

## Student Affairs Office

### Handling of Emotional Reactions

#### Foreword

You may have experienced a traumatic event or critical incident before. Often, these traumas may make us at a loss, leading to different emotional, physical, cognitive and behavioural reactions which may interfere with our ability to function and live normally.

Knowing these reactions and handling them properly can effectively reduce the harms brought by the trauma.

#### Common Reactions to Traumas

- (1) fear, apprehension, anxiety
- (2) irritability, anger, loss of temper
- (3) numbness, withdrawal, unwilling to interact
- (4) depression, disappointed, helpless, emotional outbursts
- (5) hyperalert, sensitive, hypervigilance
- (6) inability to rest, insomnia, having nightmare
- (7) loss or increase of appetite
- (8) recurring thoughts or flashbacks
- (9) poor concentration, decreased memory, hard to deal with daily work or living
- (10) avoid contact with information, place or people related to the incident
- (11) over-worried about the safety of yourself and family members

#### Points to Note When Handling Stress

##### *Try to pay attention to the followings:*

- \* Remind yourself that when facing a traumatic event, you are having emotional, behavioral and physical stress reactions are normal.
- \* Relax as much as you can when taking a rest, let go the anxiety and stress in order to get your emotion and physique back to shape.
- \* Maintain as normal a schedule as possible.
- \* Reach out, people do care; spend time with others.
- \* Give support and encouragement among friends, appreciate each other. Try to listen and understand the feeling of others.
- \* Pay attention to your reaction to stress. If there is anything unusual, seek help immediately. Don't force yourself to bear the stress, it may harm your health and mind.

***Don't do the followings:***

- \* Don't be too harsh to or critical of yourself: know your limits, eye on what you can improve in the future.
- \* Don't be too mindful of people's response: when facing a traumatic event, sometimes we will lose temper on others without knowing it.
- \* Don't overuse drugs, alcohol, smoking or consume food containing high sugar / caffeine (e.g. coffee).

*Source from: H.A. Oasis-Centre for Personal Growth & Crisis Intervention*

**If you need support and counselling service, please contact our Counsellors.**

Student Affairs Office

Counselling and Career Services

Address: A-1/F-07, Tai Po Campus

Tel: 2948 6245

Email: saocs@ied.edu.hk

Office hour: Mon – Fri 8:30 am to 5:20 pm

**If you need support during non-office hour, you may contact the following organizations / units:**

**1. Urgent Assistance – Accident & Emergency Department of public hospitals**

The nearest public hospital:

**Alice Ho Miu Ling Nethersole Hospital**

Address: 11 Chuen On Road, Tai Po, N.T.

Tel: 2689 2000

**2. Counselling Hotlines**

**Hong Kong Federation of Youth Groups Hotline      2777 8899**

Mon – Sat: 14:00 – 02:00

<http://www.hkfyg.org.hk/>

**24-hour Hotlines:**

**Caritas Family Crisis Support Centre      18288**

<http://fcsc.caritas.org.hk/>

**Suicide Prevention Services      2382 0000**

<http://www.sps.org.hk/>

**The Samaritan Befrienders HK      2389 2222**

<http://www.sbhk.org.hk/>