



As we walk together In the Epidemic

In addition to feeling the threats to our health, getting masks and stocking the essential disinfectant material seem to be the new norm in our everyday life as we are facing the threat from the epidemic. Here are some emotions you might encounter:

Fear and Anxiety

You may worry about the health of your family, friends, and yourself. You may be afraid that you are running out of daily personal protection equipment. You may fear that one day you or your loved ones will be infected. All these worries may point to the fact that you see the bond between you and your loved ones – as well as your own safety – as something very important and fundamental in your life.

Anger

You may sense a lot of anger within yourself as you see Hong Kong in plight. Such anger may reflect your moral values and sense of responsibilities are what you care and what you regard as important. It may be part of your frustration that things are not turning out as you think they should be.

Grief and Sadness

As we are facing the social unrest and the current epidemic, the people in Hong Kong could barely catch their breaths. In the midst of all these challenges, we are all affected in some ways inevitably. We may show grief reaction towards the loss of our health, career, the bonds we had with someone, or the convenience of our ordinary daily life, all of which are held closely to your heart.



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From your Clinical Psychologist:

“Whilst it is essential to practice good hygiene, it is very important to take care of our mental well-being as well.”



To take care of our own emotions, we have to first accept them as they are. Although these emotions could be hard to bear, they are indeed the compasses which point towards things we cherish the most.

So, say to yourself:

“Sometimes in life, it is okay to be fearful, to be angry, and to be sad.”

Some tips for you

- Find someone to share your feelings with. Amidst such challenging time, the bonding that we share with others is very important.
- Find a chance to take a deep breath and take care of the physiological reaction associated with the stress (e.g. heaviness in your chest, difficulty in breathing, change in appetite)
- While we may choose to stay home to reduce the chance of infection, remember to keep a balanced schedule in your sleep and meal times, and maintain a healthy diet.
- Set up a small goal: You might have been offered some helpful suggestion from your healthcare professionals when you were seeking treatment for your condition (e.g. tips on physical exercises, diet and psychological work). Now is the time to get these suggestions into practice!

You may scan the following QR Code to access our Department's database which contains relevant information such as audio recordings of relaxation exercises, reference materials on stress-coping etc. This database will be updated from time to time.



<http://bit.do/qmhcp>

Wish you all the best in the coming months.

Take good care of yourself!



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