

Family Council

“Strengthening Family Cohesion and Solidarity” Family Education Videos — Great Tips for Reducing Stress and Developing Resilience Registered social worker MAK Wai-hung, Jonathan

Great tips for reducing stress and developing resilience

MAK Wai-hung : Many people in Hong Kong are rather constantly stressed facing multiple challenges in family and at work In particular, over the past 3 years the pandemic has impacted many industries which could sometimes give a lot of stress

Signs of “stress overload”

MAK Wai-hung : When stress is so great that it becomes suffocating

- [Sign 1 Being too anxious to relax too often] one must look out for warning signs of “stress overload” like being too anxious to relax too often
- [Sign 2 Experiencing headaches, light-headedness, intestinal discomfort, increased heart rate, palpitations, etc.] and even experiencing headaches, light-headedness, intestinal discomfort increased heart rate or palpitations Signs like irritability depressive mood loss of interest in once enjoyable things
- [Sign 3 Irritability] unwillingness to go to work
- [Sign 4 Depressive mood and loss of interest in things] and declining job performance at work say, coming late and leaving early inattentiveness
- [Sign 5 Decline in job performance] reduced efficiency and making mistakes more frequently

When stress reaches the breaking point it most commonly comes with

- [Sign 6 Loss of interest in making future plans] a loss of interest in making future plans
- [Sign 7 Fiery temper] a fiery temper
- [Sign 8 Abnormal aggressive behaviour] and even abnormal aggressive behaviour say, overreacting to trivial matters being overly critical and so on

In such cases

one's emotions have to be modulated appropriately
Apart from approaching family members or friends for help
one may also consider seeking help from professionals

Easy tips for reducing stress

MAK Wai-hung : There is no lack of challenges in daily life
To reduce stress effectively
we need to have ways to handle stress
and habits to boost happiness
There's one very important point
that many of us are aware of
but we don't put into practice actively

➤ [Tip 1 Enough rest] That's to get enough rest
Many studies have pointed out that
people of all ages
need 7 to 9 hours of sleep each day
If one gets only an average of 6
or even fewer hours of sleep a day
it'll be difficult for the body to recover
One will easily turn sensitive and negative
having trouble concentrating
When problem-solving skills are lowered
then stress naturally will be on the rise

➤ [Tip 2 Practising
mindful breathing] Another way out is to
develop a habit which currently enjoys much popularity
known as "mindful breathing"
I'd suggest setting aside a few minutes each day to practise it
The advantage of practising it regularly is that
whenever we respond to stressful situations
we will gain an extra insight in that instance
and have more room to pause
and think
instead of letting intense negative emotions
dictate how we react right away

The greatest thing about practising “mindful breathing” is that no equipment whatsoever is required
We only have to gently direct our concentration to our breathing and body and let ourselves thoroughly feel what we’re experiencing at that very moment
We can think of it as taking care of ourselves and not concern ourselves with whether we’re doing it correctly or not
When people concentrate on breathing many tend to have other things popping into mind
This is common for most people
When you notice that you’ve been distracted have a laugh and concentrate on your breathing again
That’ll do

- [Tip 3 Doing 30 minutes of exercise]

Do 30 minutes of exercise
Exercising helps us to concentrate and also improves our mood by making the brain produce dopamines, serotoninins and endorphins
These chemicals make us feel elated
Don’t underestimate these chemicals since they can reduce stress and make one’s worries go away

- [Tip 4 Immersing yourself in hobbies]

In your daily life set aside time for enjoyable activities that you can bask in
Most ideally get in on it and let yourself go
It is called the “flow” state
Some examples are painting, calligraphy, building blocks and creating Zentangle and mandala arts
You may also get yourself a potted plant and take good care of it
Seeing the growth and changes of the plant

will bring you a great sense of satisfaction

- [Tip 5 Being appreciative]

Pay attention to the good things

that you are grateful for every day

Take 3 photos with your phone

that can help you appreciate the recollections of good times

Keep the wonderful things in your mind

Enhance resilience

MAK Wai-hung

: Resilience takes practice in daily life
to develop

As long as you get hold of an effective way to reduce stress
resilience will come naturally

Resilience helps maintain our mental health somewhat
and enables us to grow through challenges

Resilience takes practice in daily life to develop

When you seek to develop resilience and make it your goal
you are, in fact, already less anxious about stress