



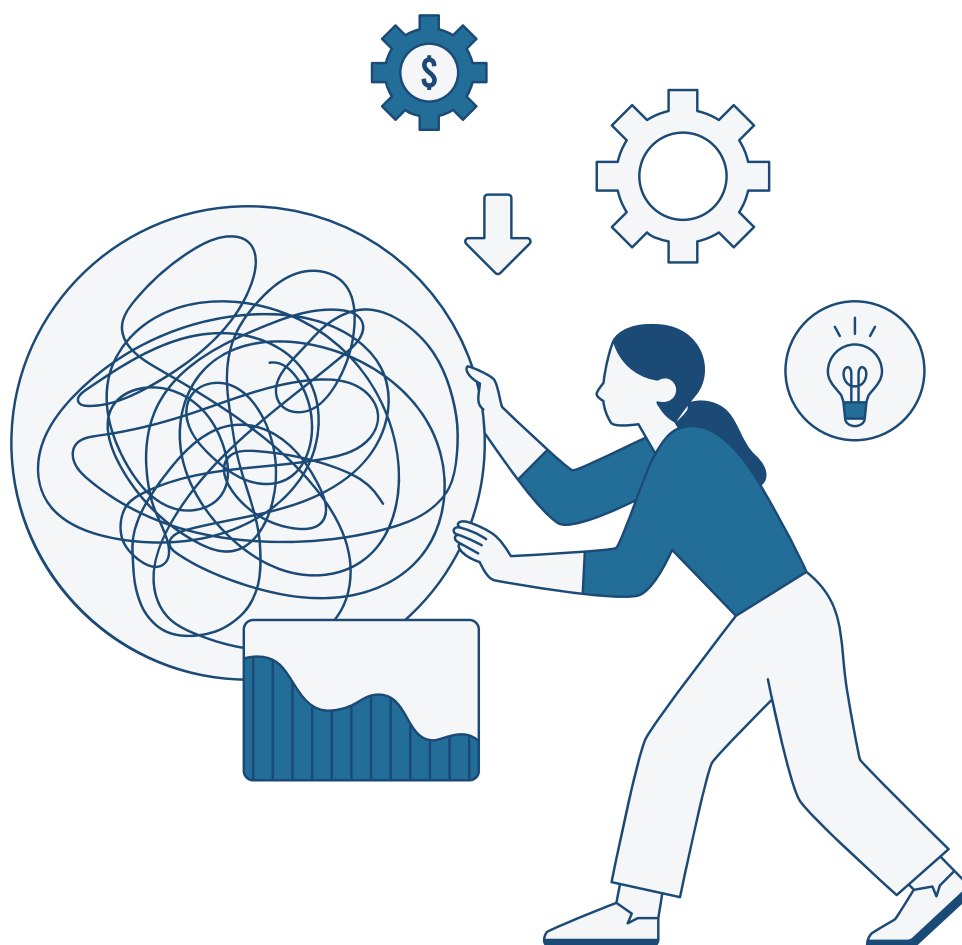
抗壓小錦囊

STRESS MANAGEMENT

BOOKLET

Featuring themes 內容包括

- Body scanner map 身體掃描圖
- Stress bucket analogy 壓力桶理論
- 4 quadrants of time management 四格時間管理法
- Healthy communication style 健康的溝通方式
- Relaxation technique 漸進式肌肉放鬆技巧



BY PSYCHBOOST

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Stress Management techniques

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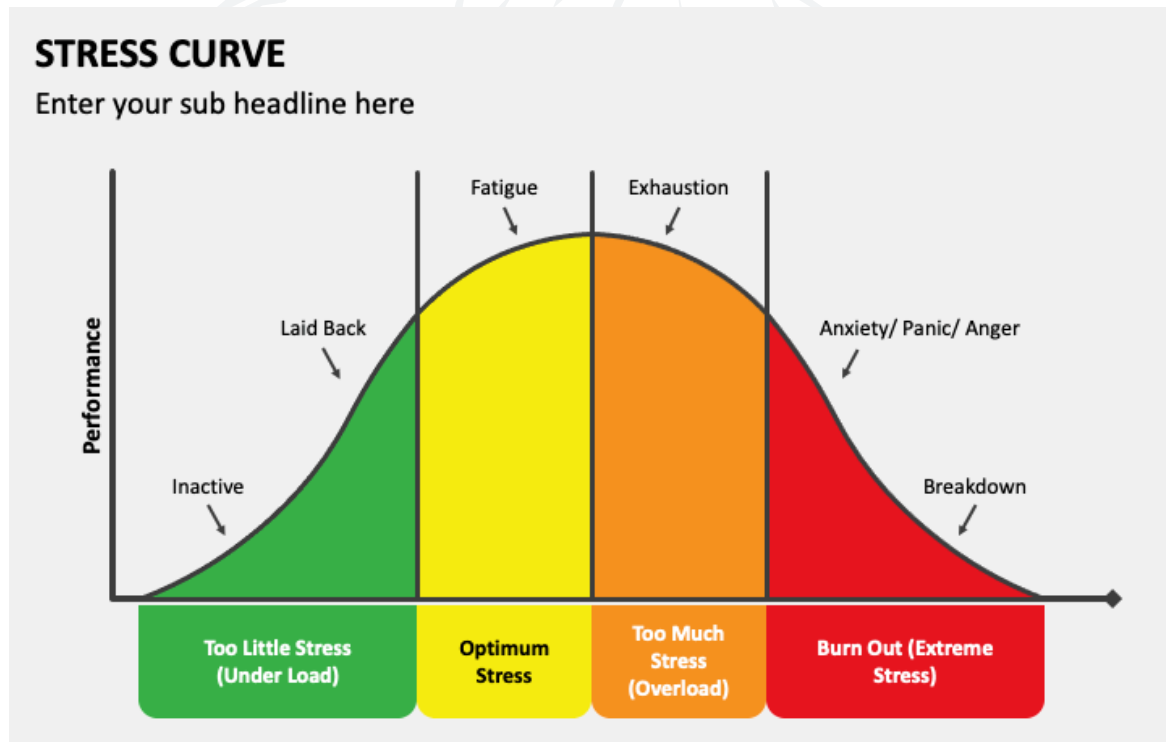
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What is stress? 什麼是壓力?

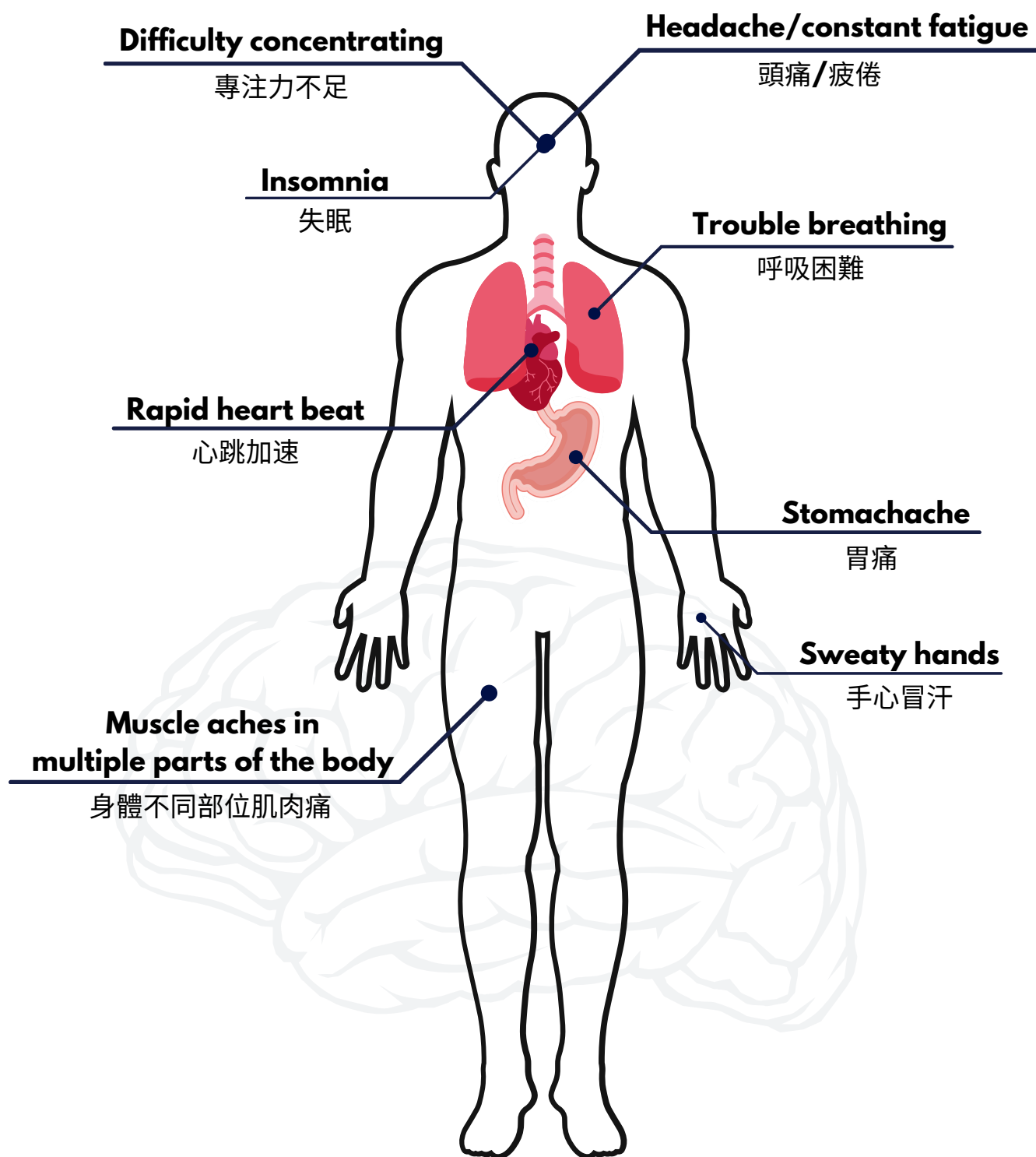
Stress is a normal response to pressure or perceived threats, serving as a motivator to address challenges. While a moderate level of stress can enhance focus and motivation, too little can lead to boredom, and excessive stress can result in burnout and anxiety. Stress often triggers physical symptoms, such as headaches and muscle tension, particularly when demands exceed our resources, leading to feelings of overwhelm. This reaction can be exacerbated by anxious thoughts, creating a vicious cycle that impacts our overall well-being. How we manage stress is crucial for maintaining our physical and mental health.



Body scanner map

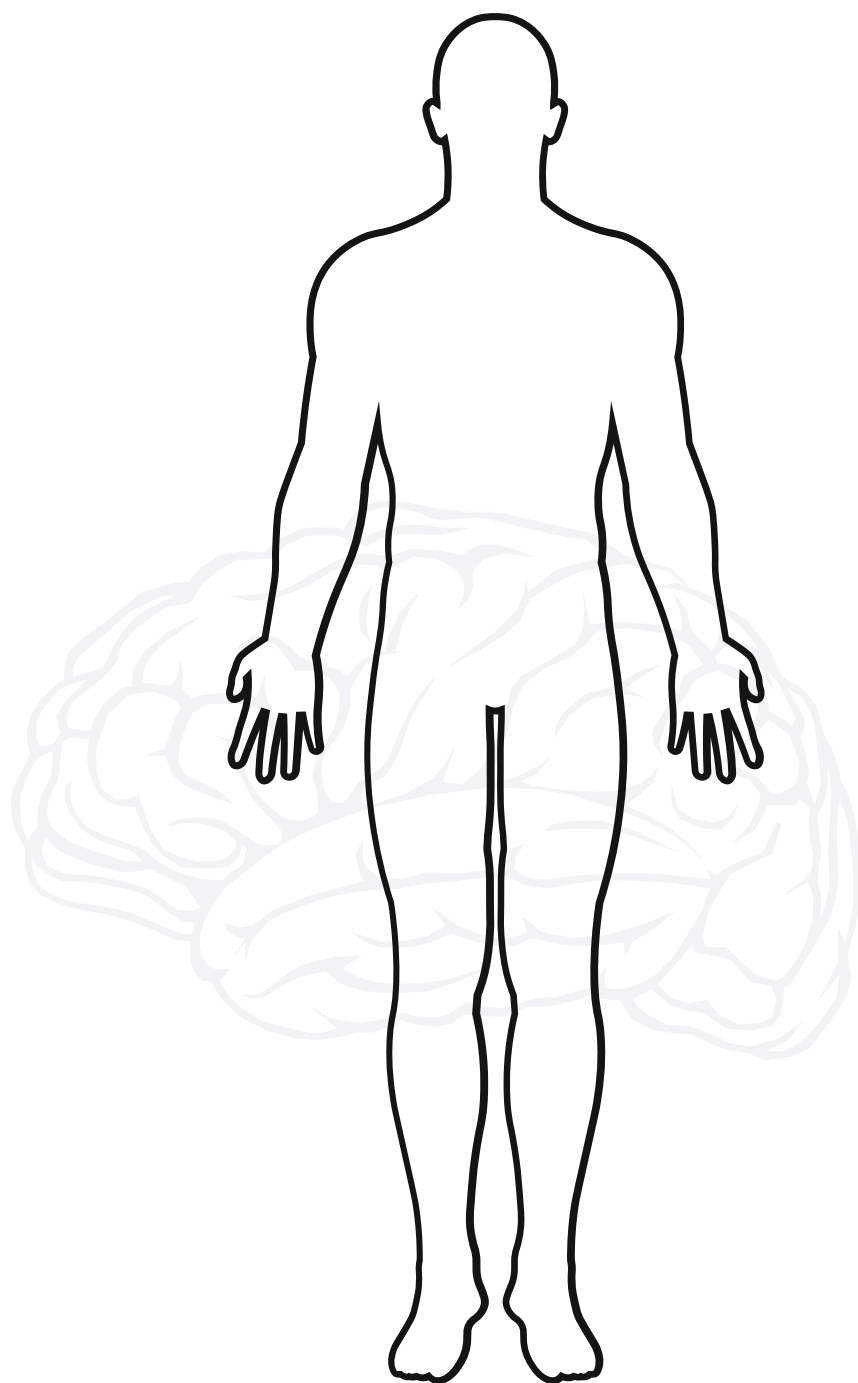
身體掃描圖

What could a “stressed” body feel like?



Using the body scanner map to discuss my stress and anxiety symptoms...

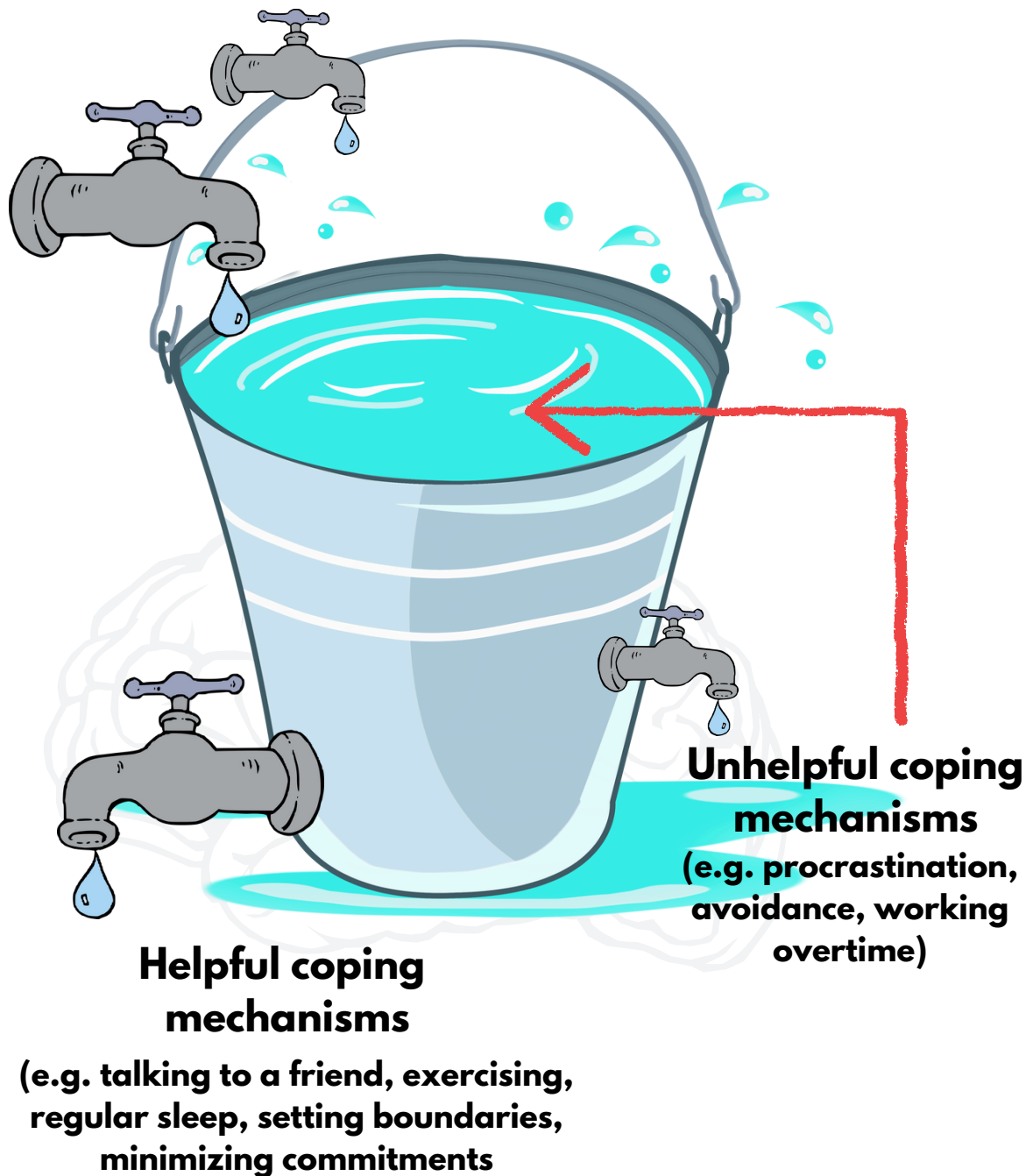
What does your “stressed” body feel like?



Stress Bucket 壓力桶理論

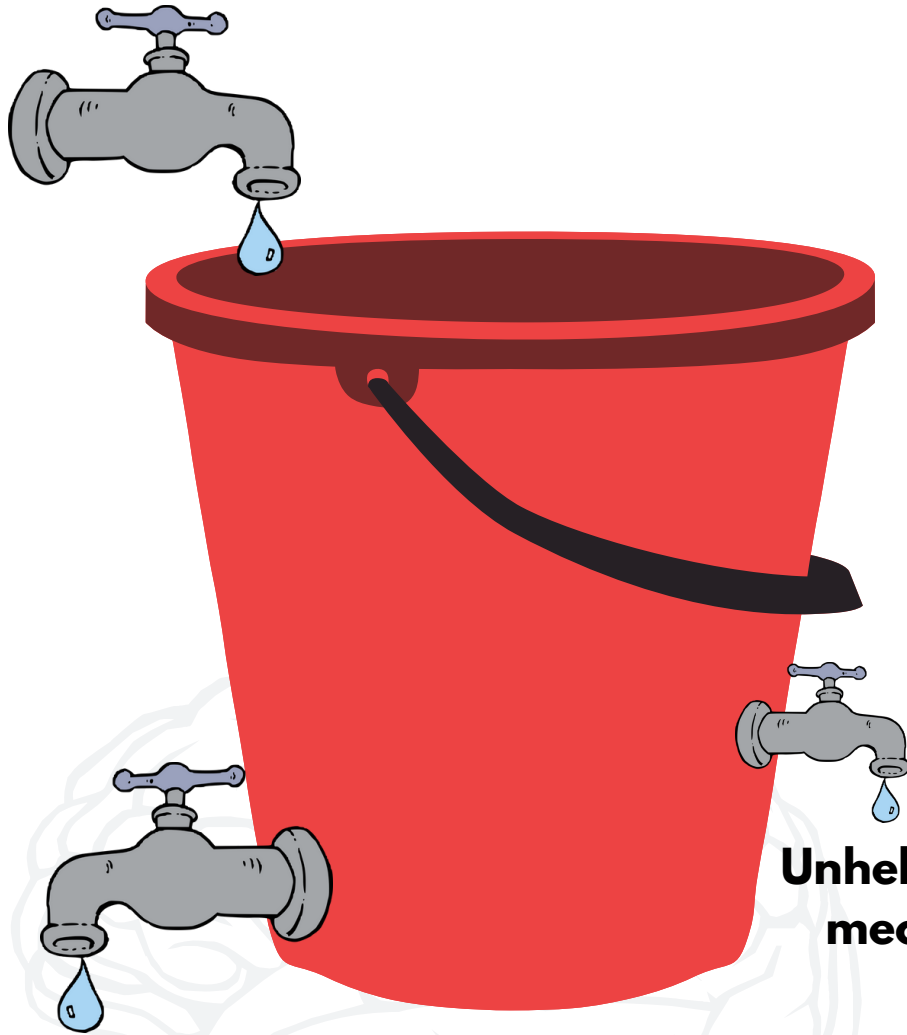
Stressors

(e.g. work demands, family, friendship, finances, change)



What does your stress bucket look like?

My stressors:

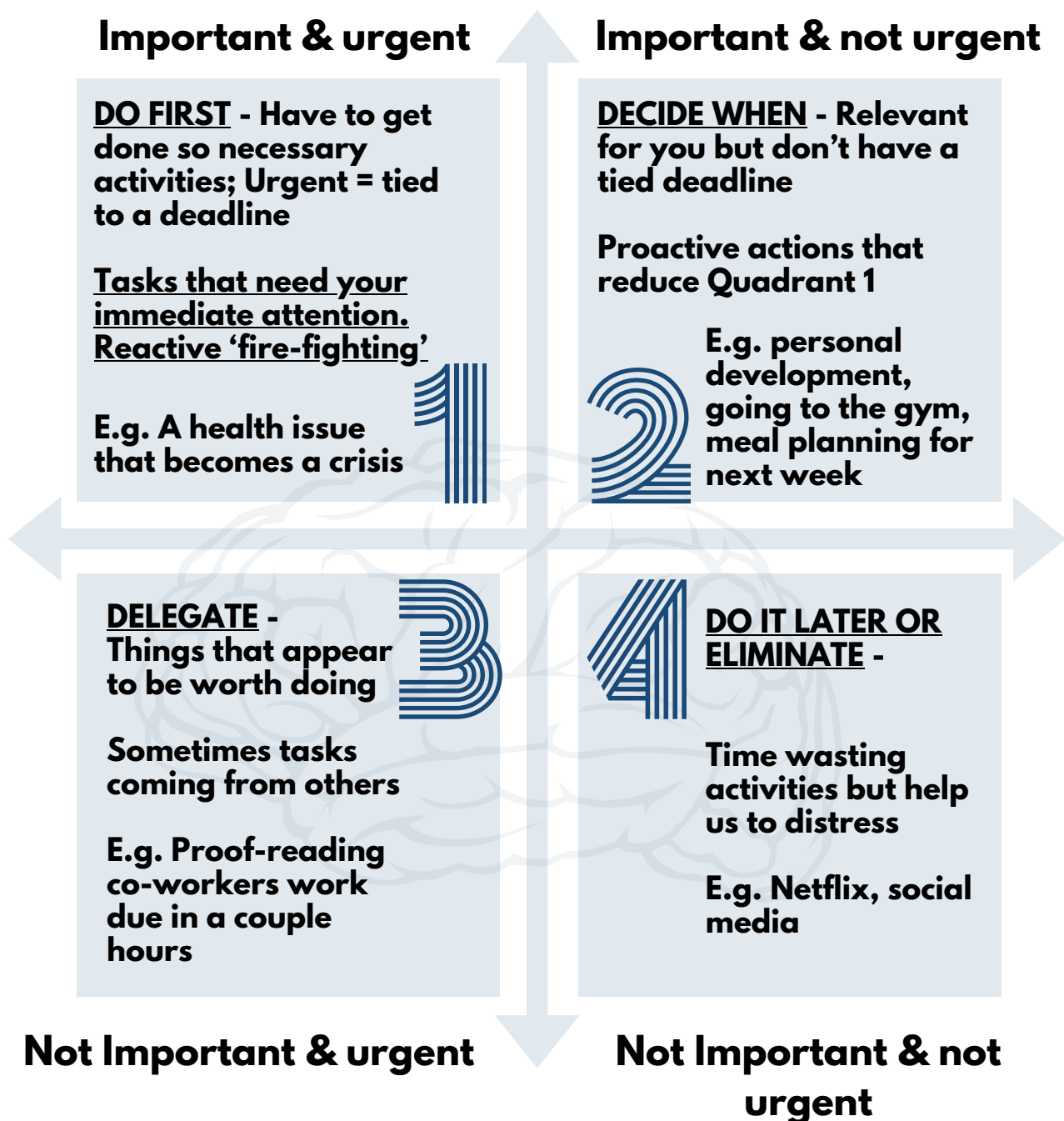


**Helpful coping
mechanisms:**

**Unhelpful coping
mechanisms:**

4 quadrants of time management

四格時間管理法



Healthy Communication Styles

健康的溝通方式

Assertive communication is expressing your own feelings and needs in a clear and calm manner, avoiding being too passive or aggressive. It is considered as the healthiest style of communication as it is respectful to others and yourselves while helps to improve parental relationship.



Thinking your needs don't matter at all	Recognising that your needs are as important as others'	Believing that only your needs are important
Staying silent or not expressing your thought	Clearly and respectfully stating your opinions	Resorting to aggression or violence
Not speaking up, not being heard	Talking and listening	Dominating the conversation
Damages relationships - less respect from others	Enhances relationships - others understand your opinions	Damages relationships - others dislike your attitude

Healthy Communication Styles

健康的溝通方式

Tips for Assertive Communication

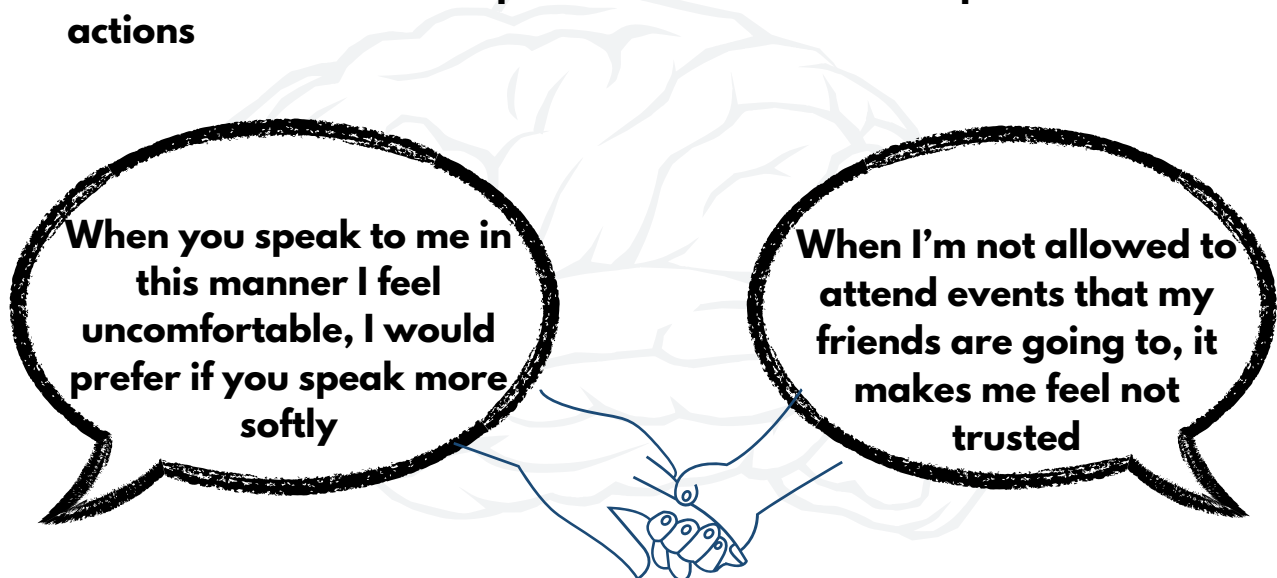
Use “I” statements

- Be straightforward and clear



Describe how others' behaviour affects your feelings

- This makes the another person understand the impact of their actions



Be persistent - the broken record technique

- This involves deciding what you want, preparing how to express it and repeating it as necessary

Repeat

Breathing Exercise 呼吸練習

Abdominal breathing 腹式呼吸法

- 找一個安靜的地方，坐下或躺平，閉上雙眼，保持身體放鬆。
- 將一隻手輕放在胸前，另一隻手放在腹部。
- 用鼻慢慢吸氣，吸氣時讓腹部慢慢脹起，胸部保持平穩。
- 呼氣時，用口緩緩呼氣，讓腹部自然收縮。
- 重複以上步驟三次。



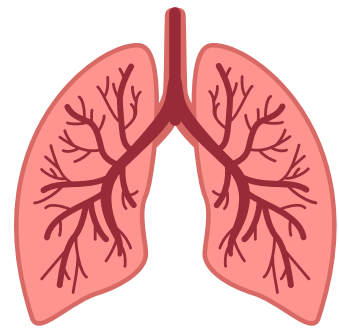
English
audio guide



廣東話指導

4-4-8 breathing technique 四四八呼吸法

- 請在椅子坐下，然後用鼻子深呼吸，數四聲
- 然後，維持住啖氣，再數四聲。
- 之後，用口呼氣，慢慢釋放，數八聲。
- 重複以上動作三到四次可以達到減壓的效果。
- 執行練習的時候可以集中於節奏和數秒數的過程。

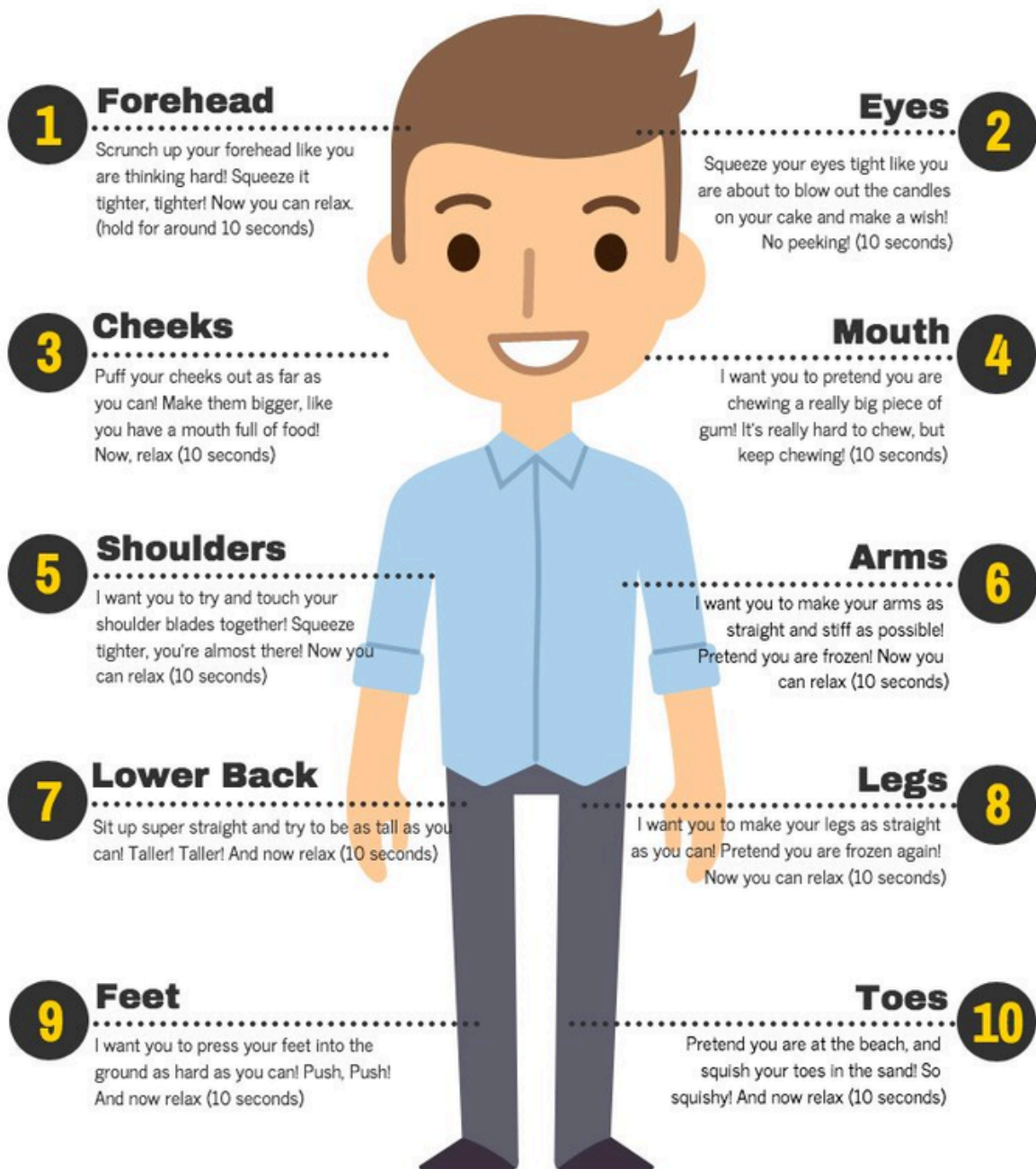


Box Breathing 方形呼吸法

- 這組練習可以坐著或躺著完成。
- 開始之前請放鬆肩部。
- 請閉上雙眼，用鼻子慢慢吸氣，數四秒，讓空氣慢慢進入肺部。
- 然後屏住呼吸四秒鐘，在這個時候避免呼氣或吸氣。
- 之後，慢慢從口部呼氣四秒。
- 然後再次屏住呼吸四秒，完成一個循環。
- 以上的動作重複三次或四分鐘。



Progressive Muscles Relaxation 漸進式肌肉放鬆法



Tykes of Tomorrow

Mental health support signpost

英國心理服務支援

NHS services

- Adult Talking Therapies
- Children and Adolescents Mental Health Services (CAMHS)



England

Charities and NGOs



Mind

Website: mind.org.uk
Helpline: 0300 123 3393
Text: 86463



YoungMinds

Website: youngminds.org.uk
Helpline for Parents: 0808 802 5544



Rethink Mental Illness
Website: rethink.org
Helpline: 0300 5000 927



The Mix (For Under 25s)
Website: themix.org.uk
Helpline: 0808 808 4994



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus (Prevention of Young Suicide)
Website: papyrus-uk.org
Helpline: 0800 068 41 41 (under 35s)
Text Service: 07860 039 967



Anxiety UK
Website: anxietyuk.org.uk
Helpline: 03444 775 774
Text Support: 07537 416 905

Mental health support signpost

英國心理服務支援

CRISIS SUPPORT SERVICES

For children and young people only:
Childline

- Helpline: 0800 1111 (24/7 freephone)
- Website: [childline.org.uk](https://www.childline.org.uk)



For everyone:

- The Samaritans 116 123 (24/7 freephone)
- text “SHOUT” to 85258 (24/7 free text service)
- Your local NHS urgent mental health helpline
- 999/111

**Scan the QR code below
to find your local mental
health helpline:**

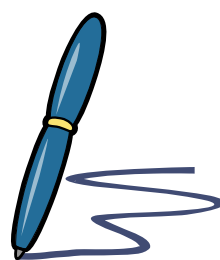


**Click on “get hep
from 111 online”**

**It will prompt you to fill in some
questions and show your your
local borough crisis number.**



Event Feedback Form



請填寫此活動反饋調查。這項調查有助於
我們更了解大家的活動體驗，並幫助
Psychboost改進日後舉辦的居英港人社區
活動。反饋調查大約需要 **5** 分鐘完成。
我們再次感謝你 😊

希望在未來其他活動中見到大家！

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Credits

This booklet is created with thanks to:
Alexandra Cheung
Anisa To
Anson Chan
Candace Cheng
Stephanie Lau





“

A TOOLKIT WITH EVIDENCE BASED COPING STRATEGIES

”



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<https://www.psychboosthk.com>



psychboosthk@gmail.com