

# COVID-19, Five Things We Learned to Face Adversity

- 1 Faced with sudden changes, it is normal to have anxious reactions, try to invest time to understand, accept and deal with the state of mind
- 2 Distinguish rumors and facts, controllable and uncontrollable areas, and focus on controllable and short-term goals
- 3 Discover ways to relieve stress, such as: listening to soft music, practicing breathing, doing stretching exercises, exploring nature, talking with family and friends
- 4 Adopt the “growth mindset”, thinking about the meaning and opportunities
- 5 Believe that the adversity is temporary, and broaden your horizons to adopt new ways, you will find your growth

*Over every mountain there is a path,  
although it may not be seen from the valley.*

*Theodore Roethke*



Reprinting of the article with the source stated is welcomed.  
If you are interested to know more about the tips,  
please call our 24-hour hotline.

# Stay Calm

Step outside to  
calm your mind to regain serenity



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# Show Care

Embrace what we still have and  
spread positive energy  
eg. a smile, a caring message to  
stressful people around you



*Witty and bluey.*



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# Rest Well

Exercise,  
eat well and  
get plenty of rest  
to regain a sense of balance



*Witty and bluey.*



# How to Be Emotionally Supportive

## ✓ Dos

- Be aware of your own physical and mental state is crucial step to look after your emotional health
- Stay with the person; express your support and concern
- Use open-ended questions to help guide the conversation to share what happened, the thoughts and feelings
- Listen empathically; try to understand the difficulties and emotions
- Assist the person to find the appropriate ways to respond, and encourage the help of professionals when necessary

## ✗ Don'ts

- Blame, judge, or criticize the person's negative thoughts or emotions
- Too quick to provide solutions
- Use your own experience to teach the person
- Minimize the person's issues or problems
- Make diagnosis and judgment for the emotional state of the others



Witty and Bluey



# Matching Our Work Schedules to Our Biological Clock

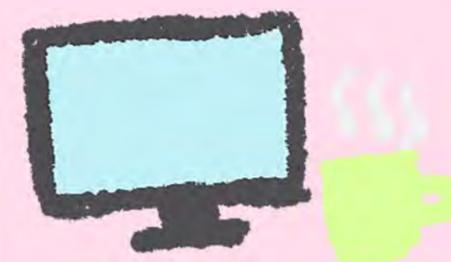


## 7-9am

The best time to eat breakfast, choose whole grains to nourish the spleen and stomach

## 9am-1pm

When the head is most clear, we can focus on the tasks that require more attention and concentration. After 11 o'clock, it is good to drink some tea or do some simple stretching to refresh your mind



## 1-3pm

For the best of the digestive system, it is good to finish lunch before 3 o'clock to help the small intestine absorb and transport nutrients from food to the blood

## 3-5pm

Drink more water to promote the metabolism of the urinary system. It's time to do creative work and keep the head clear



## 5-7pm

The time for the kidney to detoxify, we should eat some kidney-toxifying foods and should not be overworked. It is suitable for organizing and reviewing data or wrapping up the work of the day