



香港都會大學
HONG KONG
METROPOLITAN
UNIVERSITY

學生事務處
Student Affairs Office



疫境中的情緒健康小錦囊

Tips for Emotional Health during Pandemic

STUDENT COUNSELLING SERVICES
學生輔導服務

WHAT IF I AM
DIAGNOSED?
出門中招了怎麼辦?

WHAT IF
I GET INFECTED?
如果感染了怎麼辦?

I REALLY WANT TO
GO OUT!
好想出門啊!

WHAT IF THE CITY
LOCKED DOWN?
如果封城了，
該怎麼辦才好?

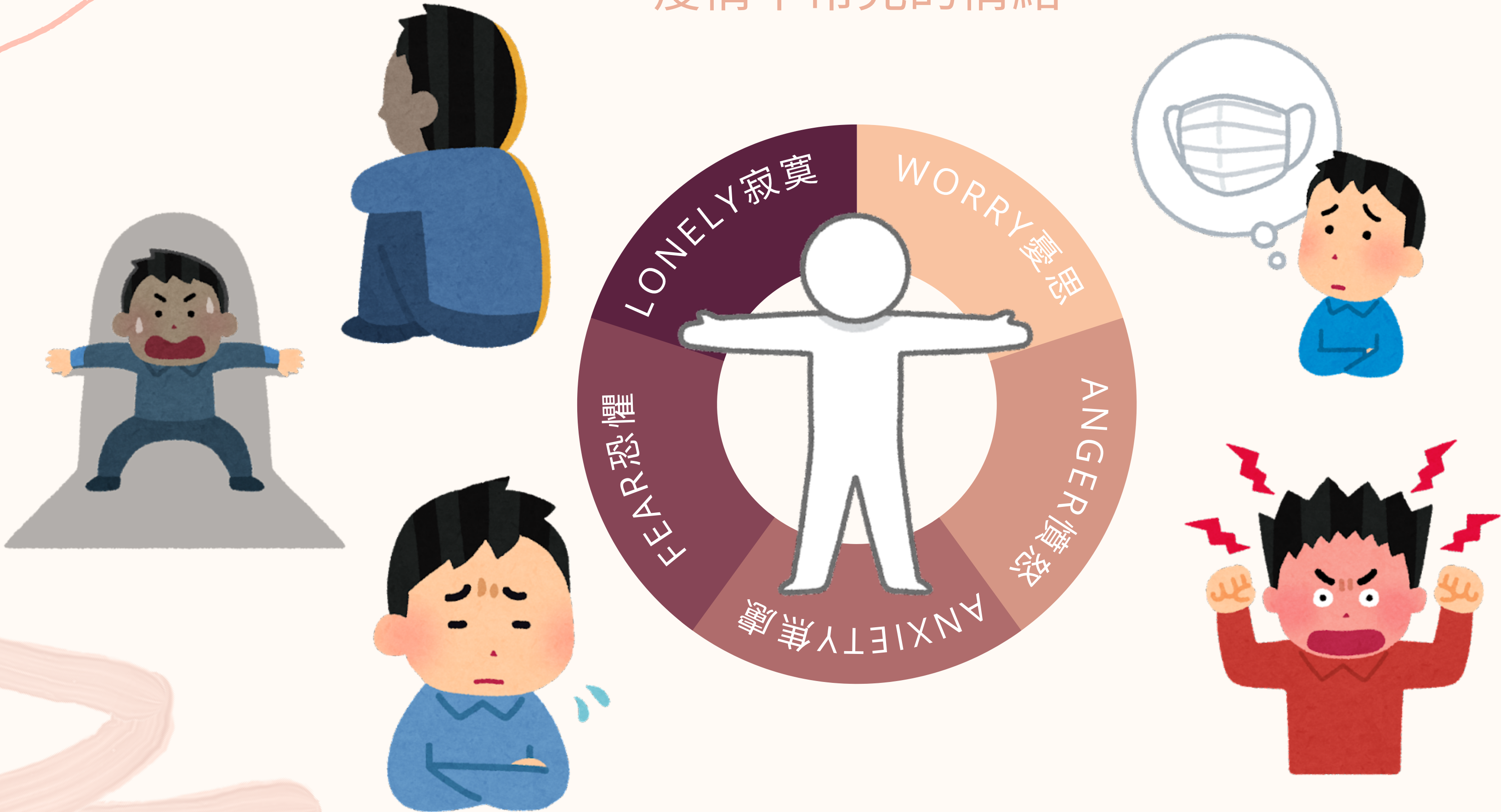
THERE IS NO
DAILY NECESSITIES,
WHAT SHOULD I DO?
沒有生活物資了，怎麼辦?



HOW LONG
WILL THIS
PANDEMIC LAST?!
這樣的生活
還要維持多久?!

Common Emotions During Pandemic

疫情中常見的情緒



We can't change the past, also we can't control the future
我們無法改變過去，也無法控制將來



Learn to accept your emotions and listen to your inner voice
學習接納你的情緒，聆聽內心的聲音

I AM VERY WORRIED 我很擔心...

BUT WORRY
CAN'T
CONTROL ME
但擔心不能掌控我!

WHAT ARE YOU
WORRYING ABOUT
你在擔心什麼?

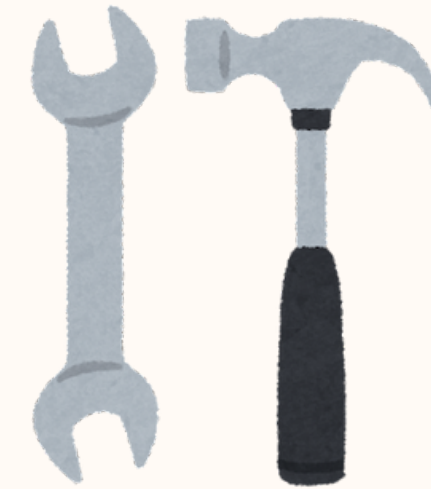
CAN IT BE SOLVED
能否解決?



Self-healing Space

自癒空間

ADJUSTMENT
調節



AWARENESS
覺察



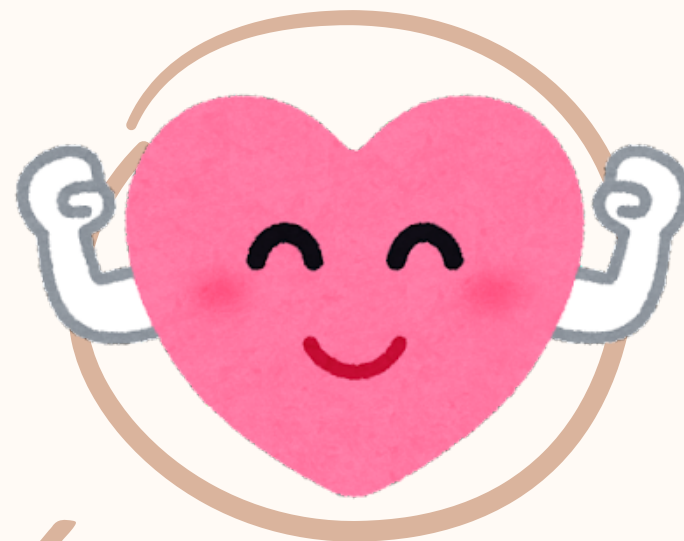
IDENTIFICATION
辨識



SUPPORT
支持



BALANCE
身心平衡



Awareness

覺察



BE AWARE OF YOUR EMOTIONAL
AND PHYSICAL STATE
覺察自我的情緒和身心狀態

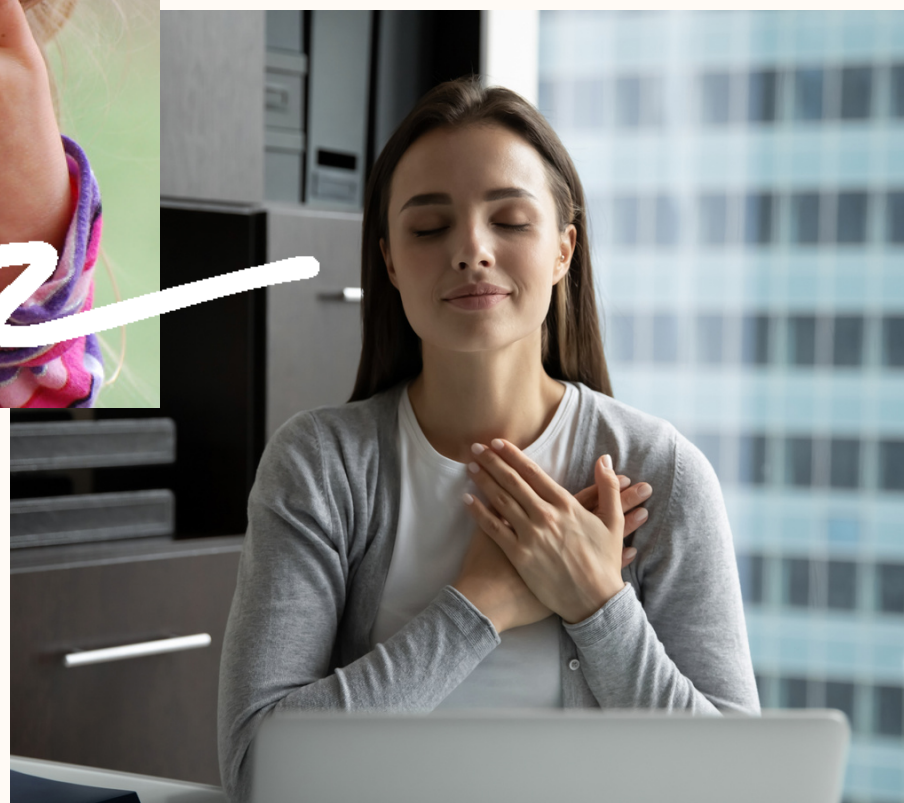


ASK YOURSELF
"WHAT HAPPENED TO ME
AT THIS TIME?"
問問自己「這時候的我怎麼了？」



REDUCE EMOTIONAL IMPACT
ON SELF
降低情緒對自我的影響

Adjustment 調節



(2)
RECALL POSITIVE EXPERIENCES
AND LIFE EVENTS
回想正向經驗與生活事件

(1)
PULL BACK THE ANXIETY TO
HERE AND NOW
拉回對未來未知事件焦慮的注意力，
來到此時此刻的生活與感受

(3)
SHIFTING
EXCESSIVE WORRIES
轉移過度的擔憂



When your mood changes, try to soothe your restless mind
情緒發生變化時，試著安撫自己焦躁的心

Identification

辨識

IDENTIFY MESSAGES RATIONALLY

理性地辨認訊息

ALLOCATE A SPECIFIC TIME TO

WATCH NEWS

分配特定時間看新聞

AVOID OVER-FOCUSING

避免過度關注



Balance

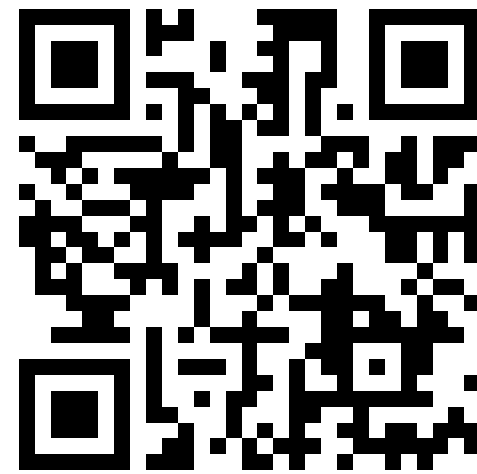
身心平衡



Maintain a regular daily routine, moderate exercises and a healthy diet
維持規律的生活作息、適度的運動與健康的飲食

Relaxation Exercises

放鬆練習



3 MINUTE MINDFULNESS EXERCISE

三分鐘呼吸空間練習



PROGRESSIVE MUSCLE RELAXATION EXERCISE

漸進式肌肉鬆弛法



Support

支持



Keep in touch with friends!
發個信息給朋友，就算見不到面，也要保持聯絡啊！



TALK TO SOMEONE YOU TRUST
AND ASK FOR HELP
向信任的人傾訴和尋求協助

KEEP IN TOUCH WITH
FRIENDS AND FAMILY
與親友保持聯繫



SHOW MUTUAL CARE AND SUPPORT
互相表達關懷和支持



HONG KONG MEDICAL ASSOCIATION: STAYHOMESAFE SUPPORT STATION

香港醫學會 「居家抗疫支援訊息站」

Community Support Services 社區支援服務

🕒 Monday to Friday 星期一至五 9:00am to 5:00pm
Saturday to Sunday 星期六至日 9:00am to 1:00pm

📞 +852 6556 2436



Notice 注意事項

1. Only accept text messages 只接受文字訊息
2. Please provide your name, contact number and question content in the message

請在訊息中提供姓名、聯絡號碼及問題內容

3. Questions received will be answered within 24 hours, and messages outside service hours will be processed on the next day

收到的提問會於24小時內回覆，服務時間以外的訊息會在翌日處理

Community
Support Services
社區支援服務

INTEGRATIVE MEDICAL CENTRE, CUHK:
ONLINE CONSULTATION SERVICE SCHEME
FOR COVID-19 PATIENT

香港中文大學中西醫結合醫務中心：
2019冠狀病毒病感染者遙距診症贈醫服務計劃

 Target 對象

1. Persons infected with COVID-19 須為2019冠狀病毒病感染者
2. Persons in Hong Kong 須為身處香港人士

 Shatin 沙田 2873 3100

Wan Chai 灣仔 2873 3053

 <https://bit.ly/3vP6wQC>

External
Psychological
Support Services
外間心理支援服務

SHALL WE TALK

陪我講 - 香港紅十字會
心理支援服務

 By Appointment 預約服務

 +852 5164 5040


 @hkrcshallwetalk

**THE HONG KONG
FEDERATION OF YOUTH
GROUPS - ONE LINE
WITH YOU**

香港青年協會「關心一線」

 Monday to Saturday

星期一至六 2:00pm-2:00am

 2777 8899

**OPEN UP: ROUND-THE-
CLOCK COUNSELLING**
賽馬會青少年情緒健康網上
支援平台「OPEN嘢」

 Accessible 24/7 24小時網上服務

 www.openup.hk

  +852 9101 2012

**THE SAMARITAN
BEFRIENDERS HONG
KONG HOTLINE**
香港撒瑪利亞防止自殺會熱線

 24 Hours Hotline 24小時熱線

 2389 2222

Student Counselling Service

學生輔導服務



OFFICE 辦公室

Room C0509, 5/F, Block C, Main Campus
香港都會大學郭得勝樓 (C座) 5樓C0509室



PHONE NUMBER 電話

2768 6856
2768 6205
2768 6646



E-MAIL 電郵

sao_scs@hkmu.edu.hk



HKMU SAO

STUDENT COUNSELLING SERVICE

