

Peace of Mind in Challenging Times: Wipe those worries away

Don't assume that the younger generation

are the only ones glued to their phones and tablets

Mr. and Mrs. Chung also enjoy using tablets to read the news

But recently, the more Mrs. Chung reads, the more upset she is

Dear, youngsters nowadays are all troublemakers

What if our grandson is allocated to a bad secondary school?

What if he's led astray by punks?

Business has slumped in recent months too

What if things get so bad that our son gets fired from his restaurant job?

Argh, don't overthink

Everything will turn out fine

Later, Mrs. Chung starts to worry that her son will emigrate

leaving both of them behind

with no one to care for them

All these worries keep her up all night

She ends up feeling exhausted and becoming forgetful

And just generally in bad shape

Expert Advice

Due to the social unrest

Mrs. Chung begins to worry about her grandson's school placement

her son losing his job and moving away

leaving them all alone and helpless

These worries make her feel so anxious

that she begins to experience insomnia

breathing difficulties, chest discomfort, fatigue

feeling irritable and on edge

And having trouble concentrating and remembering things

It is quite common to get worried about unexpected events in society

However, if we focus too much on the issues

it will be as if we are looking at them with a magnifying glass

making us overestimate their level of danger and severity

Tips

Analyse rationally

When feeling anxious

we should first keep calm and avoid thinking too negatively

Try to analyse rationally

and talk to family and friends

They may be able to help us

see things from a different point of view

Alleviate distress

Avoid obsessing over the news or related information

unless it is necessary

In addition

we can practise some relaxation exercises

and maintain a daily routine in our everyday lives

Seek help

However, if we do experience persistent worrying

which affects daily living

we should consult health care professionals promptly

The next day, Mrs. Chung goes to the community centre

and reads news reports online

She tells her friend Wendy about her worries

like how her grandson might go to a bad secondary school

and ruin his prospects

Wendy responds

Other than the school spirit

it's also important that the level of teaching matches with your grandson

As for his morals

family influence and his own personality play a big part too

You're right

I think the recent events

have just made me much more worried than I need to be

I shouldn't scare myself like that

I'm glad to hear that

Let's not focus too much on the news

Why don't we go to the activity room and check out what's going on there?

Reminders

When feeling anxious, we should:

Analyse rationally

Talk to our families or friends

and see things from different perspectives

Avoid being bombarded with information unless it is necessary

And consult health care professionals if anxiety persists