



SUPPORTING MENTAL HEALTH AND FAMILY LIFE DURING COVID-19!

WELL-BEING IS AT THE HEART OF ICHK!

CURRENT SITUATION IN HONG KONG!

70% Population shows signs of moderate to severe depression

67% Population felt lost about the future

46% Population shows signs of PTSD

52% Population shows signs of Excess Worry

More than 60% of the Population tested reported having sleep troubles

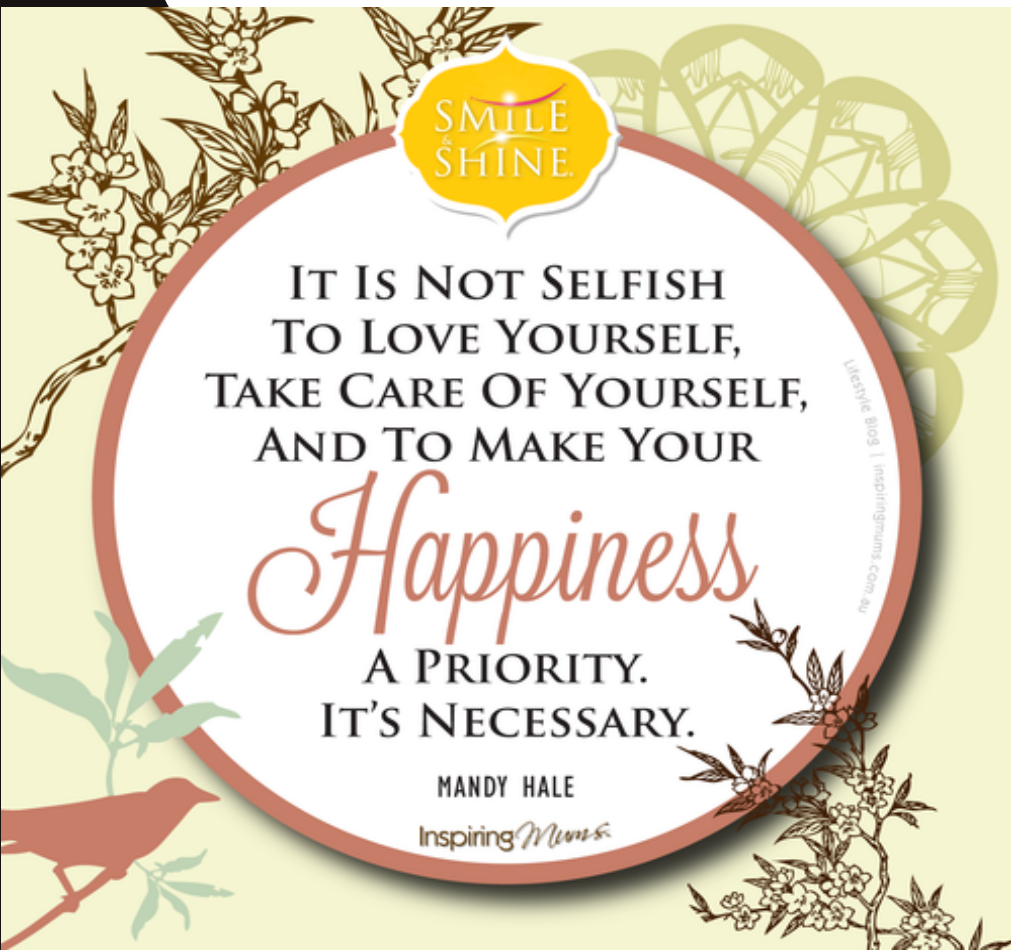
Number of Child and Psychiatric patients have increased by 60%

75% of Mental Health Issues emerge before the age of 24

SURVIVING THE MENTAL HEALTH TSUNAMI!

- Me Time
- Healthy Choices
- Managing Expectations
- Taking Up a Hobby
- Practicing Kindness





me TIME

It's important!

Being intentional about creating space and time to recharge and decompress is vital.

Walk

Snooze

Yoga

Journal

Mindful-
ness

Read

Relax

Unwind

HEALTHY CHOICES!

- Balanced Food
- Balanced Social Diet
- Healthy emotional Diet
- We become what we consume
- Keep a Record/Journal/Checklist
- CHECK-TREAT-CHEAT-REPEAT!
- Building Physical and Emotional Stamina
- Prevent Burn out!



CHEAT
DAYS
good or bad?

MANAGING EXPECTATIONS!

- Being realistic and setting achievable expectations
- Rewarding yourself with kindness and love
- Remember that you are doing your best
- Set some boundaries avoid Stimulus Overload
- Blocking nerve breaking news or anxiety riddled texts
- Practicing Emotional distancing



TAKING UP A NEW HOBBY!

- Reconnect
- Review
- Enjoy
- Bond
- Give it a Try
- Schedule it in!



PRACTICE KINDNESS 😊



SOMETIMES ITS EASY TO FEEL THAT THE WORLD IS GETTING HARDER, BUT IF WE LOOK CLOSER-EVERYDAY PEOPLE ARE ALSO TRYING TO MAKE IT A BETTER PLACE TO LIVE.

- All together we can make our world a little but Kinder.
- It all starts with that one person: YOU
- Kindness-ONLY thing that Doubles when you share it
- Studies have shown that if you perform just one random act of kindness a day will **reduce your stress, anxiety, and depression** and make you **calmer, healthier, and happier**. You'll be more energized, feel less aches and pains, more confident and could even live longer.
- The person you have helped will carry it forward and spread the kindness around.
- It doesn't take much-Just simple daily gestures(Giving a helping hand to someone, pressing the elevator button to let someone in, Helping someone to cross the road etc)

SUPPORTING CHILDREN AND TEENS DURING THE HOLIDAY SEASON!

Empathy

**Focus On Things We
Can Control**

**Balanced
Social-Emotional
Diet**

Attitude of Gratitude

New Family Traditions

Cyber Detox

**Fill up their Emotional
Cup**

SHOWING EMPATHY



EMPATHY VS SYMPATHY

- Empathy fuels connection Vs Sympathy drives disconnection.

- Qualities of empathy:

Perspective taking - ability to take the perspective of another person,

Staying out of judgment -not easy when you enjoy it as much as most of us do.

Recognising emotion in other people, then **communicating** that.

- **Empathy is feeling WITH people.** I always think of empathy as this kind of sacred space.

Rarely, if ever, does an empathic response begin with, "**At least...**".

If I share something with you that's very difficult, I'd rather you say,
"**I don't even know what to say. I'm just so glad you told me.**"

Because the truth is, rarely can a response make something better.

What makes something better is connection.

FOCUS ON THE RIGHT THINGS!

Focus on

What you can do

Think about

Recreating what you're used to doing in a way that's safer during the pandemic but still allows you to create special memories.

Look out for

The things that you may want to do when this wave goes away.
Make a Things to look forward to Jar or create a new self-care kit for yourself.

Wish Jar



Every time you wish you could do something, see somebody, or go somewhere, **write it down on some paper and place it in a jar**. When all of this is over, you'll then have a jar full of wonderful things to see and do. Until then, watch your jar fill with magical things to look forward to!

COVID 19



Self Care

A KEY TO HAPPINESS:)

- **Creating a Jar of Thankfulness** - A gratitude jar is as simple as it sounds. You can write (or draw) something that you are grateful for a few times a week. It can be small things, like your favourite food, or big things, like time spent with a close friend or family member. At the end of the week, read the gratitude slips together and enjoy the “good feeling” you experience from it.
- **Getting Crafty** - Making your own Thank you card for your significant others or friends or just anybody you wish to thank.
- **Share "Three Good Things" Each Day** – As a family, make it a ritual to share three good things that happened that day. This is a perfect way to connect at dinnertime or bedtime. Simply ask, "What made you happy today? What are you thankful for?" making it a habit to show gratitude for the small things in life.
- **Paint your own gratefulness rocks.** Keep it somewhere to remind you of people and things that you are thankful for.
- **Writing a gratitude journal every night before you go to bed** - I encourage most of my pupils to start a routine of writing a gratitude journal where they write something that they are thankful for, it could be something as simple as being able to play with a friend or having their favorite ice cream.



Let us all take a moment to express gratitude in our own ways!

CREATE NEW TRADITIONS!

- **Take turns hosting mini holiday celebrations.** Getting creative and brain storming with children will make it fun.
- **Work together on a shared project.** Start a crafting chain for a holiday-related project and share with families or friends.
- **Enjoy some friendly competition.** Have your children make holiday treats or a new tradition, and then vote for the best over FaceTime or Zoom.
- **COVID-19 Time Capsule-**Document what you're doing. Whether you're creating new traditions or celebrating in the ways you always have, keep a journal or take photos or videos to document this year's experience. It could be really special to look back years from now and remember this time.



CYBER DETOX !

- Avoid excessively checking social media and the news
- Draw a line and Engage yourself in other activities
- Turn off notifications from key apps
- Read more or Start a Book club with your family and friends
- Write a Blog about your experience of cyber detox
- **Spend more time in Nature.** Hong Kong is much more than buildings and there is beauty everywhere. Connect your children with the mother earth and see them rejuvenated.
- **Schedule a Screen Detox time** for the entire family on daily basis or once a week if that's too much to handle😊

SCREEN HYGIENE

DURING

COVID-19

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

**PRACTICE
MINDFUL
BREATHING!**



Q AND A

