



TIPS to

Manage Stress

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For many students, studying for exams could be stressful, especially when parents have high expectations. A moderate level of stress can help students learn and grow. However, excessive stress can actually be counterproductive. Students may refer to the following relaxation techniques to reduce stress.

對學生而言，讀書和考試難免是有壓力。特別是當家人有很高的期望時，會令壓力增加。適度的壓力有助於學習與成長，但過度的壓力則帶來反效果。同學們可參考以下的釋壓方法以舒緩自己的壓力。

1

Chat with friends

Talking with friends, comforting, encouraging and spurring one another could be huge support for students who are stressed out.



與朋友聊天

朋友間互相傾訴、鞭策和鼓勵，對有大壓力的學生來說是一種很大的支持。

2



Shift attention

Try to shift attention away from negative emotions by doing something more meaningful or something interesting. You may change your living environment, go for a walk, get closer to nature, do exercise, go traveling, take a hot bath, go shopping or watch a movie to leave all your stress behind.

轉移注意力

把注意力從消極情緒轉移到較感興趣或有意義的事情上。你可以嘗試轉換一下生活環境、外出散步、接觸大自然、做運動、去旅行、洗熱水澡、逛街或看電影來把你所有的壓力都拋諸腦後。

3



Motivate yourself

When dealing with setbacks or failures, you may use self motivation quotes such as "I can" or "I am capable of" to motivate yourself.

激勵自己

當遇到挫折或失敗時，你可以用“我可以”或“我做得好”等字句來勉勵自己。

4



Listen to music and do yoga

Listening to hypnotic music can calm your body and mind. This type of music can reduce your heart rate and lower your stress hormone level. Apart from this, doing yoga can also help reduce stress. The use of deep nasal breathing can increase oxygen flow in your body, calm your nervous system and reduce your level of stress.

聽音樂和做瑜伽

聽催眠音樂可以使你的身體和心靈得到平靜。這類型的音樂可以降低你的心率和壓力荷爾蒙水平。除聽音樂外，做瑜伽也能減壓。深呼吸可以增加你體內的氧氣流動，使你的神經系統平靜下來，從而幫助減壓。

Constant stress can seriously affect your body and mind. Teachers and parents should find ways to boost students' self-esteem and confidence so that they can face challenges bravely when they are under pressure.

長期受壓可影響你的身心發展。老師和家長應嘗試用不同方法幫助學生增強自信心，令他們在遇到壓力時，能勇敢地面對挑戰。

Picture source 圖片來源：

<https://shortstatusquotes.com/self-motivation-status-quotes-msg/>

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<https://www.google.com/url?sa=i&source=images&cd=&ved=2ahUKEwidhMSyibniAhXXdHAKHZvEB3gQjxx6BAgBEAI&url=https%3A%2F%2Fwww.youthbeyondblue.com%2Fhelp-someone-you-know%2Fsupporting-a-friend&psig=AOvVaw2TiXc-rfPIkU-S37Dfhkb&ust=1558955890376980>

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