



衛生署
Department of Health

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邁 TOWARDS
向 2025

香港非傳染病防控策略及行動計劃
Strategy and Action Plan to
Prevent and Control NCD in Hong Kong

學生應對香港中學文憑試(DSE) 的健康資訊及建議

Health Information and Tips for DSE Students

衛生署學生健康服務
Student Health Service
Department of Health



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背景 Background



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- 衛生署學生健康服務旨在透過促進及預防疾病的服務，保障學生生理和心理健康。衛生署關注學生在不同時期的健康需要，包括在考試季節時期面對的挑戰。

The Student Health Service of the Department of Health aims to safeguard both the physical and psychological health of students through health promotion and disease prevention services. The Department of Health is concerned about the health needs of students at different stages, including the challenges faced during the exam season.



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- 考試季節即將到來，預期學生會在長假期時備考和溫習。衛生署學生健康服務會講解學生應對考試時，特別是公開考試，可能會出現的健康問題以及相關的健康貼士。

With the exam season approaching, it is expected that students will study and revise during the long holidays. The Student Health Service of the Department of Health will explain the health problems that students may encounter during exams, especially public exams, and related health tips.



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精神健康問題 Mental Health Issues



在以下幾方面出現與受壓相關的徵狀：

Symptoms of stress may occur in the following aspects:

- 身體反應 Body
- 情緒反應 Mood
- 思想模式 Thoughts
- 行為反應 Behaviour
- 專注能力 Attention
- 已有的精神健康問題 Pre-existing mental health problems



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精神健康建議 Mental Health Tips



精神健康建議 Mental Health Tips



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給DSE考生的精神健康建議 Mental Health Tips for DSE students

- 釋放壓力 Stress relief
- 學習放鬆 Relaxation
- 調節呼吸 Deep breathing
- 與人連繫 Connecting with others
- 多重對策 Planning for uncertain outcomes
- 想像考完DSE的自己 Visualisation



家長如何向準備應考DSE的子女給予支持 Providing Support to DSE Students: Tips for Parents

- 家居環境 Home environment
- 幫助放鬆 Relaxation
- 家庭氣氛 Family atmosphere
- 調整期望 Realistic expectation
- 溝通有法 Positive communication
- 給予認可 Validation
- 接納不同 Acceptance
- 資訊支援 Informational support
- 陪伴同行 Stand by Me



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其他健康問題 Other Health Issues

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- 減少體能活動 Decreased physical activity
- 不健康飲食習慣 Unhealthy dietary habits
- 屏幕時間增加 Increased screen time
- 睡眠不足或睡眠質素欠佳 Inadequate and disturbed sleep





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整體健康建議 Overall Health Tips



Break

適當暫停

Rest

足夠休息

Exercise

每天運動

Awareness

留意警號

Diet

均衡飲食

整體健康建議 Overall Health Tips



Break 適當暫停

- ✓ 留意屏幕時間
Pay attention to screen time
- ✓ 適當舒展及放鬆
Appropriate stretching and relaxation





Rest 足夠休息

- ✓ 培養良好睡眠習慣
Develop good sleep habits
- ✓ 睡前一小時做些讓身心放鬆的簡單活動
Do some relaxing activities one hour before sleep





Exercise 每天運動

- ✓ 每天做適當的體能活動
Engage in appropriate physical activities every day



Awareness 留意警號

- ✓ 多留意自己的想法、情緒和身體狀況
Pay more attention to your own thoughts, emotions,
and physical condition





Diet 均衡飲食

- ✓ 保持均衡飲食
Maintain a balanced diet
- ✓ 飲食要定時定量
Maintain a regular intake of constant amount of food
- ✓ 避免吃宵夜
Avoid eating late night supper





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網上健康資源 Online Health Resources



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「情緒健康小錦囊」 - 考試減壓 “Emotional Health Tips” - Exam Stress Management



情緒健康小錦囊 Emotional Health Tips



「一分鐘精神健康教室」 “One-Minute Mental Health”

「自我測試站」 “Self-Test Station”



自我測試站 Self-Test Station



抑鬱情緒
Anxiety

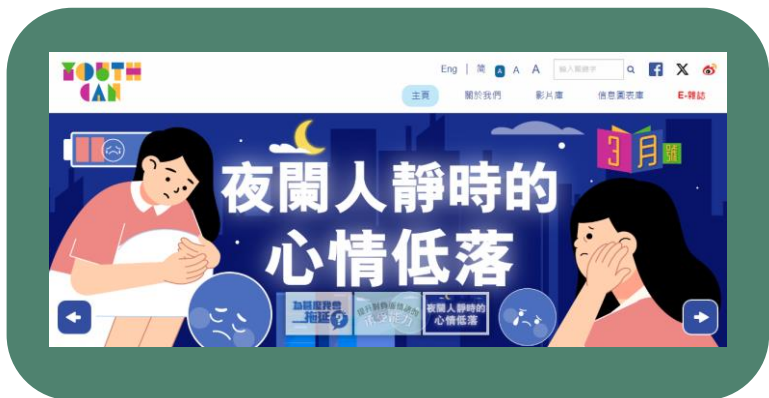


焦慮情緒
Depressive Mood



一分鐘精神健康教室
One-Minute Mental Health

網上健康資源 Online Health Resources



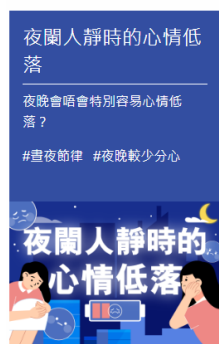
YouthCan.hk



提供「寓樂資訊」
(信息圖像 + 影片)
Provides “Infotainment”
(Infographics + Videos)



影片庫



信息圖表庫



四至七月文憑試期間
During DSE from April to July

- 考試前處理壓力篇
Exam Stress
- 放榜篇
Results Release



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向中小學及非政府組織發放精神健康資訊和建議，鼓勵他們支持及參與照顧學生的情緒、精神及心理社交健康。



Distributes mental health information and recommendations to primary and secondary schools and non-governmental organisations, encouraging them to support and participate in caring for students' emotional, mental, and psychosocial health.



1. 學生健康服務中心
Student Health Service Centres



4. 「青少年健康服務計劃」
“Adolescent Health Programme”



2. YouthCan.hk



5. 「全校園健康計劃」
“Whole School Health Programme”



3. 情緒健康小錦囊 – 考試減壓
Emotional Health Tips – Exam Stress Management



6. 一分鐘精神健康教室
One-minute Mental Health



一分鐘精神健康教室

7. 自我測試站
Self-Test Station

焦慮情緒
Anxiety



抑鬱情緒
Depressive Mood



其他政府資源 Other Government Resources



1.

ShallWeTalk



陪 SHALL
我 WE
講 TALK

2.

ShallWeTalk – 考試 Examinations



ShallWeTalk – 減減壓 從容應考DSE 有辦法 Practical Tips on Managing DSE Exam Stress



3.

情緒通18111精神健康支援熱線 18111 Hotline

