



100% Charged

For the past Easter and Ching Ming Festival holidays, the news reported a 20% increase of outbound Hong Kong travelers as compared to the same period last year. Even the outlying island Cheung Chau had 32000 visitors over the long weekend, almost double as compared to 18000 visitors during the Cheung Chau Bun Festival of the previous year. It is apparent that as the economy and quality of life improve, more and more Hongkongers choose to relax and obtain greater work-life balance through taking short and long trips.

Positive psychology points out that in order for to maintain a healthy emotional status, there are 3 types of recovery that one can engage in – namely micro recovery (can be done in minutes or hours, e.g. regular exercise, healthy eating, etc.); medium recovery (which needs up to one or more days, e.g. retreat, 1-2 days off work, body check, etc.); and macro recovery (e.g. going on vacation, learning a new hobby, etc.).

Aside from waiting for each year's public or long trips to carry out "macro" travelling activities, positive psychology also reminds us it is even more important to engage in daily, "micro" recoveries (i.e. healthy eating, regular exercise, etc.) to sustain our bodily, spiritual, emotional, and mental well being.

Healthy Eating: In addition to eating appropriately according to the food pyramid, consider "happy foods" that enhances our mood in your 3 meals of the day. These include whole grains, salmon, and tuna. In between meals, snacks like nuts (e.g. peanuts, almonds, walnuts, cashews, etc.), bananas, strawberries, kiwis could also be healthy choices that can improve mood and help you relax.

Regular Exercise: Of course it would be best if we could have 30 minutes of aerobic exercise per day. However, given the rapid pace and packed routines of most Hongkongers, making good use of time fragments throughout the day could be considered. For instance, you could do some simple stretching or progressive muscle relaxation exercises at home or at the office. This not only enables us to adequate rest and relax our bodies, but can also help reduce physical strains produced from repetitive movements or sitting postures, as well as lower negative emotions that result from bodily discomfort.

LEAP 是指：

L eading Personal Effectiveness
發展人才
E nhancing Family Cohesiveness
凝聚家庭

A chieving Team Success
卓越團隊
P romoting Corporate Wellness
促進企業健康

Give Yourself a Chance

One morning, our hotline rang, and on the other line was a woman sobbing. She disclosed that she just discovered that her husband was having an affair. She knew that this was not the first time, but never knew how to face it. On the one hand, she was in pain from her husband's coldness towards her; on the other hand, she did not want to give up the family she built so hard over the years so she pretended she did not know. However, the night before she called the hotline and found out about yet another affair, she was completely overwhelmed and felt directionless. When the counsellor attempted to understand her physical and psychological status, she suddenly hung up. Because there was no caller ID and she did not leave her phone number, the counsellor could not connect with her again.

That evening, she called back. She wished to talk to the counsellor she talked to that morning, but that counsellor was already off work. The on duty counsellor grasped the opportunity instantly and recorded her phone number and contacted the colleague who spoke to her that morning.

When the counsellor heard about the situation, she called the woman back immediately and discovered that she had been wandering on the streets for hours by then. She was not feeling herself and shared that she did not go to work, felt helpless, and thought that life was meaningless. Counsellor carried out immediate risk assessment to evaluate whether she was in imminent danger. She refused to discuss where she was, but because the situation was life threatening, the counsellor tried everything she could and patiently encouraged her to come to our office for a face-to-face session or order for us to assist her better.

Eventually, she agreed to accept our service face-to-face, and even shared that she had actually been sitting on the roof for a considerable period of time. Yet, she was touched by the care and concern from the counsellor who she had never met before, and therefore let go of her suicidal thoughts in order to find another way out.

In fact, the road of life is often bumpy. Sometimes we may get moments when we feel directionless and cannot see alternatives. As a counsellor, we use our sincerity, care, and supportive attitude to listen and understand, to help clients expand their world and explore more possibilities. From there they can make more suitable choices.

The 24-hour consultation and counselling hotline of our service provides immediate support for staff in need. As long as there are needs, on duty counsellors provide professional consultation and counselling services any time. Additionally, we also offer face-to-face sessions. Staff can make appointments to visit our office for interviews according to their individual needs.



The Smiling Fish

A little boy and his father walk through a busy street one day. The little boy was fascinated by a big fish tank at an aquarium shop and stood there watching the fish swimming inside. His scowling father just kept looking at his watch and checking message on his phone.

Suddenly, the boy pointed at one of the fish and shouted excitedly: "Daddy! Daddy! Look! This fish is smiling at me! This one right here!"

The father took a quick glance of the fish tank and said impatiently, "Fish don't smile! Don't be silly. Let's go!" He took the pouting boy's hand and left the shop.

It's true fish really do not know how to smile and they indeed have the same expression regardless of what and who they are looking at. However, its expression changes depending on how you look at it.

We cannot control or change a number of things in the world. Some face them with a frowning face, while others choose to face them with a smiling one. They look at the world with curiosity and optimism to discover the infinite possibilities in life, thereby seeing more surprises and things that make them grateful.