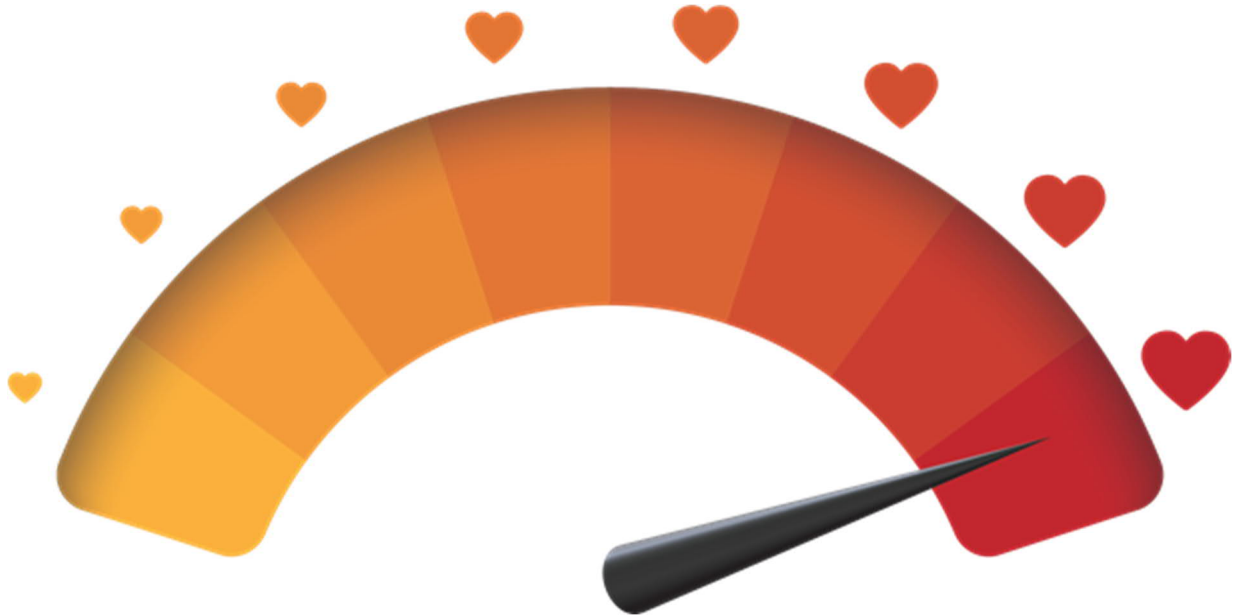




Counselling Workroom

Let's store our HP value



Have you ever heard the word "May Disease (ごがつびょう)" while watching Japanese dramas or anime?

ごがつびょう

五月病
May Disease

It is a Japanese term to describe people who suffer from physical and mental exhaustion when transitioning to new academic year or workplace after a long vacation.

In Hong Kong, we have just gone through the fifth wave of COVID-19 pandemic. Will we also suffer from "May Disease" when we are now returning to the "New Normal"?

In video games, it is crucial to store HP value, which represents the health of a character. As all of us have fought the COVID battle recently, it's time for us to refill energy and take care of our well-being. Let us share more about storing HP value for ourselves in this article.



◀ Self Care = Store HP value on the well-being ▶

HP is the abbreviation of Health Point. Many of you might have lost a lot of "HP" after paying much effort to completing assignments and exams recently. University life can be exciting - you can experience different learning modes and have many opportunities to gain new experiences. However, gaining experience can also be stressful, and it will consume our energy at the same time when we gain "EXP" value. Alternatively, we can engage in activities to rejuvenate our physical and mental health, such as meeting friends, listening to music, going out to the countryside etc.

Self-care can improve personal resilience and lower levels of anxiety. It can help you nourish your well-being when you are under stress. It is alike a net which protects ourselves from the negative impacts of pressure. By practicing self-care, you can enhance your self-efficacy and allow yourself to engage with the world in a more meaningful and healthy way. Studies have also shown that practicing self-care can increase the capacity for empathy. Hence, self-care can let us better care for those around us and be connected with our environment. Let's multiply our "HP" value together.

◀ Are you ready? Let's welcome SUMMER ▶

To store our HP value for our well-being, we can refer to the "5 ways to well-being" (Give, Mindfulness, Connect, Be Active and Learn) as developed by the New Economics Foundation. Let's incorporate them into our SUMMER activities.

Show your kindness

Research suggests that any acts of giving and kindness can help improve our mental wellbeing by promoting happiness, creating a sense of satisfaction, and giving us a feeling of self-worth. Therefore, you could try to express your thanks to someone for something they have done for you, show your comfort or encouragement to friends who need support, or join some meaningful voluntary activities in your free time.

Unplug for a day & Practice Mindfulness

Sometimes the best way to recharge is to take a break from technology. Research shows that downtime replenishes the brain's stores of attention and motivation, encouraging productivity and creativity. Although we may not unplug for a day, we can try to reduce the usage and learn to pay more attention to the present moment, and be aware of our body, feeling and the world around us. Let's start from little moment in our daily life, like breathing slowly, enjoying sunshine, and sharing with friends. Have you noticed there is a small pavilion on our campus? You may want to visit it and unplug now!!!

Meet up with others

The loneliness of living in isolation has taught us the importance of connecting with others. Stay connected can allow us to share positive experiences and provide us with emotional support. So, let's take time to connect with your friends and meet up.

Exercise

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and help your natural energy levels. After the semester, perhaps you can try to hang out and engage in your favorite sports activities, e.g., going for a walk, hiking, cycling, swimming, dancing, and playing ball games with friends. Research shows that exercise can raise an individual's self-esteem and enhance the capacity to face different challenges. Let's try to exercise now!

Refreshing & Learning

Attending university is an excellent opportunity to embrace new experiences. Learning new things will make you more confident and build a sense of purpose by exploring different sides of yourself. Whether you try something new or rediscover an old interest, there are opportunities everywhere. Surprise yourself.

◀ Do you want to store your "HP" value now? ▶

◀ There is a chance for you to learn "Mental Wellness In Action" ▶

If you want to store your "HP" value, you can consider equipping your own 'Wellness Toolbox' to cope with life changes, maintain positive thinking, and stay as healthy as possible. "Wellness Recovery Action Plan[®]," or WRAP[®], is developed by US people who recovered from various mental health challenges. It has been recognized as an evidence-based wellness development program and handbook. Its five key concepts, including [hope](#),

[personal responsibility, education, self-advocacy, and support](#), help to enhance participants' awareness and abilities in dealing with health problems, daily maintenance plan, and crisis planning. With WRAP® , you can discover simple, safe, and effective tools to create and maintain wellness.

If you want to learn more about WRAP® , please get the latest news on the project "Mental Wellness In Action (NewLife X EdUHK)" from our email or intranet. Funded by the Mental Health Initiatives Scheme, Student Affairs Office has partnered with New Life Psychiatric Rehabilitation Association (NLPRA) to launch this two-year project. This project aims to provide us with knowledge on improved quality through interactive programs such as online seminars, WRAP® basic certificate course, and facilitator course, etc. Thus, it's time to store your HP value and create your own WRAP® first. Let's promote it to our classmates, family, relatives, and friends and enhance awareness of holistic well-being.

If you are having any emotional need right now, you are welcome to contact our Counsellors for further assistance.