50 ways to take a BREAK

A brief time out is simpler and helpful to relieve your discomfort. Just pause the activity or task that is causing your stress and try to get away from the situation. Tuning something you enjoy and relax along the way.

Seek Help
When you feel overwhelmed, turned out, exhausted, or suffer from any kind of stress symptoms for some time, you are encouraged to seek advice from health professionals. Our Counsellors are here to listen, understand and support.

Online Appointment: http://counsel.ust.hk
Telephone Appointment: 2586 talks
Email: counsel@ust.hk
Make an Appointment in Person: Rm 5003, S/F, Academic Building (via lift 3)

Eat Right
Replenish your body’s store of B vitamins, vitamin C and E, essential minerals and antioxidants to maintain a healthy immune system, improving physical, emotional and psychological well-being.

Think Positive
Positively thinking is a technique that can help people overcome negative thoughts, feelings and emotions. Listening to positive music or doing something you enjoy can help shift your focus and improve your mood.

Understand Emotions
Identifying your emotions under stress and how they relate to your thoughts and behaviors are necessary to maintain psychological well-being. You will find it more ready to accommodate your emotional needs and motivations.

Sleep Tight
Getting good quality and adequate sleep can enhance our cognitive abilities, allow us to manage stress, and potentially, 6 to 8 hours of sleep to regain energy and replenish your body and mind.

Meditate
Do yoga or tai chi
Go for a walk
Take a nap
Take a bath
Learn a new skill online
Engage in small acts of kindness
Play a computer game
Take a short walk
Watch a funny video
Look through old pictures
Draw a picture
Take pictures
Read a book
Listen to a guided relaxation
Journal
Write an article or a short story

Relax Yourself
Regular relaxation exercises and mindfulness meditation have been proven to effectively reduce stress, anxiety and other mental problems. Spend 10 minutes

Achieving Study-life Balance
Balance
Support Well
Social support and love can make a huge difference in people’s lives during stressful moments. A stress hormone is called Dylomorph, which is to seek support from people. It is essential to get emotional support from someone who understands and cares about you.

Exericse Regularly
Regular exercise can help improve your mood, muscle tension and pain. When you are doing exercise, you will get more oxygen to your body, burn off the stress hormones, boost your self-good endorphins, and take your mind off your daily worries.