愛護心臟 由健康生活做起 Adopt a heart-healthy lifestyle to protect your heart

個人如何進行壓力管理
Managing Stress at Individual Level

1. 培養身、心、靈三方面的健康
Cultivate Physical, Psychological and Spiritual Health

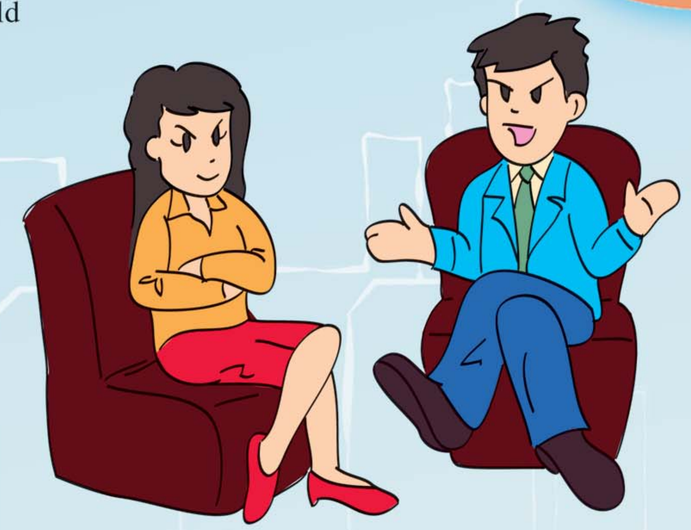
- 身：維持健康生活方式，均衡飲食，定時運動，練習鬆弛技巧，確保有充足睡眠。 Physical: healthy life-style, balanced food in-take, avoiding unhealthy food like coffee, alcohols and junk food, taking appropriate exercises, practicing relaxation skills, such as meditation and yoga, sufficient rest.
- 心：培養良好心理質素。 Psychological: cultivate good psychological quality, avoid low self-esteem, and habitual negative thinking.
- 靈：涉及處世的價值觀及對人生的看法，懂得面對成敗。 Spiritual: Concern an even higher level of needs, including the personal value systems, the meaning of life, know how to face success and failure, and avoid too much pursuit of materialism.

2. 積極面對問題
Face Problems Positively

- 向管理層反應意見，消除或減少壓力來源。 Reflect opinions to management level, eliminate the sources of stress like buying supporting tools and improve the job flows.
- 對工作作出計劃，訂立緩急先後，改善時間管理。 Plan ahead for job, prioritize sub-tasks, improve time management skills.
- 跟同事與上司商討解決問題的方法。 Discuss possible solutions with colleagues and supervisors, seek support.

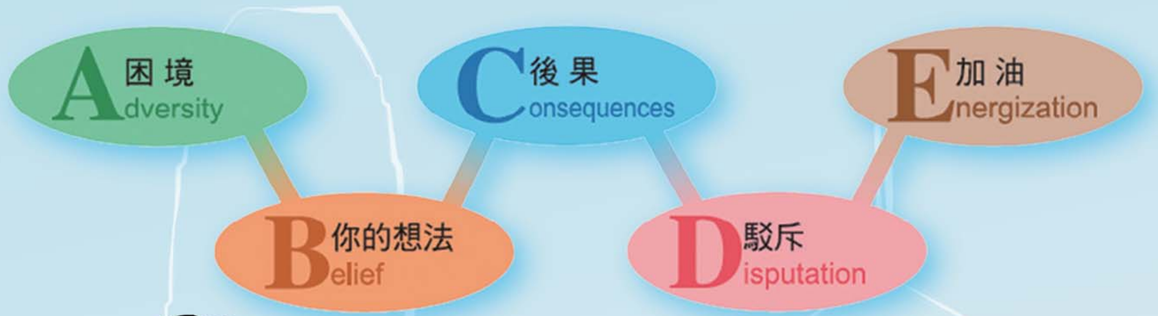
3. 改善人際關係及社交支援
Improve Interpersonal Relationships and Social Support

- 與同事、家人、朋友建立良好關係，建立社交支援網絡。 Build good connections with colleagues, family members and friends, establish a social supporting network.
- 接納別人的支持，同時亦向有需要的同事伸出援手。 Accept support from others, and at the same time give a helping hand if necessary.
- 遇到困擾，可向信賴的人傾訴，或找專業輔導人員或心理學家輔導。 Talk to reliable people when puzzled, or seek advice from professionals such as counselors or psychologist.
- 如出現焦慮不安、抑鬱症狀，應儘早求診。 Consult a doctor when prolonged anxiety or depression appear.



4. 其他方法
Other methods

- 從不同的角度去考慮問題、面對困難時，從而增強「抗逆力」。 Adept different perspective to consider problems and difficulties, enhancing resilience steadily.
- 發展正面情緒，懂得自嘲，培養幽默。 Establish a Humour Corner: collect jokes, interesting news and experiences to share with the people surrounding you.
- 利用ABCDE 壓力模式，幫助應付日常各種困擾和壓力。 Make use of the ABCDE Stress Model to deal with various daily hassles and stress more effectively.



有關網上工作壓力評估，請瀏覽
職業安全健康局網址：https://shorturl.at/tDfPl
及《工作壓力管理自用套件》https://shorturl.at/5Lz2P
For details of Online Stress Audit, please browse at
https://shorturl.at/tDfPl
and Work Stress Management DIY Kit https://shorturl.at/5Lz2P

香港防癆心臟及胸病協會
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