



Counselling

Workroom

ME TIME SERIES:

Beginning from HEART - “ The Box”



A set of illustration books (Chinese version only) would be issued to let students learn more about mental health and enjoy ME TIME during the pandemic.



Here comes the first book.

“ The Box” (about anxiety)

<https://www.flipsnack.com/eduhksao/the-box.html>



Anxiety is about fear towards future. Very often, it would lead to physical discomfort and ill feeling that distress you. Here are some tips about dealing with anxiety:

- Pull yourself from future to present. Focus more on here & now.
 - Try to separate what is beyond your control, and focus on what you can have more impact. Don't worry for those that are out of your control.
 - Sort out your worries and put them into different "boxes" according to your preferred priority. When you're ready, deal with the "boxes" one by one.
- Remember to leave some room for yourself and not to overwhelm yourself with mixed worries.
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或者盒子裡會有美好的東西

