

3

Make Good Use of the Power of Self-affirmation / encouragement

- Do appreciate your abilities and strengths, and avoid denying self too soon.

Tell yourself:

- ✓ "I can do better and get through the difficulties!"
- ✓ "Work hard! It will pass and I can overcome it!"
- ✓ "I did try my best, I need to set reasonable expectations!"



Student Affairs Office - Counselling Services

4

Stress Management



- Allow yourself to take a break, and accept your emotions and stress.
- Take enough rest.
- Share your feelings and difficulties with others.
- Exercise regularly.
- Do something enjoyable during rest time e.g. Watch movies or listen to music.

5

Avoid Unhealthy Ways for Stress Reduction.

E.g. Smoking, Drinking, Escaping from work.



6

Seek Assistance



- When you keep feeling you cannot achieve anything, or helpless, don't hesitate to reach your supervisor and classmates, they probably can offer you with useful assistance, advice, and encouragement.
- You can also contact our counsellors for emotional support. We will walk with you!

“ Hope you have a fulfilling and happy BP experience! ”



Stress Management

Tips

During Block Practice



Block Practice Support Service

Psychological Counselling Service

Location: 1/F, Cho Kwai Chee Foundation Building, EdUHK

Tel: 2948 6245 Email: saocs@eduhk.hk

For emotional support outside office hours, please call

EdUHK 24-hour Counselling Hotline: 8208 1155



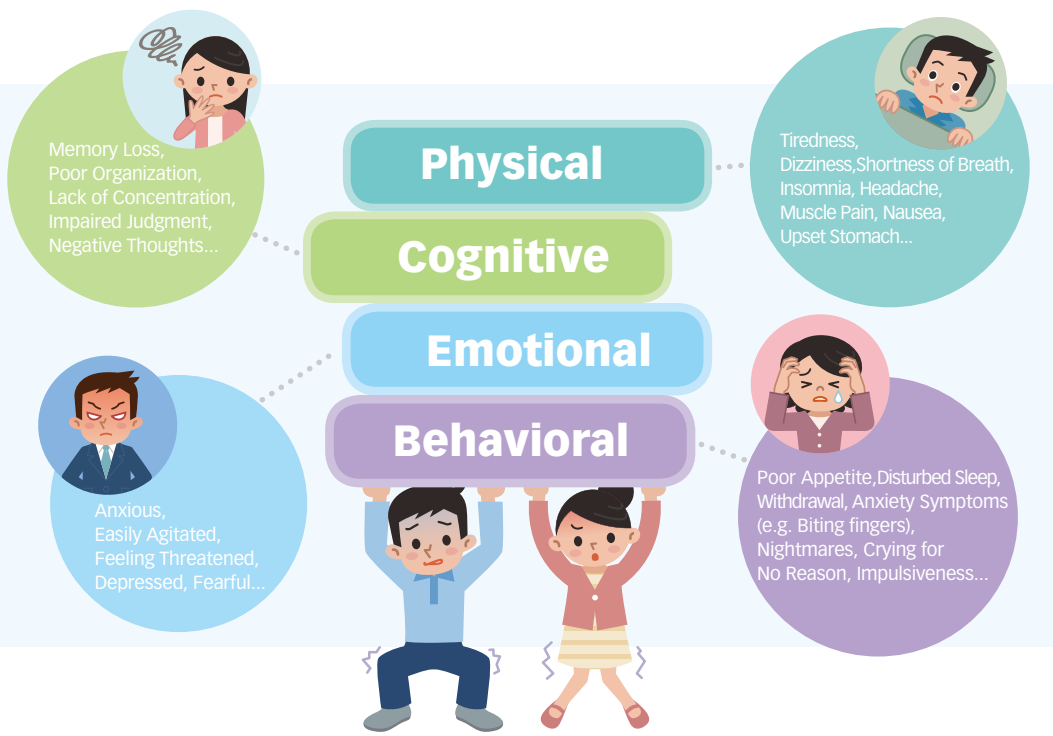


What is Stress?

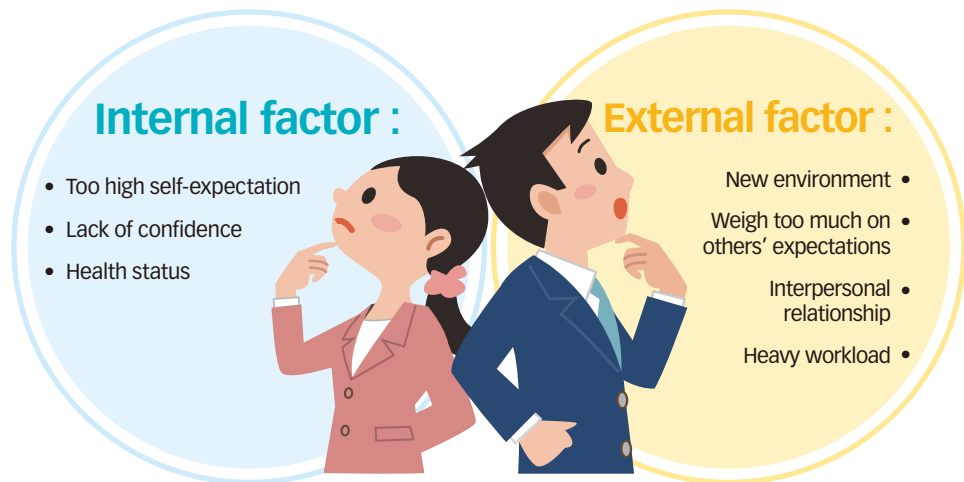
- Stress is a part of life. It is a natural feeling when we are not able to cope with specific demands and events. It can refer to any physical or psychological responses when we feel threatened or unhappy.
- We cope with stress differently due to our different backgrounds, personalities, resources, or other factors.
- Stress can urge us with better planning, and enhance our resilience to face crisis. However, too much stress can impose an adverse effect on our body and mind.

Stress reactions

Most of the time we can cope with stress properly, but sometimes when we are overloaded, or when the problem continues to be unresolved, we may have certain reactions as follows:



During your Block Practice (BP), you may be under pressure for a variety of reasons, such as:



How to Take Good Care of Yourself

1 Get Well-Prepared

- Before the BP: Learn more about the BP school.
- During the BP: Keep communication with supporting teachers and supervisor; Understand the needs of students; Work hard on lesson plans.
- To list out and schedule the tasks; Prioritize the tasks according to the importance and urgency, and complete them along the timeline.

2 Understand the Stressors and your Stress Reactions

- Be aware of any physical and psychological reactions. If you feel too stressful, take a break and relax. Don't overburden yourself as it will affect your physical and mental health.