

Mental Health

Everyone is unique and has his/her own strengths and weaknesses. We should learn to accept ourselves and, even more, learn to care for and understand others

- * Stay relaxed and cheerful
- * Manage time properly. Make plans and execute them step by step
- * Make good use of spare time to develop good hobbies. Take part in healthy activities
- * Establish good relationship with others. Help and care for each other. Pay more attention to your surrounding environment. Listen to and analyze others' opinions in order to develop a sensible and objective mind
- * Face reality and be brave to admit your mistakes (Sorry! I broke this glass accidentally.)
- * When you are moody, try something relaxing such as listening to light music, playing the piano, swimming, jogging or taking a walk
- * Talk to others and share your distress with them. Seek help from parents, teachers, friends or counselling organizations if necessary

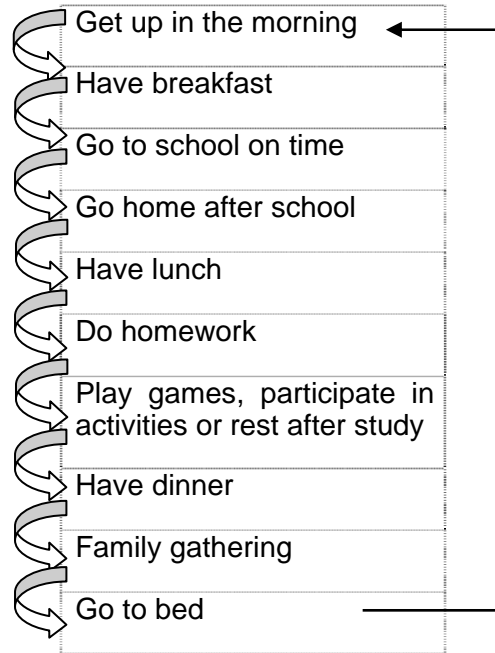
Smoking, Alcohol and Drug Abuse

The common causes for youngsters to smoke or abuse alcohol or drugs are curiosity, misunderstanding, a wish to escape from reality, peer pressure or instigated by others. These bad habits not only bring serious physical harm. The addiction will destroy your future. Therefore, you should love yourself and resist temptation strongly. When people ask you to abuse drugs or other stuffs, say "NO" firmly.



Regular Hours

Keep regular hours



- Sufficient sleep is essential for coping with daily activities

I Can Achieve a Healthy Lifestyle



Healthy Lifestyle



(Primary)

Healthy Lifestyle means

- acquiring healthy habits
- quitting bad habits

A Healthy Lifestyle includes :

- * **maintaining** *
personal hygiene
regular living
mental health
- * **practising** *
moderate exercise
balanced diet
- * **refusing** *
smoking
alcohol abuse
drug abuse



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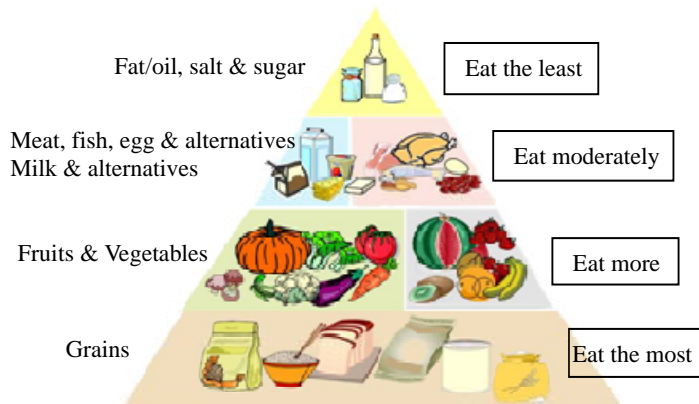
Personal Hygiene

- Brush your teeth every morning, after meals and before going to bed
- Have a bath and change your clothes everyday
- Keep your hair tidy and clean
- Keep your hands clean: wash your hands before and after meals and after going to toilet
- Clip your nails frequently
- Cover your mouth and nose with a handkerchief or a tissue when sneezing and coughing
- Cover wounds with adhesive plasters to avoid infection
- Avoid sharing personal items such as toothbrush, comb and towel with others

Diet

Balanced Diet

Balanced diet is the foundation of health. Every kind of food provides different nutrients that our bodies need. We should eat according to the “Healthy Eating Food Pyramid” and take 6 to 8 glasses of fluids (including water, clear soup etc.) to improve our health.



Healthy Eating Food Pyramid

Resource from: Working Group on Healthy Eating Food Pyramid 2013

Food that You Should Eat Less

- high sugar $\xrightarrow{\text{may cause}}$ tooth decay, overweight
- high salt $\xrightarrow{\text{may cause}}$ high blood pressure
- high cholesterol $\xrightarrow{\text{may cause}}$ heart disease, stroke
- high fat $\xrightarrow{\text{may cause}}$ heart disease, overweight, stroke, cancer
- spicy food $\xrightarrow{\text{may cause}}$ stomach upset
- drinks with caffeine $\xrightarrow{\text{may cause}}$ insomnia, increased heart rate
- processed food $\xrightarrow{\text{may cause}}$ cancer

Eating Attitude

- Take regular meals; don't be too hungry or too full
- Stay relaxed and cheerful
- Chew slowly



Exercise

Benefits of moderate exercise

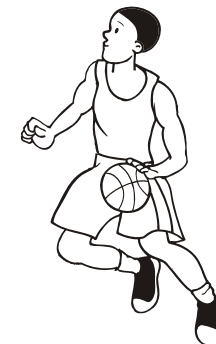
- Strengthen heart and lungs
- Improve blood circulation
- Relax your body and mind, and relieve mental stress
- Burn excessive calories and control body weight
- Prevent osteoporosis

Points to note when doing exercise

- Choose exercise suitable to your age and physical strength
- Pay attention to the environment and weather when you do outdoor exercise
- Do not force yourself when you feel tired or unwell
- Warm up sufficiently before exercise
- Wear comfortable sportswear that can absorb sweat. Sports shoes should be light, well-fitted and with anti-slip plastic soles
- Follow safety rules
- Replenish enough fluid to compensate for heavy sweating in exercise
- Replenish water as well as electrolyte in case of long period of sweating

Examples of healthy sports

- Swimming
- Basketball
- Cycling
- Jogging
- Rope skipping



Management of sport injuries

- Acquire basic first aid knowledge
- Keep calm in case of accident
- Treat wounds properly. Wash the wound with clean water and cover it with sterilized adhesive plasters or gauze to prevent infection
- Go to a nearby clinic or Accident and Emergency Room of a hospital immediately if you worry of serious injury