope 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



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



you can support me to pursue my goals by saying "Don't always compare with hope 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



you can lead me see the good side of life, let me know what I am possessing including hope 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



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



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/health/ph/health/health/

"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

