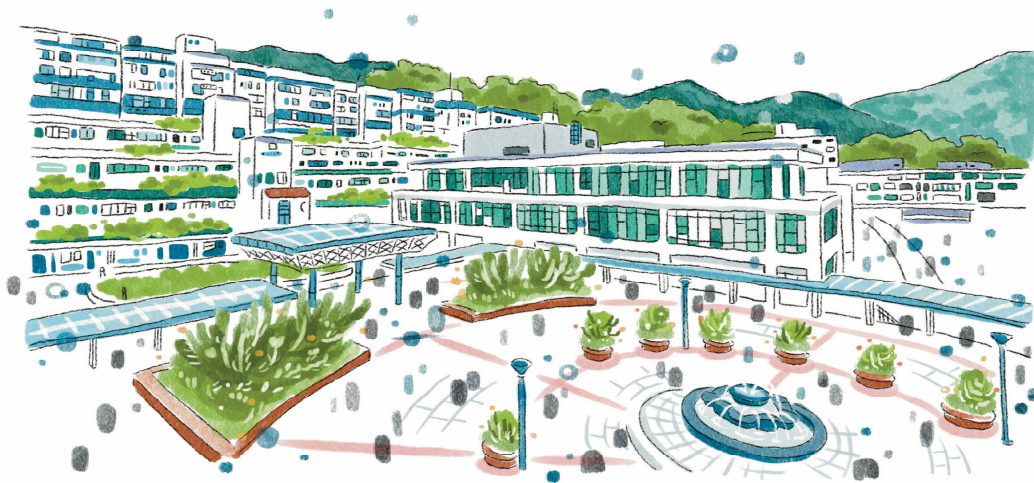




Counselling Workroom

ME TIME Series:

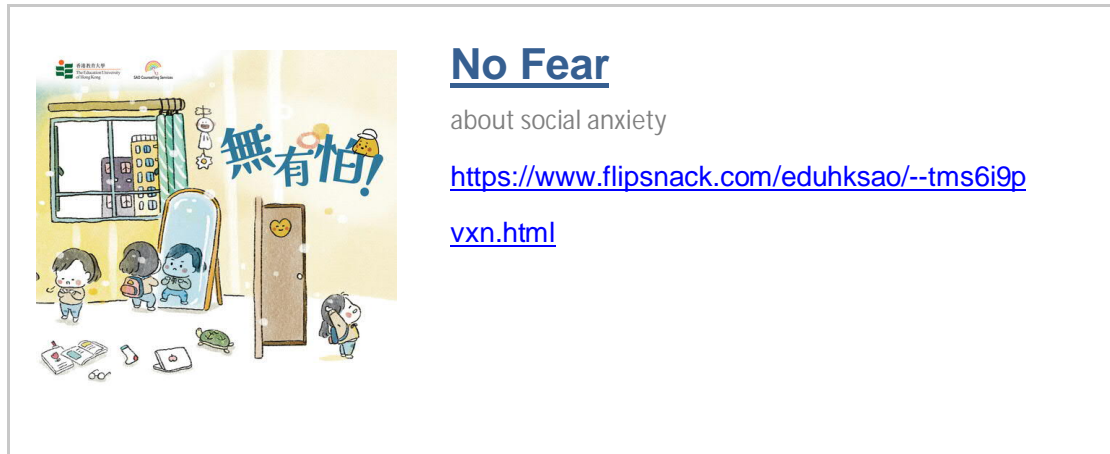
Beginning from **HEART** - “No Fear”



Subsidized by UGC Special Grant, a set of illustration books (Chinese version only) would be issued by Counselling Services in cooperation with four illustrators, hoping to let students learn more about mental health and enjoy ME TIME during the pandemic.



Here's the second book, “No Fear” (about social anxiety):



Social Anxiety is a common mental health problem among university students. Usually, students with social anxiety might experience emotions of worry, fear and anxiety when interacting with others, which is associated with physical reactions and avoidance behavior.

While avoidance would further intensify the anxiety problem, you may consider trying some relaxation exercises like deep breathing and grounding exercise as introduced in the illustration book. If you feel a bit better after that, go on with learning to deal with the negative thoughts (e.g. perfectionism) behind the anxiety and fear. Let [us](#) be your help if you are in need.