

Peace of Mind in Challenging Times: Rethink about stress

Mrs. Fong is best known for her cooking

Mrs. Lee is her neighbour

Today, Mrs. Lee goes to the supermarket with her
and finds something strange

You cook very well

Why are you buying so few groceries today?

Are these enough for your son?

These are not for his meal

It's been a week since he had dinner at home

He often works in the frontline

It's ever so dangerous!

Mrs. Fong looks at Mrs. Lee's cart and wonders

Why are you buying so much food?

You know how candid my daughter is

She had a fight with her colleagues over their opinions

Now she's being excluded from lunch

so I've been preparing her lunches ever since

Argh...

Expert Advice

Even as children grow up to be adults

parents will still get worried about their children

such as their jobs

However, if parents keep magnifying the problems

thinking that their children will fail to manage their work and get overly stressed

or even get into trouble

they can begin to get anxious, irritable

or perhaps agitated, and unable to sleep

Some parents may even keep calling their children

to check how they are doing

which in turn exerts more pressure on the children

Tips

Analyse rationally

When we feel very worried

we may think negatively

and scare ourselves

We should bear in mind

what we are worrying about may not become reality

We should learn how to analyse things rationally

and from different perspectives

Learn under pressure

There is no need to worry too much about the children's jobs

Every job presents a chance to learn

Also, pressure motivates people to work better

They may even learn under pressure

Take care of self

Meanwhile, if we take good care of ourselves

our children will be less worried about us

This in turn helps relieve their pressure

We can also participate in activities we enjoy

to distract ourselves

and cut the worry period short

What would Mrs. Fong and Mrs. Lee do?

Mrs. Fong sends a text message to her son

Be careful when you work!

When her son returns home from work

she pats him on his shoulders

to express support and confidence in him

How about Mrs. Lee?

When her daughter returns home for dinner

Mrs. Lee comforts her about her work stress

She also promises to take good care of herself

I know how to use apps to chat with my friends now

Don't worry about me

I won't laze around at home

Reminders

When we feel very worried about our children's issues

bear in mind to:

Think rationally from different perspectives

Know that stress can serve as a great motivator

which is not necessarily a bad thing

Take good care of ourselves and reduce pressure on our children

Cut the worry period short by participating in activities