



After few months of school suspension, most students have to return to campus life gradually.
Here are some tips for students:



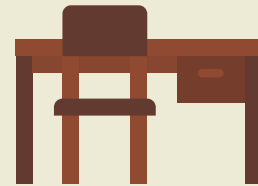
Gradually adjust your circadian clock and daily routines (for example, adjust the sleeping time at night to be similar to the school condition) one to two weeks before class resumption, so as to facilitate your adaptation.



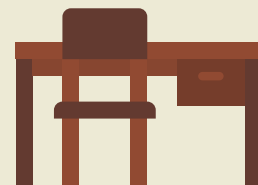
Make preparations for school early, such as packing stationeries and books, and so on. Having sufficient preparations can reduce uneasiness.



Arrange regular breaks for relaxation, and talk to someone you trust when you are in distress.



Find a time to calm yourself down, observe and accept your emotions.





After few months of school suspension, most students have to return to campus life gradually.
Here are some tips for students:



If you want to know more about your mental health status, welcome to take a three-minute mental health test ([Link](#)).

Three-Minute Mental Health Test

中文版

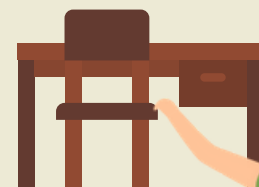
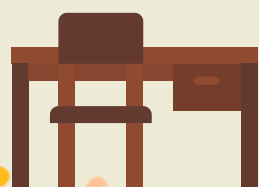


English Version:



It is understandable that our moods and emotions can be complicated in face of class resumption, such as feeling nervous about returning to school after a long time, feeling anxious and worried about having to catch up on study progress, or feeling bad about going to school with a mask. These emotions are common and understandable, you can give yourself time and space to gradually adapt and adjust.

Do not have to force yourself to return to your previous learning state immediately.



Scheduling
"Shall We Talk Service"



(+852)5164 5040



@hkrcshallwetalk



Registration Details

Telephone support is provided by clinical psychologists or professionally trained volunteers. All service users' personal information will be kept confidential.



香港紅十字會
HONG KONG RED CROSS