

愛護心臟 由健康生活做起 Adopt a heart-healthy lifestyle to protect your heart

# 個人如何進行壓力管理

## Managing Stress at Individual Level



### 1. 培養身、心、靈三方面的健康

#### Cultivate Physical, Psychological and Spiritual Health

- 身：維持健康生活方式，均衡飲食，定時運動，練習鬆弛技巧，確保有充足睡眠。 Physical: healthy life-style, balanced food in-take, avoiding unhealthy food like coffee, alcohols and junk food, taking appropriate exercises, practicing relaxation skills, such as meditation and yoga, sufficient rest.
- 心：培養良好心理素質。 Psychological: cultivate good psychological quality, avoid low self-esteem, and habitual negative thinking.
- 靈：涉及處世的價值觀及對人生的看法，懂得面對成敗。 Spiritual: Concern an even higher level of needs, including the personal value systems, the meaning of life, know how to face success and failure, and avoid too much pursuit of materialism.

### 2. 積極面對問題

#### Face Problems Positively

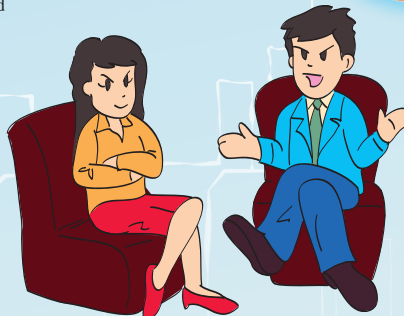
- 向管理層反應意見，消除或減少壓力來源。 Reflect opinions to management level, eliminate the sources of stress like buying supporting tools and improve the job flows.
- 對工作作出計劃，訂立緩急先後，改善時間管理。 Plan ahead for job, prioritize sub-tasks, improve time management skills.
- 跟同事與上司商討解決問題的方法。 Discuss possible solutions with colleagues and supervisors, seek support.



### 3. 改善人際關係及社交支援

#### Improve Interpersonal Relationships and Social Support

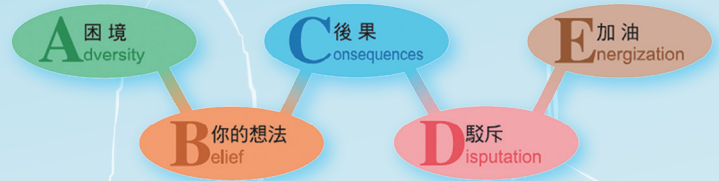
- 與同事、家人、朋友建立良好關係，建立社交支援網絡。 Build good connections with colleagues, family members and friends, establish a social supporting network.
- 接納別人的支持，同時亦向有需要的同事伸出援手。 Accept support from others, and at the same time give a helping hand if necessary.
- 遇到困擾，可向信賴的人傾訴，或找專業輔導人員或心理學家輔導。 Talk to reliable people when puzzled, or seek advice from professionals such as counselors or psychologist.
- 如出現焦慮不安、抑鬱症狀，應儘早求診。 Consult a doctor when prolonged anxiety or depression appear.



### 4. 其他方法

#### Other methods

- 從不同的角度去考慮問題、面對困難時，從而增強「抗逆力」。 Adopt different perspective to consider problems and difficulties, enhancing resilience steadily.
- 發展正面情緒，懂得自嘲，培養幽默。 Establish a Humour Corner: collect jokes, interesting news and experiences to share with the people surrounding you.
- 利用ABCDE 壓力模式，幫助應付日常各種困擾和壓力。 Make use of the ABCDE Stress Model to deal with various daily hassles and stress more effectively.



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