

Peace of Mind in Challenging Times: Being wise and adaptive

She is Auntie Mui

She is quite energetic

She does exercises every morning

and, on occasion, dates her friends for yum cha

Yet, Auntie Mui is not feeling too good recently

My goodness!

The violence is so scary!

My heart is pounding!

Auntie Mui gets frightened when reading news of processions

She worries that she would come across them when she goes out

or that she wouldn't be able to return home safely

And so, she keeps herself at home

but feels even worse

Expert Advice

When we are really afraid of something

we often overestimate its danger or severity

For instance, if we are told that

people who wear certain clothing did something bad

we will think that

others wearing the same clothes are bad as well

Or, even though the public transport has returned to normal

we continue to worry about traffic problems

and fear going out

choosing to stay home instead

Sometimes, we make something out to be really scary
making ourselves feel overly worried and anxious

Tips

Analyse rationally

Let's think about this

Despite violent incidents happening in certain places

large parts of the city are still safe

So while we should stay away from places with conflicts

we should also try to keep a daily routine

and not be overly avoidant

Keep calm

When we are feeling anxious

take a deep breath to calm down

Resume daily routine

And gradually resume our usual outings

At first, go to nearby places that we are familiar with

then gradually go farther and for a longer time

We may also ask a family member or friend to go with us

Be flexible

Try to make flexible arrangements

like planning to meet our friends in a safer place

and discuss with our family how to tackle unexpected events

like finding alternative traffic routes to get home if necessary

After a period of time

Auntie Mui goes back to the community centre

The staff are pleased to see her again

Hello, Auntie Mui!

We heard you were worried about running into unexpected events earlier

Are you less worried about it now?

A bit worried still

but I can't run away from it

I think even if I do see any violence

I will just make a detour

That should be fine

That's great

Recently, many friends also fear going too far away

I felt the same

Luckily, one of my friends took the bus with me

and that made me feel much safer

I saw that the situation is actually not as bad as I thought

So I'm alright now

I think I'm able to come alone next time

Reminders

In fact, when facing these unexpected events, we can:

Do some relaxation exercises to relieve anxiety

Try to keep a daily routine

Reduce stress through physical and social activities

And seek help from family and friends if needed