

## **Peace of Mind in Challenging Times: Comfort is just around the corner**

Mr. Wong, Shing and Mrs. Fong live in the same neighbourhood

On this fine morning

Mr. Wong goes to the park and plays chess with his friend

Checkmate!

On his way home

Mr. Wong runs into a group of protestors

My goodness, how can I return home!

Meanwhile, Shing is shopping in a mall

when he hears people shouting the protest slogans

He gets really irritated and says

The noises are so annoying!

From Mrs. Fong's home, she can also see protestors taking to the streets

She feels scared and worried

not knowing what she can do

### **Expert Advice**

When facing unexpected situations

we may feel afraid, annoyed or worried

and even lose our appetite and sleep

These responses are all normal

and most often temporary

With proper management

they will gradually alleviate

### **Tips**

Act promptly

Take our three seniors as examples  
When facing these unexpected situations  
we should first ensure our own safety  
by leaving the scene of the incident  
and going somewhere safe  
To avoid conflict, do not provoke others  
If necessary, call the police for help

#### Alleviate distress

Afterwards, we can talk to reliable friends or families  
to share our feelings  
We can also take deep breaths to relax ourselves  
and do some relaxing activities  
Try to maintain a daily routine  
to stabilise our mood

#### Seek help

If the emotional distress persists  
and affects our daily living  
promptly consult a doctor

After listening to the tips  
what will our three seniors do?  
Let's have a look at Mr. Wong  
He and his friend immediately go somewhere safe  
We'll stay here until the demonstration ends  
Meanwhile, in order to calm himself down

Shing decides to leave the mall  
and get a breath of fresh air outside  
Deep breathing loosens me up a lot  
As for Mrs. Fong, she waits until her daughter gets off work  
and calls her to share her own feelings  
Her daughter comforts her  
and encourages her to find some distractions  
by engaging in her favourite pastime at home

### **Reminders**

When faced with unexpected events, remember to:  
Ensure our immediate safety  
Do some relaxation practices  
such as deep breathing to calm our emotion  
Share our feelings with others afterwards  
Emotional distress is often temporary  
If it persists, consult a doctor