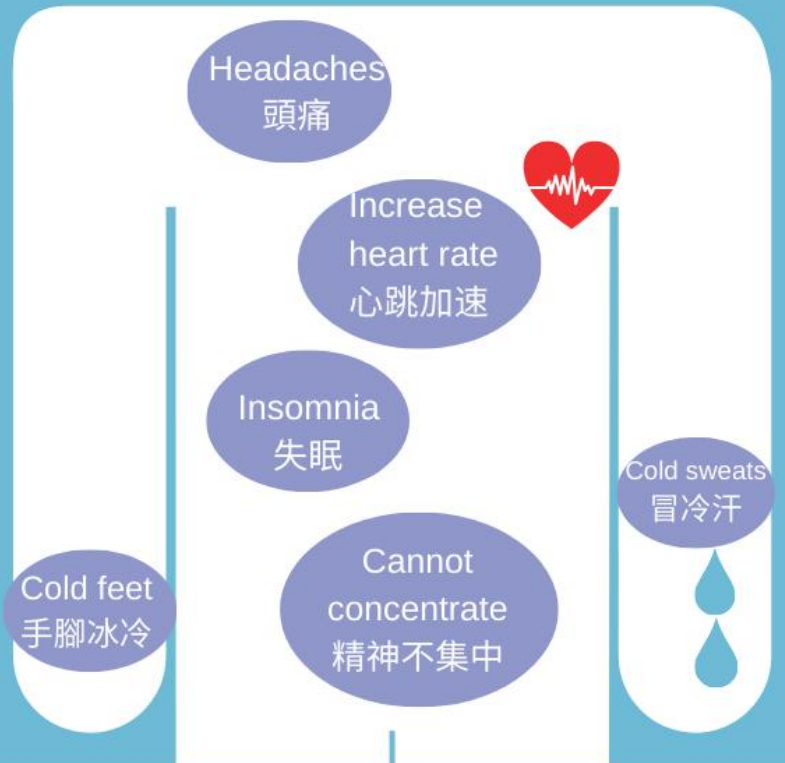


Nothing I can do...
Feel so stressful!
壓力好大啊!
乜都做唔到...



Physical reactions from stress are...
對壓力的身體反應包括...



**KELY even cares more about your mental health and wellbeing
when you worry about your health
當你擔心健康，啟勵同時更關心你們的精神健康**



SIMPLE TIPS TO RELIEVE STRESS AT HOME

屋企坐定定減壓小貼子

Step 1



Deep breathing 腹式呼吸法



1) Find a comfortable spot
找舒服位置坐下

2) Place your hand on your stomach, imagine there is a balloon inside
手放在肚中間·將肚子幻想成氣球

3) Take a DEEP breath using your nose
慢慢從鼻吸一大口氣

4) Hold your breath for 3 seconds
吸到盡時忍著3秒(心裡數著)

5) Slowly exhale
慢慢地放鬆由口呼出

*Repeat 3 times*重覆三次



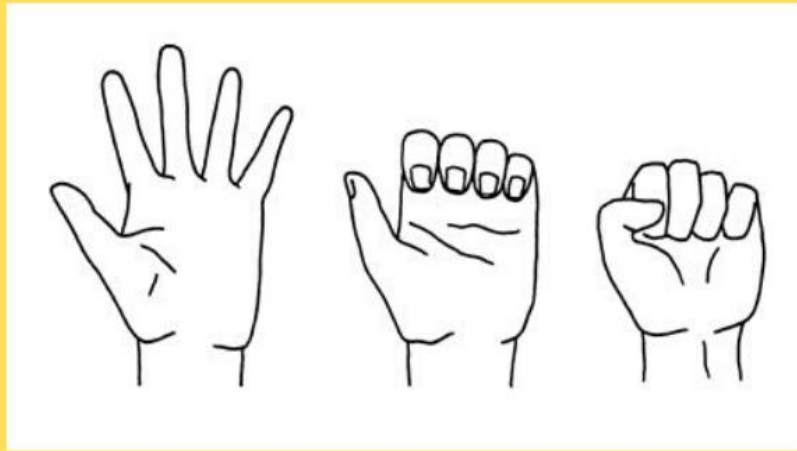
SIMPLE TIPS TO RELIEVE STRESS AT HOME

屋企坐定定減壓小貼子

Step 2



Fist relaxation technique 拳頭鬆馳法



- 1) **Imagine grabbing a wet sponge**
幻想手上拿著一塊吸滿水的海綿
- 2) **Hold your fist for 10 seconds, imagine you are squeezing the water out of the sponge**
用力握拳10秒 · 幻想要將海綿的每滴水都迫出來
- 3) **Slowly open up your fist, imagine the sponge returning to its original shape**
緩緩打開拳頭 放鬆每隻手指 · 想像海綿慢慢變大恢復原狀
- 4) **Feel the warm and heavy feeling from your hand**
感受手上又重又暖的感覺

***Do your left and right hands separately**
左右手分開練習



SIMPLE TIPS TO RELIEVE STRESS AT HOME

屋企坐定定減壓小貼子

Step 3

Talk to others & peer support

向人傾訴朋輩支援

Friends 朋友



Social Worker
社工



Who should I talk to
我可以與誰傾訴?



Teachers 老師



Schoolmates 同學



Family 家人



CARE ABOUT YOUR FRIENDS AND SHARE THESE TIPS NOW!

立即關心你身邊的朋友同分享這小貼子啦!



LET US OVERCOME ADVERSITY WITH YOUTH TOGETHER

我們一起與青年渡過逆境