

TAKE CARE OF YOURSELF

Experiencing or witnessing the recent critical incident can be distressing. It is understandable that you may feel shocked, stressed, sad, exhausted, confused, angry, worried or numbed. Your sleep, eating, concentration and routines may be affected. Most of these responses are helping your body and mind to cope with and to make sense of the incident and its impact. They are very normal.

Coping with Acute Stress

- Take a break from things related to the incident from time to time
- Rest yourself in a comfortable position or place
- Relax your body and mind through slow breathing, stretching or meditation
- Talk to friends or people who are supportive and care about you
- If you don't feel like talking, simply spend time with them (silence is okay)
- Write, draw or doodle to express yourself
- Give yourself time to process your emotions and thoughts.

Respect differences and be kind to yourself and others.

CEDARS is here to support

Counsellors at CEDARS are ready to provide emotional and psychological support to you. Feel free to talk to us, please contact Counselling and Person Enrichment Section (CoPE). Confidentiality is ensured.

Hotlines operated by organizations in the community are also available for you to call/seek help.

SUPPORTING YOUR FRIENDS/STUDENTS

LISTEN AND RESPECT

- Try to find a quiet place to talk
- Respect privacy
- Keep an open mind and respect differences
- Do not go into the details unless they are ready to do so
- Try to understand the students' feelings and thoughts
- Acknowledge their strengths and what they have done to help themselves and others

IDENTIFY PRACTICAL NEEDS

- Identify the students' concerns and worries (e.g. health, study, family etc.)
- Encourage students to take care of their safety and psychological health first
- Brainstorm possible options and do not give false promises
- Identify support persons/ services and help the student to connect with them if needed

TAKE GOOD CARE OF YOURSELF

- If you feel stressed when supporting students:
 - take a break
 - know what you can or cannot do
 - seek support

非常時期

點照顧好自己？

面對社會動盪，有壓力係人之常情。你而家可能會有好多情緒起伏：覺得震驚、煩躁、不安、低落、混亂、憤怒、擔心，又或者已經麻木左。你嘅睡眠、飲食、同生活節奏都可能亂左。亦可能專心唔倒；腦海成日浮現令你不安嘅畫面。

不過，有呢啲暫時性嘅反應係好正常。呢啲急性壓力，係你嘅身體嘗試去處理同應付而家發生緊嘅事，咁唔代表你無用、能力差或者唔正常，通常隨住事件緩和或者完結，呢啲反應會慢慢減少。

點處理急性壓力？

- 不時將自己嘅事件中抽離，比自己抖一抖
- 嚟一個舒服嘅地方、用你習慣嘅方式休息
- 透過深呼吸、拉筋或冥想等自己身心放鬆一下
- 搵朋友、或者關心你嘅人傾訴
- 如果唔想講野，有人陪嚟身邊有時都幾好（無野講係完全OK！）
- 透過寫下嘢、畫下畫去表達自己
- 比自己空間同時去消化你嘅感受同想法

尊重大家唔同嘅睇法同感受，善待自己同其他人。

CEDARS可以幫到你

CEDARS嘅輔導員會為你提供情緒同心理支援。想同我哋傾吓，請聯絡輔導及心理培育部 (CoPE)，對話內容絕對保密。

你亦可以聯絡其他由社區組織運作嘅求助熱線，抒發你嘅感受。

點樣支持

你嘅朋友或者學生？

用心聽

- 嘗試搵一個安靜嘅地方同佢傾吓偈
- 佢願意同你分享，唔等於佢唔介意其他人知
- 如果佢嘅睇法同感受同你唔同，開放啲了解下
- 除非佢想講，否則唔好迫佢回憶或講當時啲細節
- 嘗試明白、理解佢嘅說法同感受
- 肯定佢嘅能力，比佢知，佢具體做咗啲咩嘢去幫人哋同自己

實際需要

- 搵下佢擔心同顧慮嘅嘢（例如家人、健康、學業 等等）
- 鼓勵佢顧及自己嘅安全同心理健康。
- 一齊諗下可能行得通嘅方法
- 你做唔到嘅嘢，唔好應承
- 話俾佢知有咩人或者有咩服務可以支援到佢。有需要嘅時候，幫佢連絡相關嘅人或者服務

照顧好自己

- 支援朋友或者學生，少不免會產生擔心同壓力：
 - 容許自己休息
 - 接納自己嘅能力範圍
 - 自己都要搵人分擔同幫手