

躍動 LEAP

Your Wellness Is Our Business



FOUR DIMENSIONS



SUMMER 2019



Mind Travelling

catching up with work afterwards, which may make people feel more exhausted. Other than traveling, are there other more effective methods of decompression?

There are many ways to alleviate stress and anxiety in life. Visualization is one method that allows us to experience the forest, the beach or other relaxing and peaceful environments while staying in our homes. There are also many types of guided meditations on popular video sharing websites that allow us use 10 to 30 minutes to achieve calmness. In the future, when you want to relax, you should consider using these time-saving, money-saving “mind traveling” methods.

Headline



According to the Hong Kong Census and Statistics Department, the number of people over the age of 16 who have traveled to a foreign place reached 1.2 million in 2018. As we approach the summer season, certainly many people have already been planning their travel itineraries. However, when travel becomes a habit and a part of our lives, will anyone still think about their reasons for traveling? Is it for sightseeing? To broaden horizons? For shopping? For excitement? Or for decompression?

Some people in Hong Kong travel in order to temporarily escape from their cumbersome lives. The rapid pace of living in Hong Kong makes it easy for people to accumulate stress. By the time people realize that there is too much pressure, they are likely to have reached a critical point and even be in a state of anxiety or depression. In order to avoid these negative emotions, many people choose to go to new places and environments to temporarily escape from the pressures of work and life.

According to the Hong Kong Census and Statistics Department, when traveling for vacation purposes, people in Hong Kong generally choose to return to Mainland China or neighboring Asian countries, such as Thailand, Japan and South Korea, as short-term, easily accessible destinations. When traveling abroad becomes easy, it also easily becomes habitual, encouraging people to get used to traveling as a method of decompression.

However, the funds and time required for traveling are also far greater than other methods of decompression. Not only does traveling consume money, it also requires extensive trip planning and



John had been working at the company for 7 years, and been in the industry for 25 years. However, at the beginning of this year, he realized that his mood was unstable. He was often unhappy, had insomnia, and lacked energy for work. The doctors thought that he was suffering from depression and advised him to seek counseling in order to deal with his work difficulties.

John smiled, and briefly described his difficulties – management changes were causing him to work under high pressure. He believed that this was an unchangeable reality. Then, the counselor began to ask him about how he responded to his daily work for the past 6 months. John responded very succinctly – by working hard. He believed that this mode of working made the time pass by faster.

In reality, after a few hours of work, anxiety and stress most certainly accumulate, which lowers concentration levels. When the counselor explained this phenomenon to John, he stated that he felt very frustrated about his work performance and needed a lot of effort to concentrate on his work every day.

The ABCDE anti-stress model proposed by positive psychologists can effectively help in coping with daily stresses:



For example:

A– Adversity: John’s boss harshly criticizes his performance,

B– Belief: John holds onto this idea: I am doubtful about my work abilities;

C– Consequences: The above idea increases his negative emotions, causing him to invest less into his work and perform poorly.

In this moment, John paused for a few seconds and tried another idea:

B– Belief: I already tried my best, and have been performing very well for the past 7 years.

C– Consequence: I still have confidence in my work abilities, which decreases some of my negative emotions.

D– Disputation: John calmly recalls some of his fun moments at work as well his dedication to his job. Other disputes against his predicament also surface within him. He thinks, “Is my work really that bad? What caused this?”

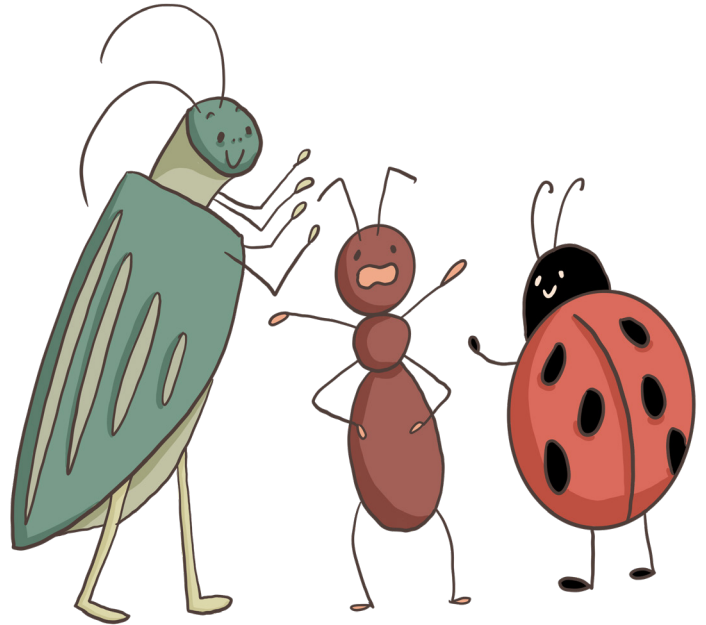
E– Energization: John expresses his thoughts, but the new management cannot seem to understand his way of doing things. He simply needs to communicate more effectively with his colleagues to escape this predicament.

John believed that the ABCDE anti-stress model allowed him to recognize his stubborn thoughts and face the crux of the problem. Through meeting with his counselor and receiving encouragement, John regained confidence in his abilities as well as a newfound passion for his job, despite still having to work on rebuilding trust with his supervisor.



Chicken Soup for the Soul

The hot summer has just arrived. The ants think that they must accumulate food Chicken Soup for now in order to prepare for the cold winter. They cannot procrastinate on this task, especially because the summer may be rainy, and they need to avoid spiders and other predators. Thus, they must work hard until dusk, only returning to their nests to rest briefly. However, crickets think that winter is far in the future, so they sing songs under the trees to enjoy the shade and play everywhere. The beetle sees all of this, and finds it reasonable to plan ahead for the rainy days like the ants, but also appreciates the crickets' attitude towards life. Therefore, the beetle counted the food he needed for the winter, set a goal that was slightly higher than what he needed, and accumulated food while enjoying the warm summer sun.



When facing the daily stresses of life, some people are filled with anxiety like the ants. They feel that they must work incessantly to alleviate their uneasiness, but miss out on many wonderful things in the process. Some people completely ignore future plans and live only in the moment like the crickets. Some people set reasonable goals and live with work-life balance, giving themselves chances to relax while working hard. What will you choose to do?