



1. Dance it out



2. Go for a walk



3. Talk about it



8. Smile

# STRESS LESS



4. Go to bed earlier



7. Ask for a hug



6. Think of something happy



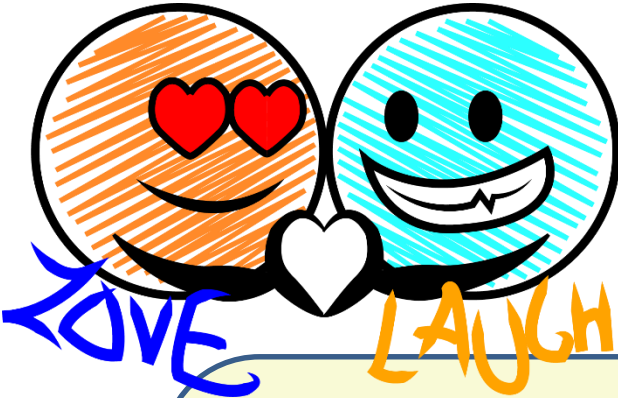
5. Focus on what you can control

bulbble inc.  
© all rights reserved

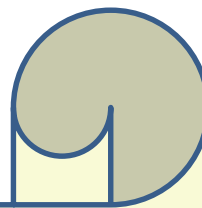
# 壓力管理錦囊

若能善於管理，壓力也可以是不錯的推動力，可參考以下小錦囊：

- S** *Self-awareness & acceptance* (敏銳留意自己的狀態，接受自己的強項與不足)
- T** *Time management* (善用時間，定下輕重緩急)
- R** *Relaxation* (定期鬆一鬆，如：聽音樂、散步、靜坐、與好友茶聚.....)
- E** *Exercise* (運動有助促進身心健康，二十分鐘緩步跑也有不錯效果)
- S** *Self-management* (有效自我管理，生活有條理，心情平穩有信心)
- S** *Social & Spiritual* (社交及心靈上的支援，是我們情緒健康的一大支柱)



# Stress Management



Optimal amount of stress would increase our productivity.

The following strategies may help you in managing stress effectively:

- S* *Self-awareness & acceptance* (sensitive to our own problems and accept our own strengths and weaknesses)
- T* *Time management* (set goals and priorities when handling huge workload)
- R* *Relaxation* (schedule regular time for relaxation activities, e.g. listening to music, taking a walk, meditation, meeting friends.....)
- E* *Exercise* (regular exercise can enhance physical and mental health, e.g. jogging for 20 minutes can make a difference)
- S* *Self-management* (effective self-management enhances good sense of control and steady mood)
- S* *Social & Spiritual* (social and spiritual satisfaction is great support to our mental health)