

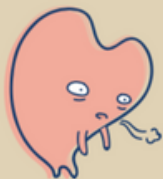
Psychological Coping During Disease Outbreak

香港紅十字會心理支援服務
HONG KONG RED CROSS PSYCHOLOGICAL SUPPORT SERVICE

 香港紅十字會
HONG KONG RED CROSS

面對公共衛生危機時的心理影響

The psychological impacts in face of public health crisis



心很累
TIRED



晒晒
EXHAUSTED



敏感
OVERSENSITIVE



氣
FURIOUS



氣
ANGRY



擔心
WORRIED



成日諗起
PLAYBACK



驚
PANIC

近來你心情黑點呀?

How do you feel lately?



迷惘
CONFUSED



哭
SAD

How to cope with stress related to public health crisis and maintain a healthy mind

In the face of the recent emergence of pneumonia associated with the novel coronavirus, many of us would feel worrisome, especially as we have experienced SARS back in 2003 and do not wish to relive the pain and fear caused by the outbreak.

It is understandable for people to experience the fear and anxiety in face of uncertainty; they can help us cope with the situation in short term. Yet, if the fear and anxiety turn to a long-term condition or become very intense, they would not help people, but rather lower one's ability to adapt and cope with the crisis. Meanwhile, we may also experience other common post-critical incident reactions such as low mood, insomnia, anger etc.

It is therefore important for us to adjust emotionally in a way that is healthy to both mind and body.

Below are some tips for us during these times:



Do:



Fact-check any news you receive from different places against more trustworthy sources;



Educate yourself and others with accurate information such as proper hand washing and cleaning practices, clinics and hospitals to seek help from when needed, and places to buy cleaning materials;



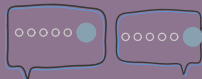
Maintain your daily routine as much as possible: you can continue to engage in leisure or meaningful activities even at home, like talking to or spending time with family and pets, reading books, cooking, and doing relaxation exercises;



Take time to acknowledge your own, normal feelings of fear and helplessness;



Call your friends and family to keep in touch and show your care for each other.



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⊗ Don't:



Share information and news that can cause fear and confusion to yourself and others without fact-checking against trustworthy sources;



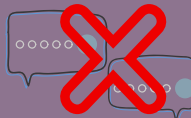
Blindly follow actions and recommendations you receive without fact-checking, and these may lead to further confusion and unhelpful or irrational behaviors such as excessive purchases of food and medical supplies, and holding stigma against people with sickness;



Spend too much time looking for information / news, as excessive reading would only create more fear and anxiety than you already hold;



Keep thoughts and feelings to yourself without sharing your concerns with loved ones.



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Make Appointment for the "Shall We Talk" service

For those who are in distress under the disease outbreak, you are encouraged to make appointment with our "Shall We Talk" service.



(+852) 5164 5040



@hkrcshallwetalk



Registration Details

Phone calls are handled by Professional Clinical Psychologists and trained Psychological Support volunteers of the HKRC.

All service users' personal information will be kept confidential.



近來你心情點呀？

How do you feel lately?



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