

Family Council

“Family: A Hub to Cheer You Up” Family Education Videos – No More Anxiety Alan

No More Anxiety

- Narration : Every parent hope their children can have a bright future
While parents spend time taking care of their children
and helping their studies
they also face different challenges from daily life
and can be overwhelmed by stress and negative emotions
The parent, Alan, works in the IT industry
With his wife, they have two sons
However, various tasks of taking care of their sons’ daily life and studies
stressed them out
- Alan : I have two sons
One is 12 years old, just started secondary school
Another is younger
He is at primary four
They basically finish their homework at the tutorial centre
or in homework guidance class
After returning home
as their parents, we would check their homework
Their handwritings might be messy
or a bit sloppy
Sometimes they even leave blanks on their homework
If we are in a good mood
we get hold of our emotions
But if we are in a bad mood
it’s hard for us to hold back our negative emotions
For example, if they did bad in their exams
losing marks because of careless mistakes
or forgot to do their homework
I will get emotional
and scold them
Both of them had experience of
dishonest behaviour at school
such as cheating
I was so mad about it
But then I realised why they did it
It was because we put too much pressure on them
driving them to satisfy our wants in whatever ways possible
They just don’t want to let us down

Narration : Confronting the stress from daily life
Alan had experienced emotional setbacks too

Alan : I once suffered from mild anxiety
I didn't know about it at that time
All I knew was that I felt sick
I didn't want to be around people most of the time
Later I found out the causes
On one hand, it might be due to the stress at work
and on the other hand, my son was just born
As a first-time dad, I felt a bit confused
All bad feelings accumulated and came back on me
I did seek help from doctor
He prescribed me some mild medications
I rely on doing exercises to make myself feel better
It keeps me healthy
as well as helps me relieve the stress at work
and from educating my children
At weekends
I sometimes watch my favourite football games
These are some ways that I adopted to cope with stress
I've also learnt to share my difficulties or stress
with my wife
As a man, of course I want to let my wife see my strongest side
But I know that she understands my difficulties

Narration : How Alan prepared himself for
the stress and challenges ahead?

Alan : I believe that people become more resilient
every time they overcome stress
Comparing to who I was one year ago
I am much stronger to face my emotions
Even though challenges may become bigger in the future
there is always a way out
Every problem has a solution
I need to learn to deal with them calmly and perseveringly