

Mood Management Tips

Some unexpected incidents may make you feel...

Uptight, anxious

Worried, fearful

Sad, helpless

Angry

You may also find yourself with... poor appetite and sleep

Lack of energy and motivation

Ruminate about the event

Poor concentration and memory

Confusion and difficulty in making decision or solving problems

These are NORMAL reactions when facing a stressful event

You will gradually recover if you take good care of yourself

During this period, you can...

Take good rest, maintain regular meal pattern

Avoid relying on alcohol or drugs to cope

Maintain daily routine

Restrain from getting excessive updates about the event

Engage in enjoyable activities

Practise deep breathing or other relaxation exercises

Express your feelings with family and friends

Stay connected and chat with friends

If mood problem persists and affects daily functioning

Seek help from health care professionals promptly