



# 2012-2013 Ethnic Minorities Calendar



香港聖公會麥理浩夫人中心  
HKSKH Lady MacLehose Centre  
少數族裔服務  
Services for Ethnic Minorities



play facebook game

“how is your **MOOD** today”

To win the LCX (Harbour city shopping mall) 2,000 coupons

<https://apps.facebook.com/howmoodtoday/>

# January 2013

		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

# January 2013

<b>01</b>	Tuesday	The first day of January
<b>02</b>	Wednesday	
<b>03</b>	Thursday	
<b>04</b>	Friday	
<b>05</b>	Saturday	
<b>06</b>	Sunday	
<b>07</b>	Monday	
<b>08</b>	Tuesday	Nepal stranger's board establishment day
<b>09</b>	Wednesday	
<b>10</b>	Thursday	

# January 2013

**11** Friday World day

**12** Saturday

**13** Sunday

**14** Monday Maghi festival

**15** Tuesday

**16** Wednesday

**17** Thursday

**18** Friday

**19** Saturday

**20** Sunday

# January 2013

**21** Monday

**22** Tuesday

**23** Wednesday

**24** Thursday

**25** Friday

**26** Saturday

**27** Sunday

**28** Monday

**29** Tuesday Martyrs' day

**30** Wednesday

**31** Thursday



## General Information About Drugs

Dear Dr. Drugfree.net

If drugs are bad for people, how come some drugs are sold in stores?

Signed, Don't Understand

Dear Don't Understand,

Not all drugs are bad. Stores sell many kinds of **LEGAL** drugs. Medicines, for example, are legal drugs made to help people stay well, get well, or treat symptoms of illness. They come in two types: Prescription (Rx) and Over-The-Counter (OTC).



Even though these drugs are meant to be helpful, not following the directions and taking them the wrong way can cause **BIG** problems!! In fact, sometimes people have allergic reactions even when they do everything right!!

Stores also sell everyday household items that are fine when used as directed. The problem is, some people use them in ways they were never intended...sometimes with disastrous or even deadly results.

Signed, Dr. Drug Free Net



**P.S.** The other kind of drugs we need to be concerned about are the ones **NOT** sold in stores. These are obtained from drug dealers or "friends" and are called "Street Drugs." All of these are **ILLEGAL**....and also potentially dangerous.

Drug use is **SERIOUS** business. And learning to recover from an addiction can involve lots of professionals, hard work, and **TIME**.

If anyone you know shares concern about his or her own drug use, the most caring thing you can do (even if you have been sworn to secrecy) is to tell an adult you trust.



## Exactly what IS a drug?

A drug is a chemical substance that changes how the body and/or mind works. Drugs can help the body fight disease (example: penicillin), maintain health (example: vitamins), prevent disease (example: calcium to prevent bone disease), and relieve pain (example: aspirin). Mood-altering drugs affect feelings by changing messages sent to the brain. These types of drugs are the ones most often abused.

## Kinds of Mood-Altering Drugs

### Depressants ("Downers")



These drugs slow down or interrupt messages to and from the brain. Alcohol, barbiturates (sleeping pills), opiates, inhalants, and tranquilizers are all "downers."

### Stimulants ("Uppers")



These drugs speed up messages to and from the brain. Examples include nicotine (in tobacco), amphetamines (pep pills), crack and cocaine, caffeine (in coffee, tea, energy drinks, chocolate, cola), and diet pills.

### Hallucinogens



These drugs confuse messages to the brain. LSD ("acid"), PCP ("angel dust"), Ketamine (Special K), peyote, and psilocybin mushrooms are a few examples.

### Cannabis



This includes marijuana, hashish, and hash oil. The drug in the cannabis sativa plant is THC (Delta 9 Tetrahydrocannabinol). This drug can act like a stimulant, a depressant, or a hallucinogen.





## How are drugs made?

Drugs can be made synthetically (that means the drug is man-made, by processing chemicals in a laboratory) or organically (that means the drug comes from natural sources like plants). But just because a drug comes from a natural source doesn't mean it's safe. Poison ivy grows naturally, but who wants to get too close to that?

## How Drugs Enter the Body

- **Orally** — that means through the mouth & eventually into the stomach
- **By being smoked or inhaled** — through the nose or mouth and then into the lungs
- **By being absorbed directly across body tissue** — For example, nicotine in chewing tobacco enters through the cheek and gums. And cocaine that is snorted, enters through the lining of the nose.
- **By being injected into the body** — Needles are used to inject drugs intravenously (that means directly into the bloodstream) and intramuscularly (that means into deep muscles). "Skin-popping" refers to sticking a needle right under the skin.

**FAST FACT:**

Drugs which are inhaled or injected affect the body almost immediately.



Since all of these ways involve putting something foreign into the body, side effects are to be expected. These can range from nausea to infections, permanent body damage, even death. In addition, any time contaminated needles are used, there's an increased risk of transmitting the HIV virus that causes AIDS.



## How Drugs Affect the BODY

**This depends on:**

- **Gender** Males and females process some drugs differently.
- **Age** Young people and older people may be more sensitive to the effects of drugs and may have stronger reactions than people in their 20's, 30's, and 40's.
- **Body Size** Smaller people have stronger reactions to the same amount of a drug than larger people do.
- **Body Chemistry** Everyone is different. The same drug can cause different reactions in different people. Also, possibly different reactions in the same person....at different times.
- **Physical Health** People in poor physical health may suffer more from the harmful effects of drugs than people in good physical health.
- **Food in The Stomach** When a drug is swallowed, it goes to the stomach. If there's food there, it may take a little longer for the drug to enter the body and start working.
- **Other Factors** Such as how much is taken, how often it is taken, how strong it is, and if it has been mixed with any other drugs.

## How Drugs Affect the MIND





**This depends on:**


- **Expectations** Sometimes people will react to a drug based on what they have been told about it by others.
- **Setting** Where people are and who they are with when they take the drug.
- **Previous Experience** If a drug has been taken before, a person may expect the same reaction.
- **Mood** How people feel about themselves when they take the drug.




## How can I tell if someone is having problems with drugs?


He or she will have changes in behavior which may include some or all of the following:

- Loss of interest in favorite activities or friends. 
- New friends who talk a lot about drugs.
- Alcohol and other drugs become the focus of activities & conversations. 


- Blackouts and memory lapses. 

- Resistance towards parents and teachers. 

- Lying. 

- Increased borrowing or even stealing of money. 


- Poorer school work and lower grades. 


- When confronted, makes excuses or blames others for problems. 


- Has sudden and frequent outbursts of anger. 

- Mood swings — being happy one minute & sad the next. 

- Becomes depressed & unhappy. 

- Develops health problems like sleeplessness, or weight gain or loss. 

- Has a change in appearance — different clothes, hair, makeup, piercings, etc. 

- Ignores the concerns of others about his or her drug problems. Sometimes people refuse to admit there's a problem.....even to THEMSELVES. Another name for this is **DENIAL**. 



## How can I tell if someone has a drug ADDICTION??

According to the National Institute on Drug Abuse, people are considered **ADDICTED** if they experience **3 or more** of the following:

**Loss of Control** — over taking a drug.


At times, people who are addicted wind up using a drug even when they don't want to or weren't planning to.

**Obsessive Thoughts** — People who are addicted spend a LOT of time thinking about things like **HOW** they're going to get the next dose, **WHEN** they're going to get it, and **WHERE** they are going to use it.

**Continued Abuse in Spite of Serious Consequences** — such as getting poor grades, losing a job, or being dumped by friends.

**Dependence** — When a person's body is so used to a drug, it needs or craves it in order to feel good. There are 2 kinds of dependence:

- **Physical Dependence:** When the body's cells are so used to a drug that they need it in order to feel normal.
- **Psychological Dependence:** When people believe they need a drug to feel good emotionally.

**Withdrawal** — Occurs when addicts suddenly stop taking the drug. Can include headaches, dizziness, vomiting, cold sweats, shakiness, anxiety, irritability, or depression. Sounds like fun...right? Wrong! 

**Tolerance** — This occurs when body or brain cells become so used to getting a drug that the person needs to keep increasing the amount in order to get the same effects.



Increasing the amounts of a drug can lead to **OVERDOSE!** OVERDOSE means taking too much of a drug causing severe mental confusion, convulsions, coma, and sometimes even

# More About Drugs with Dr. Drugfreenet



Dear Dr. Drugfreenet:  
What's the difference  
between prescription (Rx)  
and Over-the-Counter  
(OTC) medicines?  
Signed, Wondering

Dear Wondering,

**Rx** drugs need a doctor's note (a prescription) which names the patient, the drug, how much to take, and when or how often to take it. A patient then gives the prescription to a pharmacist who "fills" it according to the doctor's orders. **OTC** drugs include things like aspirin, vitamins, cough medicine, and nose drops. These can be purchased right off the store shelf. Directions for using OTC drugs are printed on the packages, & additional detailed information is provided inside.

Note: Since not all people react to drugs the same way, and some may even be allergic to them, it is always smart to check with a doctor first. Before taking **ANY** medicines, it's also important to get your parent or guardian's permission.

Signed, Dr. DQ

Dear Dr. Drugfreenet,  
What is the difference  
between drugs people  
buy at a store and drugs  
which are sold on the  
street?  
Signed, Unsure



Dear Unsure,

Rx and OTC medications sold in stores are legal. That means they've either been approved by or are overseen by the U.S. Food and Drug Administration (FDA). Ingredients are listed on the container, and buyers know exactly what they're getting. "Street Drugs," on the other hand, are **ILLEGAL** and can be especially dangerous as they often are **NOT** what the buyer thinks. Unless they're sent to a lab, there's no way of knowing for sure how pure or strong they are. And even testing can't predict how they will affect an individual user! If that's not bad enough, "Street Drugs" often contain additional mood-altering chemicals...sometimes even poisons.

Signed, Dr. Drugfreenet

continued...

Questions continued...



Dear Dr. Drugfreenet,  
Why do people take  
mood-altering drugs in  
the first place?  
Signed, Puzzled

Dear Puzzled,

There are many reasons why people use mood-altering drugs...

...to be cool, to rebel, to celebrate, to feel grown up, to relax, to escape, to forget problems, to belong to a group, to change their feelings, because of peer pressure, because they're bored, because they're curious, because their friends do, because they like the feeling, because they have low self-esteem, or because they are addicted.

But there are LOTS of better alternatives.

If you're unhappy or bored, it's okay to want to change your feelings. It's just that using drugs to do so is unpredictable and potentially dangerous physically, emotionally, legally. (Remember, no one starts out saying, "I want to take this so I can become an addict.")

If you're wired and stressed out, ride a bike, take a hike, talk with a friend, take a bubble bath, write a poem, or listen to your favorite music.

If you're feeling tired and bored, take a nap or a brisk shower, read an interesting book, play fast music. Best of all, try doing something nice for someone else.

If you're hurt and angry, cry, draw a picture about your feelings, talk about it with someone you trust, or do something physical, like playing the drums, jogging, or shooting hoops.

GET THE IDEA?

**YOU** are in control of how you respond to your feelings.

If you don't like them, **CHANGE THEM.**

Just make sure you do so safely,  
**WITHOUT** the use of drugs.  
Because once you decide  
to let drugs do the job for you,  
**YOU** are no longer in control....  
the drugs are !!



Signed, Dr. Drugfreenet

# February 2013

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28		

# February 2013

<b>01</b>	Friday
<b>02</b>	Saturday
<b>03</b>	Sunday
<b>04</b>	Monday World cancer day
<b>05</b>	Tuesday
<b>06</b>	Wednesday
<b>07</b>	Thursday
<b>08</b>	Friday
<b>09</b>	Saturday
<b>10</b>	Sunday

# February 2013

**11** Monday The second day of Lunar New Year

**12** Tuesday The third day of Lunar New Year

**13** Wednesday The fourth day of Lunar New Year

**14** Thursday

**15** Friday Workshipping day of goddess of learning

**16** Saturday

**17** Sunday

**18** Monday Republic day

**19** Tuesday

**20** Wednesday

# February 2013

**21** Thursday

**22** Friday

**23** Saturday

**24** Sunday

**25** Monday

**26** Tuesday

**27** Wednesday



**28** Thursday



# Marijuana



## Mari-what? What's that?

**Marijuana** (mar-i-wanna) is a powerful drug that comes from a plant...an Indian hemp plant to be exact, called *cannabis sativa* (can-nuh-bis sa-teev-a). In the past this plant has been used to make rope, paint, and cloth. Today, some people  or  marijuana because there's a chemical in it that gets people "high." It's called (Are you ready for this?)

Delta 9-Tetrahydrocannabinol  
(tetra-high-dro-can-nab-in-all)



....or **THC** for short. (Whew!!) — If that weren't enough, marijuana also contains over 450 other chemicals!

**NEWS FLASH**

In some cases, the THC from one marijuana cigarette can take up to one whole month to leave the body! (That's about 30 days, 720 hours, 43,200 minutes...)

**COOL FACT**

Marijuana is 3 to 8 times more powerful today than in the '70's. But one thing hasn't changed, it's still

**AGAINST THE LAW!**



What does Marijuana look like and how is it used?

Marijuana (also known as "dope," "pot," "weed," "maryjane," "grass," "reefer," "killer weed," "skunk," "kind," "Buddha" and "endo") looks like this:



But the leaves and flowering buds are usually dried, so it may look like this when it is used:



It's sometimes smoked in a cigarette ("joint," "reefer," "stick," "doobie," "spliff"), cigar ("blunt," "fatty," "Philly"),



pipe ("bowl"), or bong,



inhaled as mist from a vaporizer,



or eaten (for example, in marijuana brownies).



What is that stuff called "Hash?"

**Hash** - (or hashish) is a hard, brown, sticky substance that's made from the dried flowers and sap (also called resin) of the marijuana plant. It contains more THC than the leaves ... so it's stronger than marijuana.

Hash can also be converted into an even more potent (powerful) substance called hash oil. Some people drop it on their tongues, smoke it in "joints" and "blunts," or add it to other things they are eating.





# Effects of Marijuana

Marijuana can act like a stimulant (increasing heart rate, for example), a depressant (causing users to eventually get sleepy), even a mild hallucinogen.

It's hard to explain, but marijuana can bring up deep feelings that range from mellow to anxious. Users may also get silly and giggly for no reason.

Marijuana affects everyone differently. The effects may be mild or strong, positive or negative, depending upon things like ...

- The type or variety of marijuana used
- The amount of marijuana used
- The strength of the marijuana used
- Whether it is smoked, eaten, or inhaled
- What the user expects the drug to do
- The user's mood or "set" (how he or she is feeling that day)
- The setting (the place where the drug is used, including the other people who are also there)

People can become both physically and psychologically dependent on marijuana. If they use it regularly, they may also, over time, need to take more and more of the drug to get the same effect. This is called "Tolerance."



# More Effects of Marijuana

**BRAIN** — Affects moods and the ability to concentrate, learn, and remember.

**EYES** — Look red and bloodshot.

**THROAT** — Makes people thirsty.

**HEART** — Smoking pot can speed up the heart as much as 50%.

**LUNGS** — Increased risk of bronchitis or pneumonia.

**STOMACH** — Increased appetite. People get the "munchies" ..... and possibly gain unintended weight.

**HORMONES** — Marijuana can affect growth and sexual development in both males and females.

**IMMUNE SYSTEM** — Smoking pot makes it harder to fight off respiratory diseases like colds, chronic coughs, bronchitis, and pneumonia.

**WHOLE BODY** — Poorer coordination and sense of balance. Also slower reaction time.



## Marijuana and Unborn Babies

If a pregnant woman uses pot, she increases the risk of miscarriage and stillbirth. The baby could also be born smaller than normal, with nervous system problems, and/or learning disabilities.



**DANGER!**

Like all drugs sold on the street, marijuana may contain **ADDITIONAL** harmful substances. Drug dealers, for example, sometimes sprinkle on Heroin, PCP, or Ketamine to create a stronger effect. Unfortunately, this can also bring on **PANIC ATTACKS**.

More recently, some dealers have been soaking marijuana in embalming fluid (that's the stuff used to preserve dead bodies)! People who've smoked this combination have been known to suffer convulsions, seizures, coma, ..... even death!!

# Dangerous Combinations



## Alcohol & Marijuana

When someone drinks too much alcohol, a toxic (that means poisonous!) compound called acetaldehyde (asset-AL-duh-hide) builds up in the bloodstream. When it reaches the brain, the brain sends a signal to the stomach to throw up. This is gross and disgusting, but throwing up the alcohol means that no more toxic compound gets in to damage the cells.

If a person smokes marijuana while drinking alcohol, the chemicals in marijuana stop the brain from sending the signal to throw up. The result is higher & higher levels of acetaldehyde in the bloodstream to the point that the person passes out, falls into a coma, and perhaps even dies.

Throwing up, however, isn't always the answer either. When people pass out after drinking too much alcohol, the food and liquid that comes up from their stomach can go down the windpipe and enter the lungs instead. This can result in difficulty breathing, pneumonia, ..... even death!!!



Everyone knows you shouldn't drink alcohol and drive, but is it okay for people to smoke marijuana and drive?

**NO WAY!**

Marijuana slows thinking and reflexes, and the effects last even after the "high" disappears. This means:

- It's harder to focus on moving objects.
- It's harder to see brief flashes of light.
- It's harder to stay in the proper lane.
- It's harder to judge the exact distance between cars.
- It increases (worsens) reaction time. That means it takes longer to react to emergencies, or to **ANY** unexpected change or situation, for that matter.
- Because marijuana makes users focus intently, it becomes harder to pay attention to **OTHER** important details, like oncoming cars or children playing in the road.



**A person should never drive after using any MOOD-altering drug!**

# Q & A with Dr. Drugfreenet



Dear Dr. Drugfreenet  
I've been told marijuana's no big deal, that it's just a simple weed. Is that true?  
Signed,  
Questioning

Dear Questioning,

**NO!** Marijuana is a mix of more than 450 different substances, some of which can take from 7 to 30 days to leave the body. Nothing that stays so long or has so many different parts can be called "simple." But that's not the whole story. Marijuana is also complicated because it can act like 3 different categories of drugs: stimulants, depressants, and even mild hallucinogens.

Signed, Dr. Drugfreenet



Dear Dr. Drugfreenet  
Does marijuana have any approved medical uses?  
Signed,  
Curious

Dear Curious,

The THC in marijuana helps relieve (that means decrease) the nausea people undergoing cancer chemotherapy can suffer. As a result, the U.S. Food and Drug Administration approved use of a **SYNTHETIC** version of THC called dronabinol (Trade name: Marinol).

Using the plant itself, however, is another matter. Scientists continue studying 1) possible uses of marijuana for specific medical conditions, and 2) safer ways of taking it. To date, several states even permit people to grow and use marijuana if recommended by a physician for a specific medical condition. But, as of now, using the actual plant is still **ILLEGAL** for **ANY** reason according to U.S. Federal law.

Signed, Dr. Drugfreenet

continued...

Questions continued...



Dear Dr. Drugfreenet  
Some of my friends have started to use marijuana and want me to try it. They say it's no big deal...that it's harmless and that many of our parents tried it when they were younger. So, what's the problem?  
Signed,  
Confused

Dear Confused,

There are **MANY** problems. Using marijuana can make you mess up in school, sports, clubs, or with your friends. THC affects the brain. (It also is absorbed and stored in fatty tissues... including the heart, brain, and reproductive organs.) People who use it can have problems learning, remembering, thinking, and solving problems. They can lose coordination and may feel anxious and experience panic attacks. They may become dependent on the drug. When marijuana has been mixed with other drugs, the risks of problems are even greater.

Signed, Dr. DQ



Dear Dr. Drugfreenet  
Some people my parents' age say that today's marijuana is the same as it was when they were teenagers. Is that true?  
Signed,  
Not Sure

Dear Not Sure,

That's **FALSE!** Marijuana in the '60's and '70's contained much less of the mood-altering chemical THC, about 1% to 2%. The marijuana of today is much stronger, having 5% to 16% THC. This means that the effects of today's marijuana are much greater, with serious risk of damage to the brain and reproductive organs, and increased risk of developing chemical dependency. Isn't it smart then that most people have chosen NOT to use marijuana?

Signed, Dr. Drugfreenet



# March 2013

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# March 2013

01	Friday
02	Saturday
03	Sunday
04	Monday
05	Tuesday
06	Wednesday
07	Thursday
08	Friday International woman's day
09	Saturday
10	Sunday Maha shiva ratri

# March 2013

11	Monday
12	Tuesday Festival of tamang community
13	Wednesday
14	Thursday
15	Friday
16	Saturday
17	Sunday
18	Monday
19	Tuesday
20	Wednesday

March 2013

21 Thursday

22 Friday

23 Saturday

24 Sunday

25 Monday

26 Tuesday

27 Wednesday Festival of colors

28 Thursday

29 Friday Good Friday

30 Saturday The day following Good Friday

31 Sunday

# Feelings

Look at the words listed below. How many feelings can you define?  
If you're unsure of any, look them up in a dictionary or ask someone you trust.



AMUSED



ANGRY



ASHAMED



COMPETITIVE



CONFUSED



CRANKY



CREATIVE



DEPRESSED



EMBARRASSED



ENTHUSIASTIC



FURIOUS



GOSSIPY



GREEDY



HELPFUL



HELPLESS



## Do You Recognize These Feelings?



INSIGNIFICANT



PRESSURED



LOVABLE



TIMID



NERVOUS



RESENTFUL



KIND



SUCCESSFUL



VULNERABLE



INSECURE



WORRIED



JALOUS

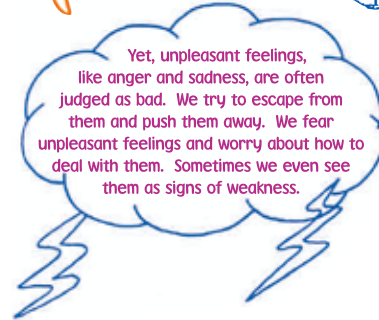


JALOUS

## MORE About Feelings...



Oftentimes we think pleasant feelings, like happiness and joy, are good. We don't try to escape from them or push them away. We express them. We experience these feelings and enjoy them.



Yet, unpleasant feelings, like anger and sadness, are often judged as bad. We try to escape from them and push them away. We fear unpleasant feelings and worry about how to deal with them. Sometimes we even see them as signs of weakness.

It's important to understand that **ALL feelings — good and bad — help us learn and grow.**

But **ANGER**, in particular, can cause special problems if we don't know how to deal with it appropriately.



## ABOUT ANGER...

Think about a time when you were very angry.  
Name some of the **OTHER** feelings you experienced during that time.

Which one(s) did you feel first?

If you think this is a strange question, imagine this:



When you said you wanted to try out for the basketball team, someone you thought was a good friend shouted, "Why bother?"

You'll never be able to reach the basket."

Everybody laughed, and you were shocked and embarrassed

- hurt too - because you really thought that person

was your friend. But then before you knew it,

those feelings were overtaken by anger:

"Who did he think he was anyway?"

What right did he have to say something so mean?"

Because anger is a quick and strong emotion, people often don't realize that **BEFORE** they feel anger, they actually experience other feelings.

These first feelings are called primary emotions.

Some examples are fear, disappointment, embarrassment, and shame.

Since anger comes second, it's called a secondary emotion.



To better understand primary and secondary emotions, think about this:

It's Saturday night and you're going to the mall with your friends. Since it closes at 9, your mom gives you a 9:30 curfew. After the mall closes, your friends decide to go to the movies. Each one calls home for permission. You call too, but the line is busy. You decide to go to the movies anyway, and plan to call home from there. But you forget. When you finally get home, your mom yells, "Where have you been? I've been worried sick about you! You were supposed to be home hours ago!"



Before you came home, your mother's primary emotions were worry and fear. She didn't know where you were.....or even if you were safe.

After she saw you, her primary feelings changed to gratitude and relief. But all she shared.....and all you heard.....was her **ANGER!**

How would YOU handle this kind of situation? Would you remain calm or would you yell back at your mom? And what if you were the person in the basketball situation that was being made fun of? What would you do? Would you just stand there or would you walk away? Would you fight or would you see the person later and tell him how his comment made you feel?

Anger is a powerful but perfectly normal emotion that we all feel from time to time. But **HOW** we react is critical. Our responses can be destructive or constructive.

## Examples of DESTRUCTIVE ANGER



### Verbal Abuse:

Yelling, screaming, putting other people down.

### Physical Violence:

Hitting, kicking, throwing things, slamming doors.



### Temper Tantrums:

Fits of anger that involve making a scene. Tantrums are usually an attempt to get one's own way.



### Sarcasm:

Purposely saying something to hurt, ridicule, or make fun of someone.

### Displacement:

Taking anger out on someone who isn't even involved. Trying to make that person responsible for your bad mood.

**Examples:** Being angry at your teacher but instead of telling her, saying something mean to a classmate. Or screaming at your sister for using the phone when really you're disappointed your new friend hasn't called yet.

## More Harmful Ways of Dealing With Anger and Other Unpleasant Feelings

### Projecting:

Not taking responsibility for your feelings by passing them on to someone else.

**Example:** Both you and your friend make the final cuts for the cheerleading team. But because you're afraid you ultimately won't be selected, you say...



You seem unsure of the new cheer. It's okay if you don't want to go on with the tryouts.

### Denying:

Refusing to let yourself express your feelings.

**Example:** Your dog, whom you really love, dies after being hit by a car. You're very upset, but tell everyone...



It doesn't matter. He was just a dumb old dog.

### Blocking:

Refusing to FEEL your feelings.

**Examples:** Drinking, using drugs, not eating, or overeating in an attempt to push away or escape from unpleasant feelings.



# CONSTRUCTIVE ANGER

When you're angry, remember the THREE C's as the way to.....



**be Calm.** It's VERY important not to let anger get the best of you. Take a deep breath, step away from the situation, and give yourself time to calm down. Doing this takes great self-control and maturity. It also will help you go on to.....

Once you feel calmer, answer the following:

- 1) What were you feeling **BEFORE** the anger set in? and
- 2) What is the **REAL** problem?

The clearer your answers, the better you'll be able to communicate. This is the key to handling anger in a way that will.....

## be Clear.



**be Constructive.** Remember, anger is a normal reaction to difficult or stressful situations. If you handle it positively, it can actually help build up relationships instead of tearing them down.

Being constructive means communicating in a way that shows respect for yourself as well as for others. One way to do this is by using "I" statements. These can help you communicate in a non-threatening way.

An "I" statement looks like this:

**I feel** (add a word that describes your primary feelings.....how you felt before you got angry)

**when you** (describe the specific behavior of the person)

**because** (describe the effect of the behavior on you)

**I would like it if** (describe what you need, what you would like changed)

Important Point!



My thoughts, my feelings, and my actions are all MY responsibility.

Any negative results will be mine too if I don't handle my anger constructively.



Here are other helpful ways of dealing with anger and other unpleasant feelings:



about your feelings with someone you can trust.



a letter expressing how you feel. Record your thoughts and feelings in a journal. Draw pictures if you wish. Write poetry.



and be alone with your thoughts. It can be helpful to just "sit" and reflect upon your unpleasant feelings for a while.



This can be healing for both men and women. It is a sign of strength — not of weakness.



It is refreshing and helps you release excess tension and energy.



Helping others can help you feel good about yourself too.

## Remember:

You always have a right to feel angry, but that doesn't change the fact that you can still make choices about your behavior.

You are always responsible for HOW you act.

And being angry does not excuse hurtful behavior.

## Skill Challenge: Constructive Anger

One of the most important skills in constructive anger is the “I” **statement**. Using the “I” statement for the first time may feel awkward. Hang in there.

Practicing this skill will help you become more relaxed and competent in handling situations that make you angry. (Just think of how much practice it takes to become confident and comfortable with a new drill in soccer, a new scale on the piano, or a new equation in math!)

The format of the “I” statement can help you think more clearly

- 1) about what the problem **really** is,
- 2) about how you **FEEL** about it, and
- 3) about what you **NEED** to have the problem resolved.

If saying the exact words feels “phony” to you, then use your own words. The important thing is to communicate in a way that is respectful to the other person.

Read the following situation and develop your own “I” statement. Start by identifying primary emotions — how you probably felt **BEFORE** you got angry.

### Example:

Your friend said she'd meet you at the dance at 7:00 P.M.

You've been waiting outside for 45 minutes.

When she finally shows up she says,

“Hey, are you ready to go in now?”

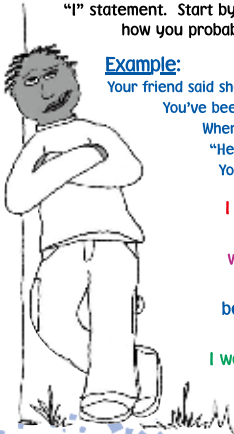
You are really **ANGRY!**

**I feel** (add a word that clearly describes how you're feeling)

**when you** (state exactly what the person said or did)

**because** (explain the effect that behavior had on you)

**I would like it if** (state what you would like to have changed)



Here are some other situations to try:

When you get home you discover that your brand new shirt is missing. Then you see your brother wearing it. Not only did he borrow it without asking, there's a ketchup stain all over the front!

You are steaming **MAD!**

**I feel** \_\_\_\_\_

**when you** \_\_\_\_\_

**because** \_\_\_\_\_

**I would like it if** \_\_\_\_\_

Your friends agree to go to a party all dressed up. Later, they decide to wear jeans, but forget to call and tell you. You arrive all dressed up.

You are **FURIOUS!**

**I feel** \_\_\_\_\_

**when you** \_\_\_\_\_

**because** \_\_\_\_\_

**I would like it if** \_\_\_\_\_

Your friend has been out sick. You loan him your science notebook to help him catch up. He returns it muddy and torn.

You are really **UPSET!**

**I feel** \_\_\_\_\_

**when you** \_\_\_\_\_

**because** \_\_\_\_\_

**I would like it if** \_\_\_\_\_

### Bottom Line:

Practicing “I” statements will help you become an expert at using them in real-life situations. And the more you actually use them, the better you'll feel about yourself. Also the more likely it is that things will turn out the way you want.

# April 2013

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21	22	23	24	25	26	27
28	29	30				

# April 2013

<b>01</b>	Monday	Easter Monday
<b>02</b>	Tuesday	
<b>03</b>	Wednesday	
<b>04</b>	Thursday	Ching Ming Festival
<b>05</b>	Friday	
<b>06</b>	Saturday	
<b>07</b>	Sunday	
<b>08</b>	Monday	
<b>09</b>	Tuesday	
<b>10</b>	Wednesday	

# April 2013

11	Thursday
12	Friday
13	Saturday
14	Sunday
15	Monday
16	Tuesday
17	Wednesday
18	Thursday
19	Friday
20	Saturday

# April 2013

21	Sunday
22	Monday
23	Tuesday
24	Wednesday
25	Thursday
26	Friday
27	Saturday
28	Sunday
29	Monday
30	Tuesday





# What is... Self-Esteem?

**Self-esteem** is how you feel about yourself. Sometimes you have high self-esteem and positive feelings. Other times you have low self-esteem and negative feelings. Still other times you may feel somewhere in between

— not completely positive or negative.  
Read over the feelings scale below and determine how

you feel about yourself today.

Where do you fit on each of the lines?

strong, talented, smart, good-looking, athletic, fun, good friend, kind

weak, stupid, ugly, unpopular, hard, boring, lonely, loser

## High Self-Esteem Positive Feelings



Capable .....	..Incapable
Energetic .....	..Tired
Strong .....	..Weak
Self-assured .....	..Insecure
Competent .....	..Inadequate
Fulfilled .....	..Empty
Enthusiastic .....	..Bored
Powerful .....	..Powerless
Confident .....	..Unsure

## Low Self-Esteem Negative Feelings



# The 3 R's of Self-Esteem

How you feel about yourself comes from how people respond to you, and from how they treat you. Family, friends, classmates, and teachers all play a role in influencing self-esteem. Self-esteem is important because it affects how you live. It affects how you...

## Respond to disappointments

People with high self-esteem know disappointments can happen to anyone. They don't let them ruin the good feelings they have about themselves.



People with low self-esteem tend to blame others when things don't go their way. But even though they blame others, they usually end up feeling worse about themselves.



## behave in your Relationships

People with high self-esteem aren't afraid of conflict. They know that resolving differences can even strengthen relationships.



People with low self-esteem fear conflict. This often makes them try to avoid or ignore it. They're afraid conflict will make things worse... maybe even tear relationships apart.



## fulfill your Responsibilities

People with high self-esteem know that it's important to keep promises and follow through with their share of the work.



Sometimes, people with low self-esteem don't have enough confidence to complete tasks. Instead they may make excuses or blame others for what they don't accomplish.



# Resiliency - The 4<sup>th</sup> R of Self-Esteem



## What's Resiliency?

Resiliency refers to **EVERYONE'S** ability to "bounce back" — to handle life's challenges in a positive manner. Resilient people tend to have one or more of the following characteristics.

Check which ones describe you best.

### Reflective

- I think about what I do & try to understand my actions.
- I can even see the good that can be learned from hard times.

### Establishes healthy relationships

- I get along well in a variety of situations with people of all ages.

### Self-discipline

- I can wait for what I want if I need to.
- I think before I act — mostly! I try to plan ahead.

### Initiative

- I find safe, healthy activities to do.
- I can set goals, work hard, even ask for help if I need it.

### Laughter

- I can laugh at myself & at different life situations.

### Internal Focus or Locus of Control

- I listen to myself & make up my **OWN** mind in difficult situations.
- I don't need the approval of others in order to do what is right.

### Esteem

- I usually feel good about myself & what I can do.
- I have healthy expectations & a positive outlook.

### Needed

- I feel needed & believe my efforts can really make a difference.

### Thoughtful

- I can use my imagination to solve problems & think creatively.
- I can see beyond what **IS** to what possibly could **BE**.



How can I raise my self-esteem and become more resilient?

Here are some things to try:

## 1. Get Involved

- Join after school activities, youth groups, clubs, and sports teams
- Volunteer at nursing homes, hospitals, food pantries, and shelters for the homeless

Getting involved will help you to:

- Discover your interests and talents
- Establish healthy relationships
- Improve your "people" skills — that means your ability to talk, listen, laugh, and interact with others in rewarding ways
- Gain a sense of purpose and meaning from realizing that **YOU** can make an important difference in the lives of others



## 2. Get Focused

- Set goals & a realistic way for achieving them. (For more information on goal setting, see [Success Learning Center](#).) Some examples of goals are: making a new friend, helping a neighbor, learning a new sport, learning how to play a musical instrument, getting better grades, and learning to speak another language.

Getting focused will help you to:

- Gain a sense of purpose as you work to achieve a goal
- Learn additional self-discipline and self-control
- Experience a sense of pride and accomplishment



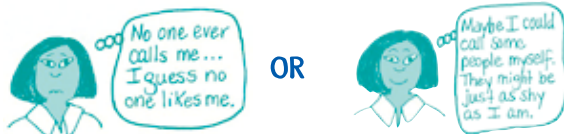
May 2013

### 3. Think Positive

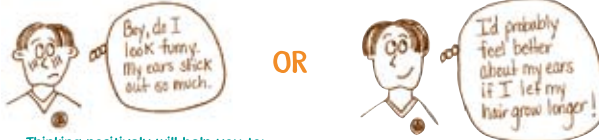
- Check your attitude. For example, if you want to be on a team, what do you tell yourself?



If you would like to make new friends, what do you tell yourself?



If you want to improve your self-image, what do you tell yourself?



Thinking positively will help you to:

- Improve your relationships
- Believe in your ability to make a difference
- Gain a sense of humor
- Accomplish your goals.



**THINK POSITIVE!!**

It can really make a difference!!

Start by giving yourself credit for what you TRY to accomplish.

Then focus on what you HAVE — and build on that.

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# May 2013

<b>01</b> Wednesday Labour Day
<b>02</b> Thursday
<b>03</b> Friday
<b>04</b> Saturday
<b>05</b> Sunday
<b>06</b> Monday
<b>07</b> Tuesday
<b>08</b> Wednesday
<b>09</b> Thursday
<b>10</b> Friday

# May 2013

<b>11</b> Saturday
<b>12</b> Sunday
<b>13</b> Monday
<b>14</b> Tuesday
<b>15</b> Wednesday
<b>16</b> Thursday
<b>17</b> Friday The Birthday of the Buddha
<b>18</b> Saturday
<b>19</b> Sunday
<b>20</b> Monday

May 2013

21	Tuesday
22	Wednesday
23	Thursday
24	Friday
25	Saturday
26	Sunday
27	Monday
28	Tuesday
29	Wednesday
30	Thursday
31	Friday

# Decision-Making



Decisions... Decisions...  
Decisions...

You've known your best friend forever. You both grew up in the same neighborhood, went to the same schools, even started playing soccer together at age 5. And now you've both finally gotten good enough to make the school team.

The problem is, while learning comes easy to you, for your friend it is often a struggle. And doing well is really important because, if grades slip, the soccer coach suspends players from the team!!

Last night you learned that your friend's in serious trouble because of his poor grades. To keep from being suspended from the team, he's asked you to text message him the answers to the math test today.

You really care about your friend, but you know cheating is wrong.

What will you do?

.....

This scene is an example of situations we encounter every day. Some are tougher than others.

What kinds of things should YOU consider whenever you need to make an important decision?

Check out the ideas on the following pages. See how they might work for you.



# The “3 D’s” of Decision-Making

Think about the scene on the previous page  
(or a situation you’re dealing with right now) and.....

## 1. Define the Problem



- If you’re not exactly sure what it is, here are some things you can do to help figure it out:
- Write it down. (Sometimes writing about a problem can help you understand it better.)
  - Talk with parents, friends, teachers, coaches, and counselors. (Talking with those you trust can help you think things through more clearly.)
  - To help clear your mind, go for a walk, a jog, or a run.

Everyone has a different way  
of thinking things through.  
Discover what works best for **YOU!**

## 2. Determine Options & Outcomes



One way to do this is to fold a sheet of paper in half lengthwise. In the left column, leaving lots of space between each idea, list all the options or choices you could live with. Then, on the right side, list all the corresponding outcomes or results. Remember, each option can have more than one consequence. Also note that some of these may be **positive**, some **negative**.

For each option or choice also check out your **feelings**. Ask yourself:

- “How might this affect me?”
- “How would I feel about that?”
- “Could it work out badly?”
- “Could I lose trust, privileges, or freedom?”

If any of the answers makes you uncomfortable,  
**CONGRATULATIONS!** Your job has just become easier.  
Simply X out that option and continue considering the others.

## 3. Decide, Act, and Evaluate

After reading (and, if necessary, re-reading) your list of options, choose one .....

- ▶ that is legal and acceptable to the general community,
- ▶ that feels right to you,
- ▶ that you’re the **MOST** comfortable with,
- ▶ that you think has the best chance of working out well.

After you’ve made your decision, and acted on it, ask yourself:

- “Am I pleased with how things worked out?”
- “Would I make the same decision again?”
- “If not, what would I do instead?”



Even if you made  
the wrong decision, don’t let it  
get you down.

**Remember, everyone makes  
mistakes.**

The important thing is to learn from  
them and to try and do better  
the next time.



Okay, now...  
try the "3D" approach  
on these scenarios:



You absolutely love acting in school drama productions. But play rehearsals are scheduled for the same time as track practice, which you also love.

What do you do?



Your folks have strict rules about using the computer. There are sites you're allowed to visit on the Internet and others that you shouldn't. You've also been warned a thousand times about never putting personal information on the web. A bunch of your friends just found a cool new web site and want to post some funny pictures taken at your recent birthday party. They're pressuring you big time, saying there's nothing to worry about because your parents will never find out.

What do you do?



Your best friend is having a party Saturday night. Her parents will be away for the weekend. Her older sister's in charge, and she's agreed to buy the alcohol.

What do you do?



As you can see from the above scenarios, making decisions isn't always easy. At times, it can be very stressful. Especially when others are pressuring you to do something you really don't want to do.

To understand more about this special type of pressure, read on.....

## Peer Pressure

A PEER = someone about your own age  
&  
PRESSURE = influence



So together, peer pressure is when someone about your age tries to influence you to do something. When this happens, people often give in..... even when they're unhappy about the situation. Sometimes they give in because they don't know **HOW** to say no.



Other times they give in because they have a **STRONG NEED** to fit in and be part of the crowd.

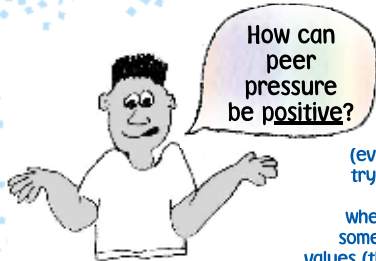


Now, wanting to belong and feel part of a group is natural and normal.

It's part of what makes us human.

But "going along" may not always be smart. That depends on whether the peer pressure is

**positive** or **negative**.

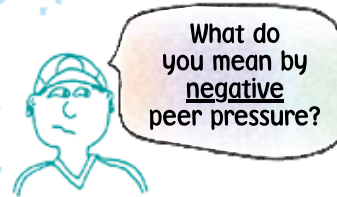


Peer pressure is positive (even supportive!) when others try to get you to do something that is **GOOD** for you... when they encourage you to do something that is in line with your values (the things that you believe in) and the rules you and your family live by.



### Examples of Positive Peer Pressure

- When a friend encourages you to try out for the band or sign up for a new after school activity
- When a friend tries to get you to attend an alcohol and drug-free party
- When you encourage classmates to raise money to help hurricane victims
- When you encourage your friends to invite the new student to join you for lunch, instead of letting him sit and eat alone
- When you try to get others to volunteer to clean up the neighborhood or help feed homeless people



Negative peer pressure is when someone your age tries to get you to do something that is **NOT** good for you.... something that goes against your values (the things that you believe in) and the rules you live by.



### Examples of Negative Peer Pressure

- When a friend tries to get you to smoke at a party....or anywhere else, for that matter
- When a friend tries to get you to join others in playing a mean joke on a classmate
- When friends pressure you to spray paint graffiti on a wall of the school building or to vandalize the new scoreboard on the soccer field
- When a friend tries to get you to help him steal something from a store
- When a classmate wants you to hurt someone else's feelings by helping to spread a rumor





So what does all this mean?

Standing up to negative peer pressure can be hard...



...especially if others make fun of you or call you names.

But the important thing to remember is..... the decision to give in to negative peer pressure is YOURS. Whatever happens as a result of your decision is YOUR RESPONSIBILITY.



When in doubt...



Remember the "3D's" of Decision-Making: Define the problem. Determine options & outcomes. Decide, act & evaluate.

And then make the decision that is best for YOU!



In fact, if you stand by your decision (for example, not to drink alcohol or do drugs), you just may find that others will follow your lead



Bottom Line: No matter how much others are pressuring you, YOU are always in charge of you! It's..... Your thoughts Your feelings Your actions Your RESPONSE-ABILITY



So, what can I do? How can I handle negative peer pressure?

Learning to say NO is a way of handling negative peer pressure. Saying NO can build confidence and self-esteem. (It also keeps people out of trouble..... and from feeling guilty later on.)

Here are several ways of saying NO:

BROKEN RECORD



No, Thanks! No, Thanks! No, Thanks!

NAME THE CONSEQUENCES



If I do that, I'll be grounded!

CHANGE THE SUBJECT



Did you hear what happened at the game yesterday?



Coach says drugs will hurt my game.

SUGGEST ANOTHER ACTIVITY

...but do it in a way that accepts the person, just not what she is trying to get you to do.

MAKE AN EXCUSE



I have to go home!



Let's go see a movie instead!

APPLY COUNTER PRESSURE

...but only as a last resort, since hurtful comments increase tension and generally make situations worse.



My parents will kill me!

What a STUPID idea!





Anything else  
I can try?

- **Honesty**

"This isn't for me!"  
"I promised I wouldn't and I don't break my promises."  
"This isn't worth ruining my life over."  
"This isn't worth dying for."

- **Humor**



- **Leaving The Situation**

- ▶ Just walk (or run) away.
- ▶ Call for a safe ride home.

(Obviously, this will only work if you've talked about it with your family in advance. If you're uncomfortable, and want to leave without someone's hearing you call for a ride, try this: Call home and say, "I just remembered, and I'm afraid I might forget again. Please remind me to take my.....trumpet, soccer uniform, English notebook, whatever.....to school on Monday." Because you discussed it with them earlier, your parents know this really is a code that means, "Please come get me. I'll be waiting outside. I need a safe ride home.")

- **Thinking Ahead**

For example, if you hear rumors and are worried about what **might** happen at a party, make other plans instead. Use the "3D's" for Decision-Making ahead of time to avoid putting yourself in situations where you think you might be pressured.

- **Listening To Your Body**

If you ever get an "uh oh" feeling inside, **TRUST IT**. It's your early warning detection signal. Stop and figure out what's making you uncomfortable. Then decide what you need to do to stay safe.

- **Playing It Safe**

Whenever you're **UNSURE** about what to do, play it safe. Say, **"NO!"**

## How To Be Assertive And Say No!



In addition to knowing different ways of saying NO, it is important to know **HOW** to be **assertive**... how to get your needs met without becoming loud or physical. (Another word for that kind of behavior is aggressive.)

A person who **is assertive** maintains self-respect and at the same time shows respect for others.

Remember, people have a right to ask you anything they wish... but **YOU** always have the right to say no.

Here are a few tips that will make this easier to do.

## When You Want To Say "No!"

- **Stand or sit up straight**

When you slouch, people are less likely to take you seriously.

- **Before saying anything, take a deep breath and let the air out slowly**

This gives you time to calm down and think about what you really want to say.

- **Look directly at the other person**

This helps them know you mean business.

- **Talk in a normal voice**

You don't need to shout in order to get your point across.

*continued...*



June 2013

More ways to say "NO!" assertively...

● Say "NO" nicely, but firmly

Be respectful. Using put downs or sarcasm just makes the other person angrier.

● Don't ask lots of questions

Questions raise people's hopes and give them the idea that if they give you the right answers, you just might say, "Yes." Then when you finally get up the courage to say no, they're even MORE disappointed and upset.

● Be honest and direct

It isn't necessary to get into a long discussion. You don't even have to give an explanation. The only person you really need to answer to is yourself. **YOU** are the only one responsible for your actions.

Can you think of a situation in which you wish you had said "NO" assertively? If so, remember this.....



You deserve to be proud of the decisions you make. If others make it hard for you to make good ones, perhaps they aren't really your friends.

Learning to be assertive when saying "NO" is like learning to ride a bike or play the guitar. The more you practice, the easier it gets.

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# June 2013

01	Saturday
02	Sunday
03	Monday
04	Tuesday
05	Wednesday
06	Thursday
07	Friday
08	Saturday
09	Sunday
10	Monday

# June 2013

11	Tuesday
12	Wednesday Tuen Ng Festival
13	Thursday
14	Friday
15	Saturday
16	Sunday
17	Monday
18	Tuesday
19	Wednesday
20	Thursday

June 2013

21	Friday
22	Saturday
23	Sunday
24	Monday
25	Tuesday
26	Wednesday
27	Thursday
28	Friday
29	Saturday
30	Sunday



## What is Stress?

**Stress** is a normal, natural, unavoidable feeling caused by the pressures of everyday life!

- **SOME stress is necessary and important.** In fact, it can actually be positive and helpful. Stress energizes us and keeps us on our toes! It helps us accomplish things which in turn makes us feel good about ourselves. It can also add excitement to our lives!
- **But TOO MUCH stress can cause "distress"** — making us feel miserable, sad, sick, and worried. It can even lead to anxiety and depression if we can't figure out healthy ways of handling it!



Is everyone paying attention?

So here's the real deal:

The challenge of stress is not whether or not to have it... everyone does!

But rather whether or not we know healthy ways of handling or "coping" with it!

HOW people deal with stress can affect both their Health and Happiness.



## What Causes Stress?

All kinds of things! But a major culprit is **CHANGE**. And one thing we all know for certain is that things never seem to stay the same!

Stress results from both good and bad changes in our lives. For example, both making the team and not making the team can cause stress.



Now, that's news to me !!

Can you list at least 3 changes that have happened in your life in the last few years?



When you're done, see if any of these changes apply to you:

- Personal loss (such as the death of a person or pet close to you)
- Loss of friendship — through arguments or maybe moving away
- Illness or injury
- Money problems
- New job
- Acquiring step-brother(s) or step-sister(s)
- Siblings moving out, perhaps going to college
- Someone going to jail
- Job promotion
- Trouble at work
- Being fired
- Parents arguing
- Parents separating or divorcing
- Parent(s) remarrying
- New home
- New school
- New baby

## Other Things That May Cause Stress:

### Body Changes...



I'm so embarrassed! Everyone is staring at me!

### Schedule Overload...



Can I possibly juggle art lessons, ski club and baby-sitting class on Saturdays?

### Too Many Expectations...



If I don't get an "A" my dad will kill me!

### Frustration...



Where will I get the money to buy the sneakers I really want?

### Communication Problems...



My mother never listens to me! No one does!

### Peer Pressure...



I know I shouldn't go with them. But it's just so hard to say no...

### Family Breakups...



Why are MY parents getting a divorce?

Also, Computer Glitches...

Environmental Disasters (think hurricanes, oil spills, or fires)...

Financial Insecurity (for example, parent being laid off or losing a job)

Indecision (not really knowing what you should do next)...

## Possible Results of NOT Knowing How to Handle Stress

**More Illnesses And Diseases...** like colds, stomachaches, headaches, high blood pressure, ulcers, and even ♥ attacks.



### Arguments With Family And Friends...



### Decreased Interest In School...



### Being Dissatisfied With Yourself...



### Use Of Alcohol Or Other Drugs...



### Feelings Of Depression...



### Eating Disorders...



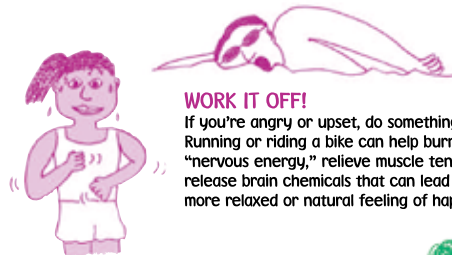
# Remember!

Negative reactions to stress are common. But there ARE better ways to cope! To find out more, read on.

## Coping Strategies

(or Positive Ways to Handle Stress)

While there's no magic formula for handling stress, there are **LOTS** of positive ways to cope. Start by smiling and laughing more. Laughter refreshes the spirit, eases muscle tension, and helps the body fight disease. It truly is the world's **BEST** stress reducer! Next, accept the fact that, much as you might like to, you can't possibly control every situation. After that, try one (or more) of the following suggestions:



### **WORK IT OFF!**

If you're angry or upset, do something physical. Running or riding a bike can help burn off "nervous energy," relieve muscle tension, and release brain chemicals that can lead to a more relaxed or natural feeling of happiness.

### **LISTEN TO YOUR BODY!**

If you are tense, have a headache, or a pounding heart...your body is telling you that you've had enough. So **SLOW DOWN!** Also make sure you 1) get enough sleep as even small problems can seem **HUGE** when you are overtired, and 2) eat right. Healthy food and plenty of rest **WILL** make you feel better! Promise!



### **TALK IT OVER!**

When things get tough, share your feelings with people you trust and respect! Turn to family, friends, coaches, counselors, or teachers. They care, so chances are they'll listen. They can even offer sound advice, a shoulder to lean on, a hug, or another way of looking at a problem. Really "connecting" with someone else can feel especially good.



# More Ways to Handle STRESS!

## TAKE CHARGE OF YOUR LIFE!

Don't just sit there! Call a friend, find something interesting to do, visit someone, learn something new, write a letter, check out what's going on around town, join a club, or do anything else safe that sounds like fun!



## DO SOMETHING NICE FOR OTHERS!

Doing something nice for someone — no matter how small — makes both of you feel great!



## BALANCE WORK AND PLAY!

And remember to take breaks, especially when you are busy! Doing something you like, such as reading a book or playing soccer, helps clear the mind, relax you, and give you new energy!

## AVOID MEDICATING YOURSELF!

Don't rely on alcohol, cigarettes, or other drugs to help you cope. Rely on yourself instead!



continued...

What do you think about THESE suggestions?

## THINK POSITIVELY!

Tell yourself —

- \* I am special!
- \* I can take care of myself.
- \* Mistakes really are opportunities for me to learn and grow.
- \* I do better work when I start things on time instead of at the last minute.
- \* I know I can figure out a better way to deal with this situation.
- \* I'm not the cause of other people's problems.
- \* I can love my parents without taking sides.
- \* I can talk to friends, teachers, and counselors.... even ask for help if I need it.

Always remember:  
**YOU** are in control! You can handle it!  
You **CAN** manage your own stress!



## LEARN TO RELAX!

Relaxing is healthy, and there are lots of ways to do it!

Here are a few suggestions:

- Take a warm bath.
- Rent a funny movie and laugh a lot!
- Be creative. Try something new — cooking, sketching, gardening, dancing.
- Read.... or listen to your favorite music.
- Find a private place to go and dream!
- Do anything safe and healthy that makes you feel relaxed!





# Importance of Relaxation

You can't be tense and feel relaxed at the same time! So...if you can learn ways to relax (especially in difficult situations), you won't feel as uncomfortable, anxious, or "stressed out." Try and learn more about the following strategies that can help both young people and adults relax. Besides being helpful, they are all simple, free, and convenient to use.



## ● THE 4-7-8 BREATHING TECHNIQUE

Sit comfortably, place your tongue on the roof of your mouth right behind your front teeth, and exhale noisily through your mouth. Then inhale quietly through your nose for 4 counts...hold your breath for 7 counts...and exhale through your mouth for 8 counts. Repeat the inhaling — holding — exhaling process three times.

## ● REHEARSAL STRATEGIES

Not knowing how to respond in a given situation (like receiving a note about having to meet with the principal the next day) can be especially stressful. With someone you trust (such as a parent, sibling, or friend) rehearse in advance the different ways you might respond. Roleplaying (that means acting out) different options and figuring out which ones work best can not only clarify your thinking, but also decrease anxiety and increase self-confidence.



## ● MEDITATION

Sit up straight, count slowly, and take about 30 deep breaths. During each one, fill the abdomen first, followed by the rib cage. Then give your mind a needed "break" by trying to focus on only one word or image. If your mind begins to wander, don't despair. Just gently bring it back to the word or image you've selected.

continued...



## More Ways To Relax...

### ● GUIDED IMAGERY

TREAT YOURSELF to a free, mini, mental vacation! Visualize (that means imagine) a scene you find particularly restful. Maybe sitting on a quiet beach or taking a long leisurely walk through the woods. Then try truly sensing (seeing, hearing, smelling, tasting, feeling) ... and enjoying ... ALL of the details. Strange as it sounds, picturing a peaceful scene in your MIND can actually result in corresponding relaxing physiological changes in your BODY. And just like with most things in life, the more you practice, the more effective this technique will become.

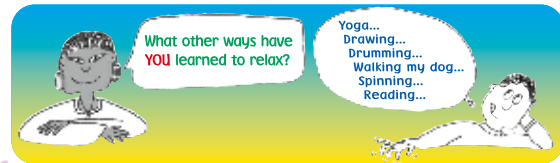


### ● STRETCHING EXERCISES

"Muscle tension" is an automatic physical response to stress. And stretching loosens tight muscles. This, in turn, helps combat stress as the body can't be both relaxed and tense at the same time.

### ● RELAXATION EXERCISES

Systematically tighten sets of muscles or body parts (such as thighs or fists) for 8 to 10 seconds. Then suddenly release them. Inhale deeply as you tighten the muscles. Exhale slowly as you release them. Doing this helps calm the body as it forces muscles to relax.



# July 2013

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

# July 2013

<b>01</b>	Monday	Hong Kong Special Administrative Region Establishment Day
<b>02</b>	Tuesday	
<b>03</b>	Wednesday	
<b>04</b>	Thursday	
<b>05</b>	Friday	
<b>06</b>	Saturday	
<b>07</b>	Sunday	
<b>08</b>	Monday	
<b>09</b>	Tuesday	
<b>10</b>	Wednesday	

# July 2013

11	Thursday
12	Friday
13	Saturday
14	Sunday
15	Monday
16	Tuesday
17	Wednesday
18	Thursday
19	Friday
20	Saturday

# July 2013

21	Sunday
22	Monday
23	Tuesday
24	Wednesday
25	Thursday
26	Friday
27	Saturday
28	Sunday
29	Monday
30	Tuesday
31	Wednesday

# What is Success?



Some people think that to be a success you need to be rich, famous, popular, or have lots of expensive things. But....**REAL** success is more than that.

**REAL SUCCESS** comes from accomplishing whatever it is **YOU** set out to do.



- Like**
- ▶ ...Making the football team
  - ▶ ...Earning higher grades
  - ▶ ...Getting along better with your brothers and sisters
  - ▶ ...Eating healthier foods
  - ▶ ...Learning a new hobby...like painting

Count up all the things you've already learned to do...

- ▶ Play softball
- ▶ Skateboard
- ▶ Play video games
- ▶ Use a computer
- ▶ Bake cookies
- ▶ Read
- ▶ Fix your bike
- ▶ Swim
- ▶ Write a book report

See? You're already a success!!  
You've already achieved **LOTS** of goals!



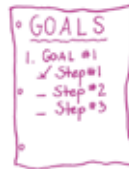
Exactly what is a goal?

A goal is something **SPECIFIC** you want to achieve or do, such as...

- ▶ Make a new friend
- ▶ Get on the track or wrestling team
- ▶ Raise your math grade from a C to a B
- ▶ Learn something new ... like rollerblading
- ▶ Take up a new hobby, maybe playing the trumpet
- ▶ Earn \$50
- ▶ Earn extra privileges ... like being able to stay up later on the weekend.



Okay. But what steps do I need to take to achieve my goals?



**First**, take out a sheet of paper and list some things you'd like to do or achieve. Circle the one you want to work on first.

**Second**, write this goal at the top of another sheet of paper. Under it, list all the smaller steps you need to take to reach this goal.

**Third**, work on the steps one at a time. Keep track of what you accomplish by checking off (✓) each one as you complete it.

**Before you know it, you will have achieved your goal and will be starting on another one!!**



Anything else I need to know?

YES!

Successful people set **realistic** goals, ones they think they can reach. Attaining these can lead to personal growth and satisfaction. **Unrealistic** goals, on the other hand, are in all likelihood unreachable. These typically set us up for frustration and disappointment.

Unrealistic goal



I want to be the most popular girl in school!



Realistic goal

I want to make a new friend or two!

Successful people then break that goal into even smaller pieces, like thinking about the...

“5W’s”

- **Who** they want to become friendly with
- **Why** they think that friendship would be good (maybe they have a lot in common)
- **When** and **Where** it would be best to start a conversation (lunch, recess, gym)
- **What** that first conversation might sound like (“Hi! I hear you’re interested in \_\_\_\_\_ too!”)



Lastly, once they’ve thought it through, **successful people set a time for reaching their goal** (like, by next Friday). But instead of saying, “By next Friday I’d like to.....” they say, “By next Friday I **will**.....”

This is a more positive way to think and speak.



### Tips for Carrying on a Conversation

1. Ask questions that start with “what” or “why,” not ones that can be answered “yes” or “no.” For example, instead of “Do you like sports?” ask:
2. LOOK at other people and **really listen** to what they have to say.
3. If necessary, **ask another question**.

What sports do you like?

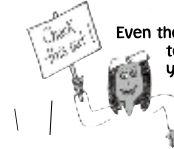


Which are your favorite teams?



Great! So I AM a success because I already accomplished some goals. But what do I need to do to be successful in the future?

One thing you can do is develop your innate (that means inborn) ability to be **RESILIENT**.



Even though it’s not always easy, everyone has the ability to “**bounce back**” in times of distress. (This means you can continue working toward your goals, even when you encounter problems or challenges along the way.)

Here are some ways you can help yourself become more resilient:

- **Develop a positive, “I CAN” attitude.** That means believing in yourself, that you have some influence and control over your life.
- **Identify your strengths....** like being patient, friendly, caring, honest, a good listener....
- **Find positive role models** in adults who care about you, and who act respectfully both towards themselves and others.
- **Ask for help when you need it.** Trusted adults can help you think through different ways of dealing with problems or opportunities you may be facing.







Anything else I can do to increase my chances for success?

- **Get involved** — Participate in school and after school activities such as Scouts, chess, sports, a church youth group, drama, or science club. Even though it may feel uncomfortable at first (especially if you don't know anyone), this is a great way to fight loneliness and boredom..... and also to make new friends.
- **Do volunteer work.** Help a neighbor rake leaves or shovel snow. Visit someone in a retirement home. Be a peer leader or mentor at school.
- **Stand up for what you truly believe in.** This includes trying to influence others to do things that are in their best interests. Also, saying "no!" should others pressure you to do something harmful or that is against your home, school, or community's rules and values.
- **Make good decisions...**for example, to avoid trouble, drugs, or secondhand smoke.
- **Tackle new challenges.** Set goals and work hard to meet them.
- **Learn from your mistakes.** Keep trying and don't give up!



If things don't work out the first time, don't get discouraged. Remember, even Babe Ruth, one of America's baseball Super Stars, struck out 1,330 times while at bat!

## Keep Making New Goals for Yourself!



### Goal #1...

To get a B in math, I will...

1. Pay attention in class.
2. Ask questions when I don't understand something.
3. Do my homework, on time.
4. Study...by myself and with a partner.
5. Do practice problems.
6. Get a good night's rest before the test.



Believe it or not, it's not too early to start thinking about even bigger goals, such as going to college, getting a job, or even starting a business of your own!

# Above All, Remember —



## A Positive “I Can” Attitude...

...Helps Build Self-Esteem

...Reduces Stress

...Is a  to SUCCESS!



### Goal #2...

To make the team, I will...

1. Get a basketball.
2. Practice at school and in my neighborhood.
3. Find someone to practice with me.
4. Get help from the coach or from my gym teacher.
5. Watch the varsity team practice, to learn new plays.
6. Read books and study about basketball.
7. Practice.....Practice.....Practice
8. Try out for the team.
9. If necessary, keep trying out until I DO make it!



ed. Ahem... Small steps.

ANYTHING is possible when you follow Michael Jordan's advice: "Take small steps...step by step. I can't see any other way of accomplishing anything."

OR

When you have Abraham Lincoln's perseverance and belief in himself. Did you know he had a LONG series of political, personal, and business failures before becoming President?

Bottom Line: Persistence and Positive Thinking are what count.



I can choose to...

- ...Believe in myself
- ...Be responsible for my feelings and actions
- ...Laugh at myself where appropriate
- ...Celebrate my successes
- ...Learn from my mistakes
- ...Set realistic goals
- ...Ask for help when I need it
- ...Deal with LIFE.



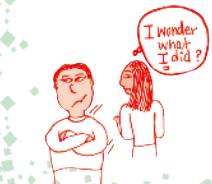
I can choose...

- ...To see the good in others
- ...Treat others respectfully
- ...Accept others' differences.



I can choose to...

- ...See the glass as half full instead of half empty
- ...Change HOW I look at things
- ...Be hopeful about the future.



By looking at a situation differently...

- ...I can change my feelings ...which can...
- ...Change my behavior
- ...Affect my relationships
- ...Influence my work
- ...Raise my Self-Esteem
- ...Enhance my FUTURE!



# August 2013

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

# August 2013

01	Thursday
02	Friday
03	Saturday
04	Sunday
05	Monday
06	Tuesday
07	Wednesday
08	Thursday
09	Friday
10	Saturday

# August 2013

**11** Sunday

**12** Monday

**13** Tuesday

**14** Wednesday

**15** Thursday

**16** Friday

**17** Saturday

**18** Sunday

**19** Monday

**20** Tuesday

# August 2013

**21** Wednesday

**22** Thursday

**23** Friday

**24** Saturday

**25** Sunday

**26** Monday

**27** Tuesday

**28** Wednesday

**29** Thursday

**30** Friday

**31** Saturday

# September 2013

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# September 2013

01	Sunday
02	Monday
03	Tuesday
04	Wednesday
05	Thursday
06	Friday
07	Saturday
08	Sunday
09	Monday
10	Tuesday



# September 2013

11	Wednesday	
12	Thursday	
13	Friday	
14	Saturday	
15	Sunday	
16	Monday	
17	Tuesday	
18	Wednesday	
19	Thursday	
20	Friday	The day following the Chinese Mid-Autumn Festival

# September 2013

21	Saturday
22	Sunday
23	Monday
24	Tuesday
25	Wednesday
26	Thursday
27	Friday
28	Saturday
29	Sunday
30	Monday

# October 2013

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# October 2013

<b>01</b>	Tuesday	National Day
<b>02</b>	Wednesday	
<b>03</b>	Thursday	
<b>04</b>	Friday	
<b>05</b>	Saturday	
<b>06</b>	Sunday	
<b>07</b>	Monday	
<b>08</b>	Tuesday	
<b>09</b>	Wednesday	
<b>10</b>	Thursday	

# October 2013

11 Friday

12 Saturday

13 Sunday

14 Monday The day following Chung Yeung Festival

15 Tuesday

16 Wednesday

17 Thursday

18 Friday

19 Saturday Worship of Goddess Durga Begins

20 Sunday

# October 2013

21 Monday

22 Tuesday

23 Wednesday

24 Thursday 7th day of Durga puja

25 Friday Maar festival

26 Saturday 9th day of Durga puja

27 Sunday Dasain tika

28 Monday

29 Tuesday

30 Wednesday

31 Thursday

# November 2013

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# November 2013

01	Friday
02	Saturday
03	Sunday
04	Monday
05	Tuesday
06	Wednesday
07	Thursday
08	Friday
09	Saturday
10	Sunday

# November 2013

11 Monday

12 Tuesday

13 Wednesday

14 Thursday

15 Friday

16 Saturday

17 Sunday Worship of Goddess laxmi

18 Monday Bull worship day

19 Tuesday Brother's day "bhai tika"

20 Wednesday

# November 2013

21 Thursday

22 Friday

23 Saturday

24 Sunday

25 Monday

26 Tuesday

27 Wednesday

28 Thursday

29 Friday

30 Saturday



# December 2013

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# December 2013

<b>01</b>	Sunday
<b>02</b>	Monday
<b>03</b>	Tuesday
<b>04</b>	Wednesday
<b>05</b>	Thursday
<b>06</b>	Friday
<b>07</b>	Saturday
<b>08</b>	Sunday
<b>09</b>	Monday
<b>10</b>	Tuesday

# December 2013

11 Wednesday

12 Thursday

13 Friday

14 Saturday

15 Sunday

16 Monday

17 Tuesday

18 Wednesday

19 Thursday

20 Friday

# December 2013

21 Saturday

22 Sunday

23 Monday

24 Tuesday

25 Wednesday Christmas Day

26 Thursday The first weekday after Christmas Day

27 Friday

28 Saturday

29 Sunday

30 Monday

31 Tuesday

