



社區藥物教育輔導會

Community Drug Advisory Council



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# Stress-Free Workshop

— Education Officer Ms Rai —

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# Introduction of CDAC

1. Drug abuse prevention
2. Promoting healthy lifestyle



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[www.cdac.org.hk](http://www.cdac.org.hk)

# Pre-activity Evaluation Questionnaire for participants



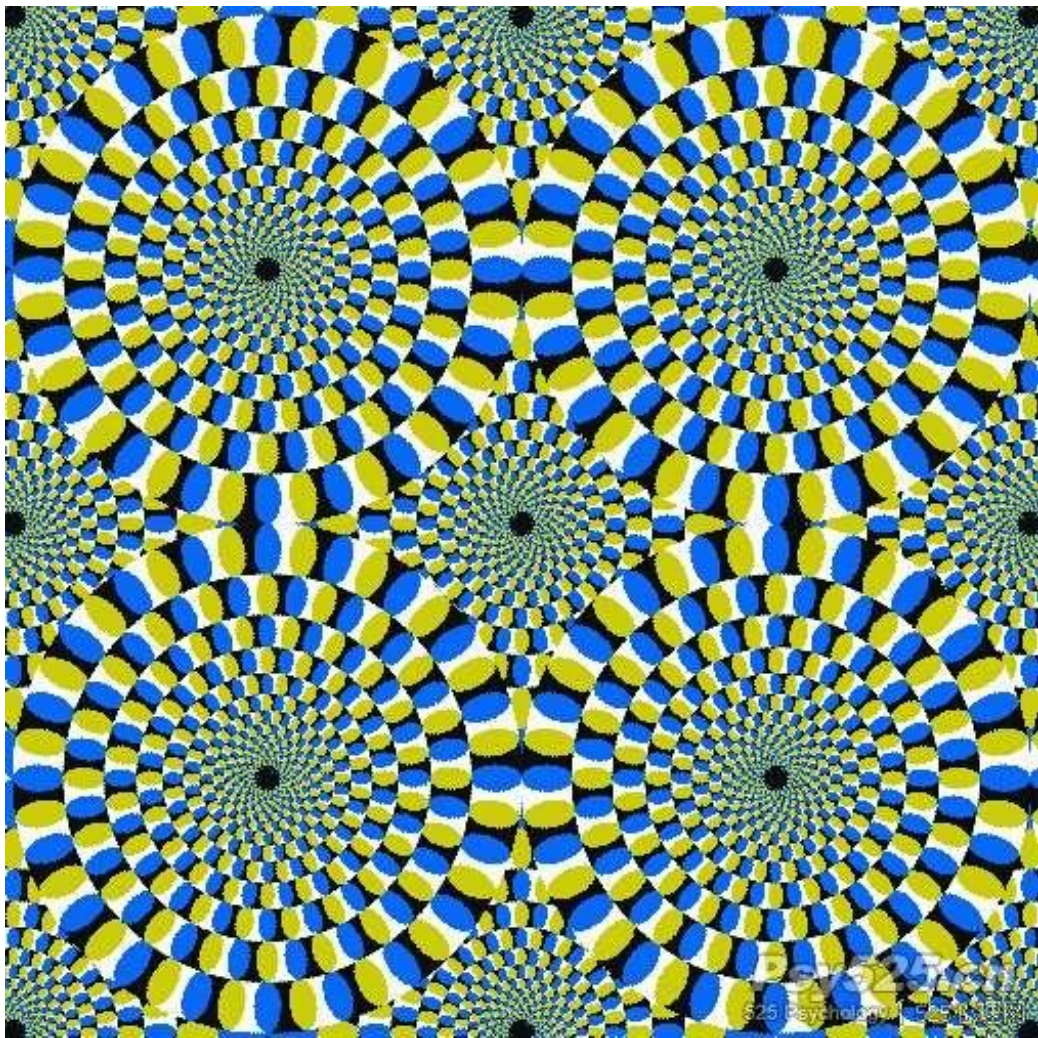
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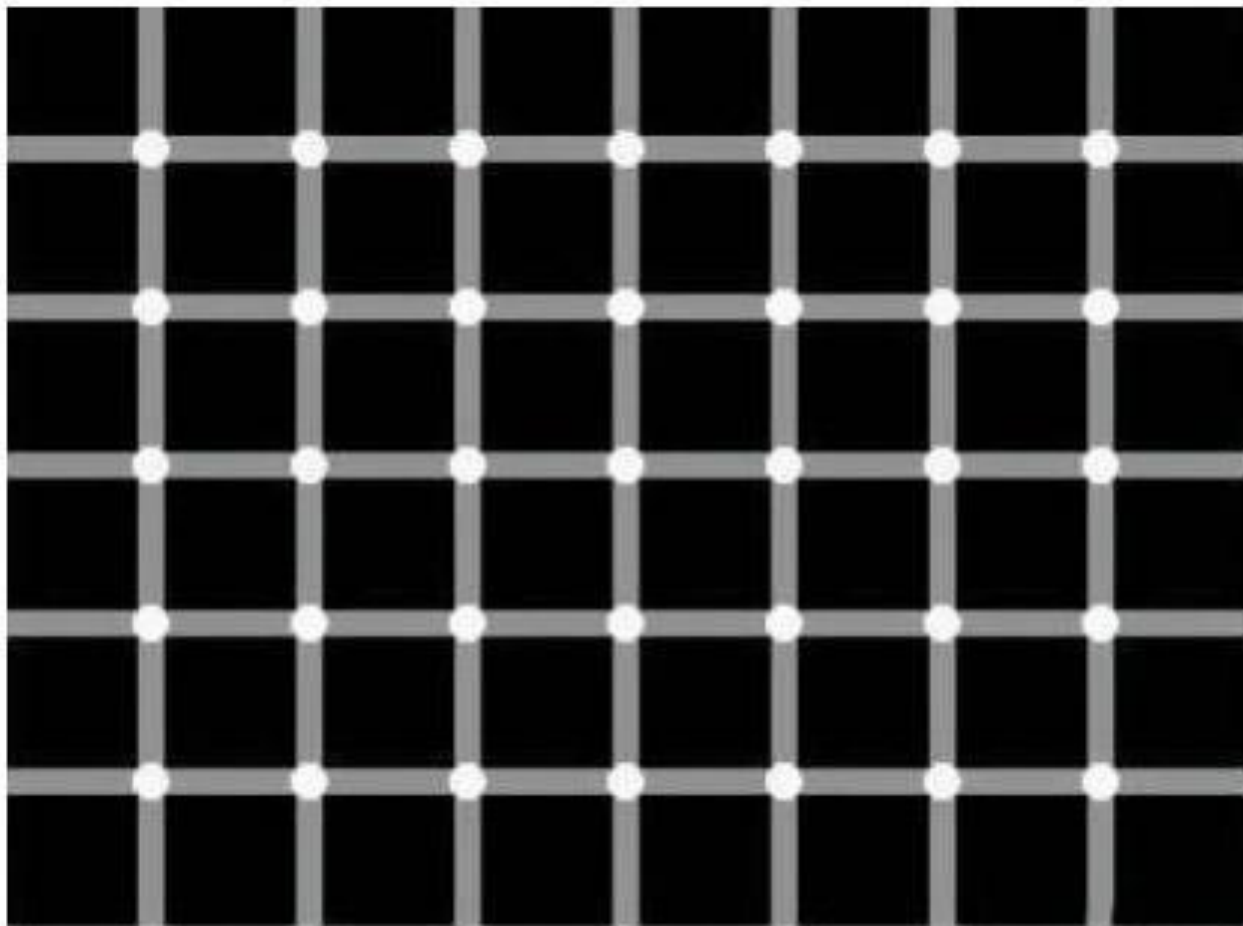


# Workshop Content

- Explore potential **sources** of stress in daily life
- Taking care of **mental health** and understand the methods of emotional management
- Know more about **stress** and the harmful effect of **drugs**
- Participate in stress relieving **exercises**







# Have you been in these situations?

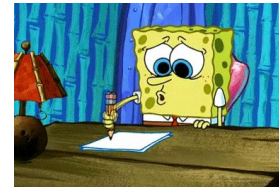
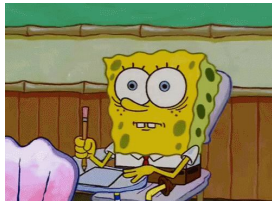
**Body  
reaction**



**Abnormal  
emotion**



**Lack of  
motivation**



# Parent's pressure

Earlier studies have shown that **children's education or employment is the primary source of stress for parents**. Based on a stress score of 1 to 10, 36% choose 8 to 10 points.

Followed by **children's health and academic performance**, 32% choose 8 to 10 points.

In addition, **women's stress scores higher than men's**. 70% of the mothers interviewed said that they were often angered when taking care of their children, and nearly 62% said they often felt tired and fatigued; Only 42% and 56% of the fathers have the same situation, respectively.





# Parents' pressure under pandemic



In early 2021, the God's Love Care Center of the Kwun Tong Methodist Social Service Office conducted the "Survey on the Psychological Pressure of Primary Child Caregivers on Children's Learning During the Epidemic"

The survey found that **75% of the respondents stated their daily rest time is only 7 hours or less, and nearly 35% said they need to take care of their children 24 hours a day.** More than 90% of caregivers believe that children's level of concentration during online learning is low; nearly 90% of parents said that **children's total expenditure on home learning has increased more than before the epidemic,** and more than 70% of the interviewed families have to reduce food expenses in order to cope with the increase in study expenses.

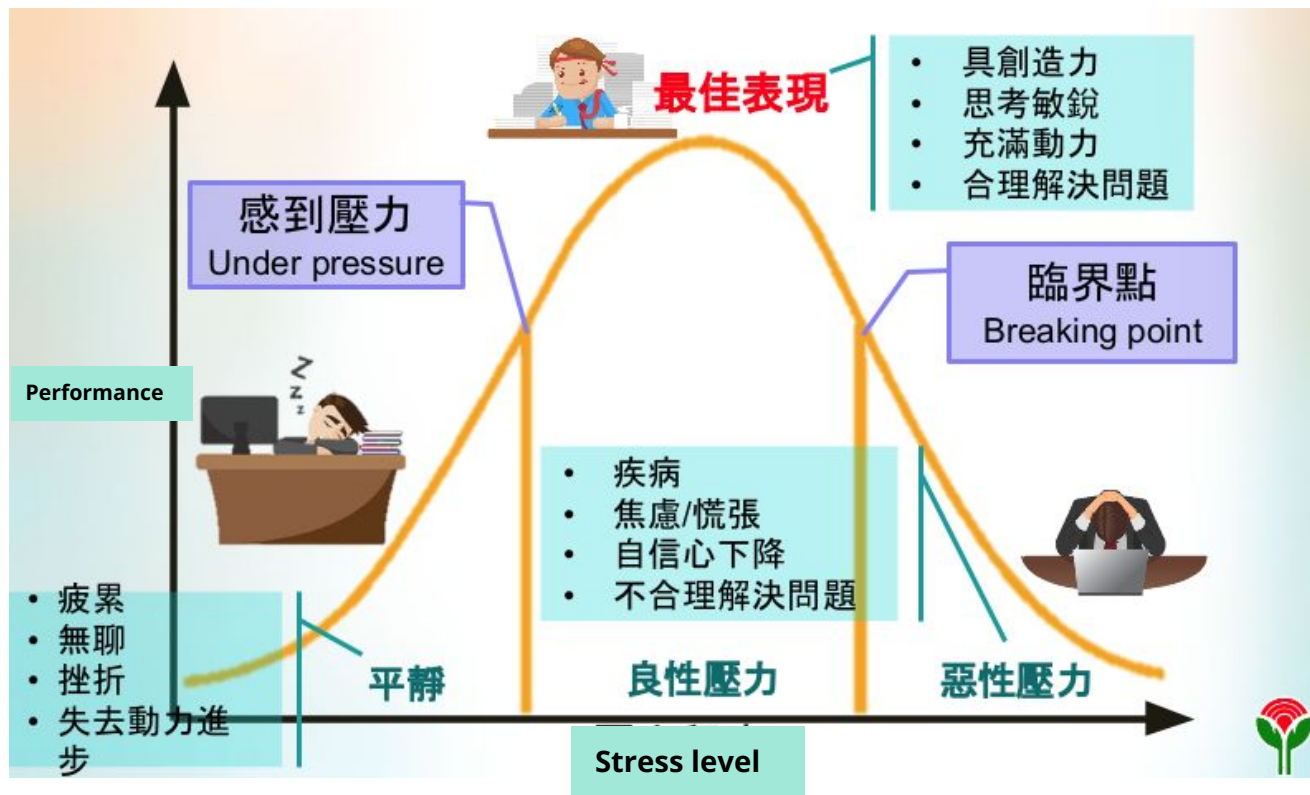
News source: HK01



**Is pressure a total bad thing ?**



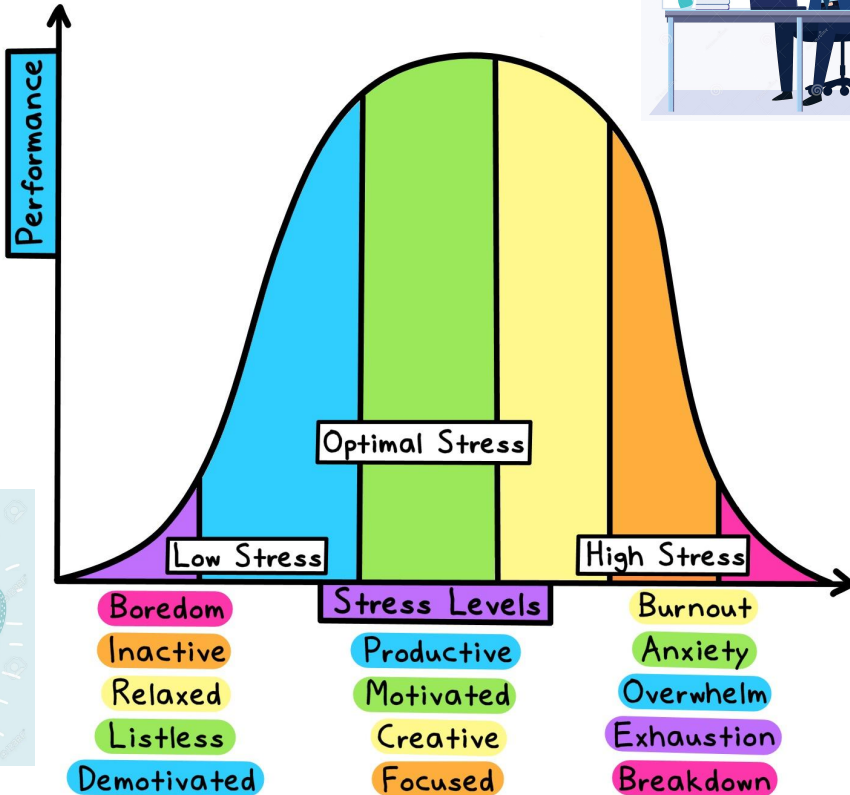
# The good and bad of pressure



# The good and bad of pressure



★ Stress Performance



# Characteristics of excess pressure

- Headaches or dizziness
- Muscle tension or pain
- Stomach problems
- Chest pain or a faster heartbeat
- Difficulty concentrating
- Anxious, worried
- Sleeping too much or too little
- Eating too much or too little



# HOW **STRESS** AFFECTS THE BODY

## BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

## CARDIOVASCULAR

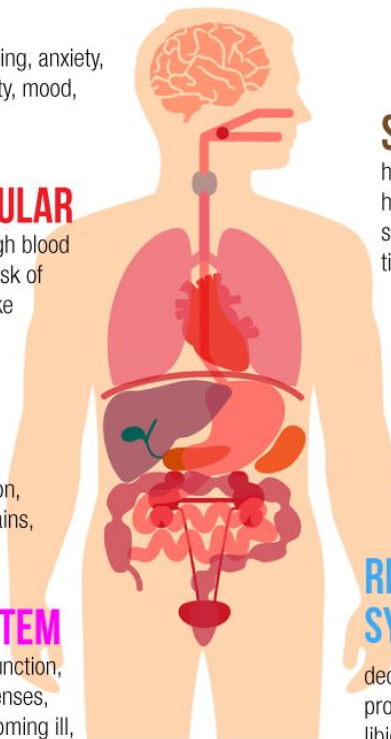
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

## JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

## IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



## SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

## GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

## REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms



# What is pressure ?

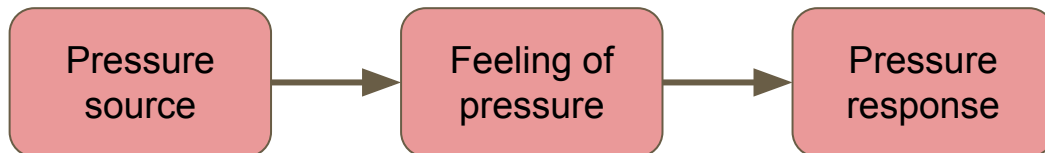
- Experience of negative feelings and discomfort
- When we feel **we cannot cope with tasks given**, some **emotional**, **behavioral**, and **physiological reactions** are developed



# What is pressure ?

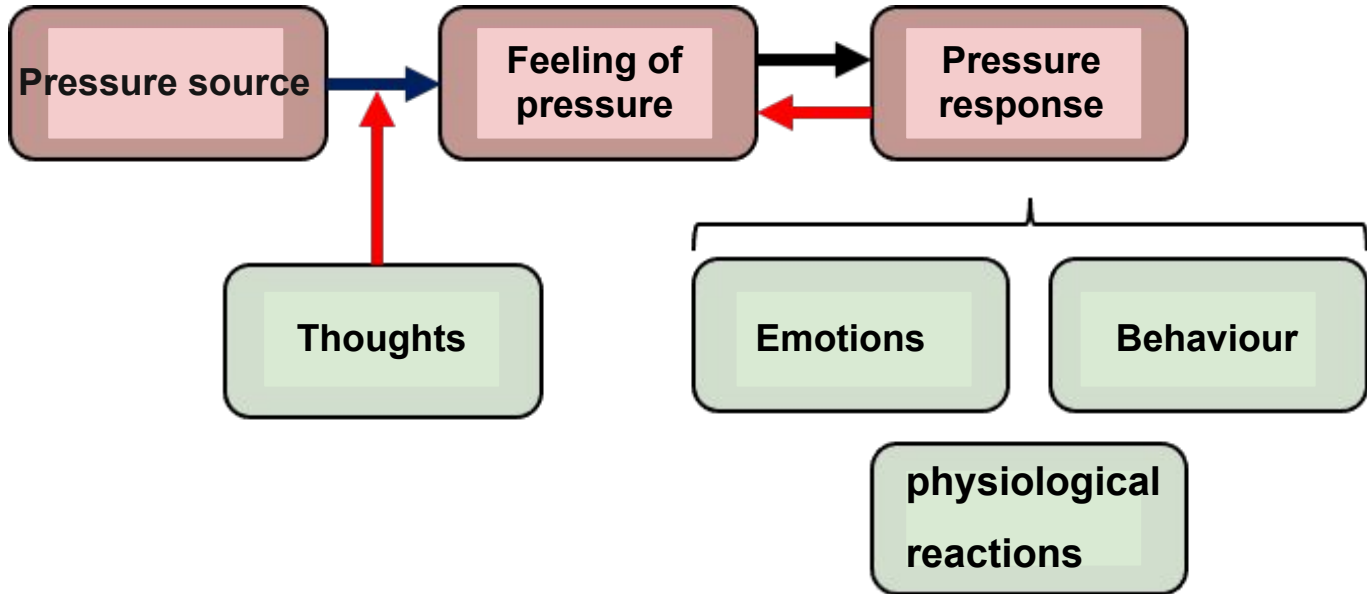
Stress can be broken down into three elements:

- **Pressure source:** where does the pressure come from (for example: environment, health, work, family, economy, interpersonal relationship)
- **Feeling of Pressure:** to what extent is the pressure
- **Pressure response:** including emotional, behavioral, and physiological reactions





# Knowing about pressure



# Source of pressure

Health

Interpersonal relationship

Environment

**Easily neglected !**

Children's academic

Family affairs

Work

Career

Finances

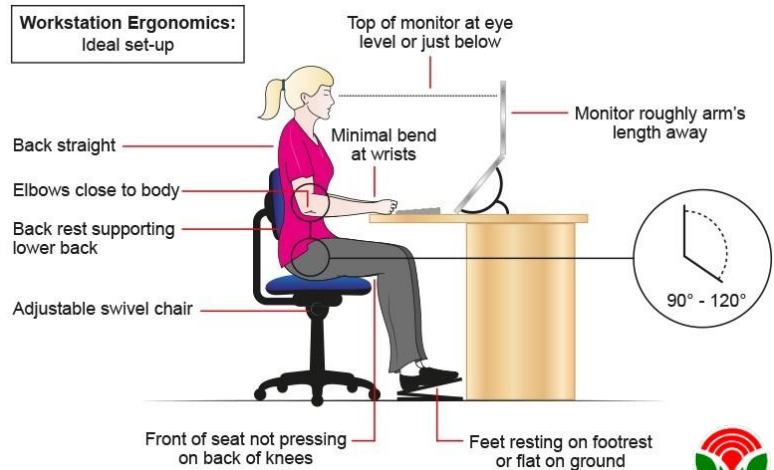


# Source of pressure: Environment

- Noise
- Air quality
- Messy room
- Narrow space
- Damp



- Work or living environment does not comply with the principles of ergonomics





## Air pollution ups stress hormones, alters metabolism

By Anne Harding, Reuters Health

5 MIN READ

In a recent study published in the American Heart Association journal *Circulation*, **breathing dirty air causes stress hormones to increase**, new research suggests, which could help explain why long-term exposure to pollution is associated with heart disease, stroke, diabetes, and a shorter life span.

.....students' levels of the **stress hormones rose with dirtier air, as did their levels of blood sugar, amino acids, fatty acids and lipids**. Higher exposure to PM was also associated with **higher blood pressure**, a worse response to insulin, and markers of molecular stress on body tissues - all of which can, over time, **increase the risk for heart disease, diabetes and other problems**.



# Mess stress: Why a cluttered space can stress you out



By **Caley Bedore** · Global News

Posted February 18, 2021 4:27 pm

According to Dr. Neil Fournier, a neuroscientist and associate professor in the psychology department at Trent University, he stated that a **cluttered space triggers a physical response in the body.**

"Some early studies show if you have a visual display and it looks chaotic and cluttered it will cause arousal and **cause pumping of adrenaline in your bloodstream,**" said Fournier.

He said that **release of stress hormones means our blood pressure rises, we breathe faster, we are on edge and that mess stress might be affecting our eating habits as well.**

"People who tend to have cluttered homes, they are two to three times more likely to consume chocolate than, say, an apple," said Fournier.

"We know that in extremely cluttered environments about 70 per cent of individuals struggle with obesity. So clearly there is some connection to a cluttered home and mental health outcomes."



# The best houseplants to relieve stress and anxiety

 Comment



**Natalie Morris**

Monday 9 Aug 2021 7:35 am



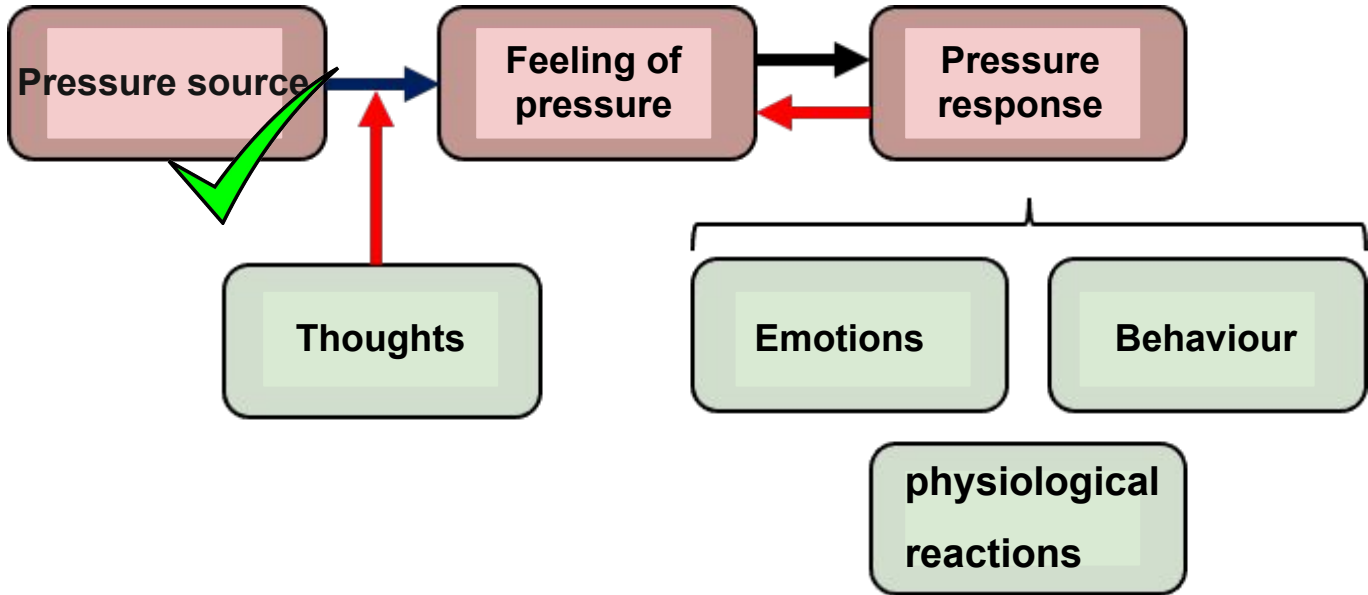
207  
SHARES



Aloe Vera and English Ivy are both great options. (Pictures: Kulbir, Pexels/Alexandra Tran)

Scientific evidence suggests that **working with nature reduces cortisol levels** – a chemical our bodies produce in response to stress.

Source: MetroNews 



**What do people with excess pressure  
think a lot?**





# Cognitive distortion traps

1. **Negative** thoughts that destroys motivation, **lowering self-esteem**, and contributing to problems like anxiety, depression, and substance use.
2. Cognitive behavioral therapy (CBT) is an approach that helps people **recognize** these cognitive distortions, allowing patients to **be aware of their behaviour** and replace them with more helpful, realistic thoughts



# Top 10 Cognitive distortion traps

1. Polarized thinking
2. Personalization
3. Discounting the Positive
4. Catastrophizing
5. Mental filtering
6. Labelling
7. Overgeneralization
8. Emotional reasoning
9. "Should" Statement
10. Mind reading





# Cognitive distortion (1): Polarized thinking

When people habitually **think in extremes**, also called black and white thinking.

## Example :

- when your friends gets mad at you -> no one likes me
- people in your life are either angelic or evil





## Cognitive distortion (2): Personalization

You **entirely blame yourself, or someone else**, for a situation that in reality involved many factors that were out of your control.

For example, **A mother blames herself for her daughter's bad grade in school. Instead of trying to find out why her daughter is struggling and exploring ways to help, she assumes it is a sign that she is a bad mother.**



# Cognitive distortion (3): Discounting the Positive

Ignoring the good things that have happened to you. It is similar to mental filtering, but instead of simply ignoring the positives, you are actively rejecting them.

For example, Joel completes a project and receives an award for his outstanding work. Rather than feeling proud of his achievement, he credits it to pure luck that has nothing to do with his talent and effort.



# Cognitive distortion (4): Catastrophizing

People with this type of thinking leads **assume the worst** and ordinary worries can quickly escalate.

**Example:** an expected check doesn't arrive in the mail. A person who catastrophizes may begin to fear it will never arrive, and that as a consequence it won't be possible to pay rent and the whole family will be kicked out.



# Cognitive distortion (5): Mental filtering

Filtering out the positives and only focus exclusively on the negatives.

**For example, Nathan focuses on all of the negative his partner has said or done in their relationship, but he filters all the kind and thoughtful things his partner does. This thinking contributes to feelings of negativity about his partner and their relationship.**



# Cognitive distortion (6): Labelling



When people reduce **themselves or other people to negative characteristic or labels** based on a single event or behavior.

## Example:

**When chatting with friends, they yawned ---> they don't want to listen to me**

**When completing a task but your boss gave no response ---> my boss does not think I'm good enough**





# Cognitive distortion (7): Overgeneralization

They reach a conclusion about one event and **assume that all future events will have the same outcome**. The words "**always**" or "**never**" frequently appear in the sentence.

For example, You have a negative experience in one relationship and develop a belief that you just aren't good at relationships at all.



# Cognitive distortion (8): Emotional reasoning

Emotional reasoning is a way of **judging** yourself or your situation **based on your emotions**.

**For example: Jenna used emotional reasoning to conclude that she was a worthless person, which in turn led to binge eating**

**“Today is a bad day so no matter what i do, it won't be successful.”**

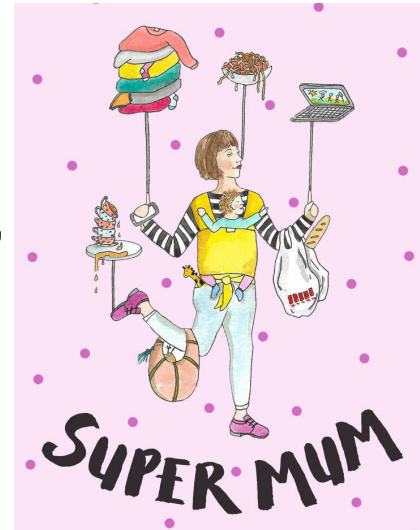


# Cognitive distortion (9): “Should” Statement

thinking about things that **you think you "should" or "must" do**. These types of thoughts are often **rooted in internalized family or cultural expectations** which might not be appropriate for an individual so **when we fail in our own eyes, which can create panic and anxiety**.

## Example:

**“All mothers in modern days should be able to feed her family while make a living “**





# Cognitive distortion (10) : Mind reading

When people **assume they know what others are thinking** according to their behaviour and reach conclusion **without evidence**.

**Example :**

**When hear people laughing-> They must be talking about me**



# Cognitive distortion symptoms

1. **Negative**
2. Right on **quick response** without better understanding
3. Wordings have **"Should", "Sure", "Must"**



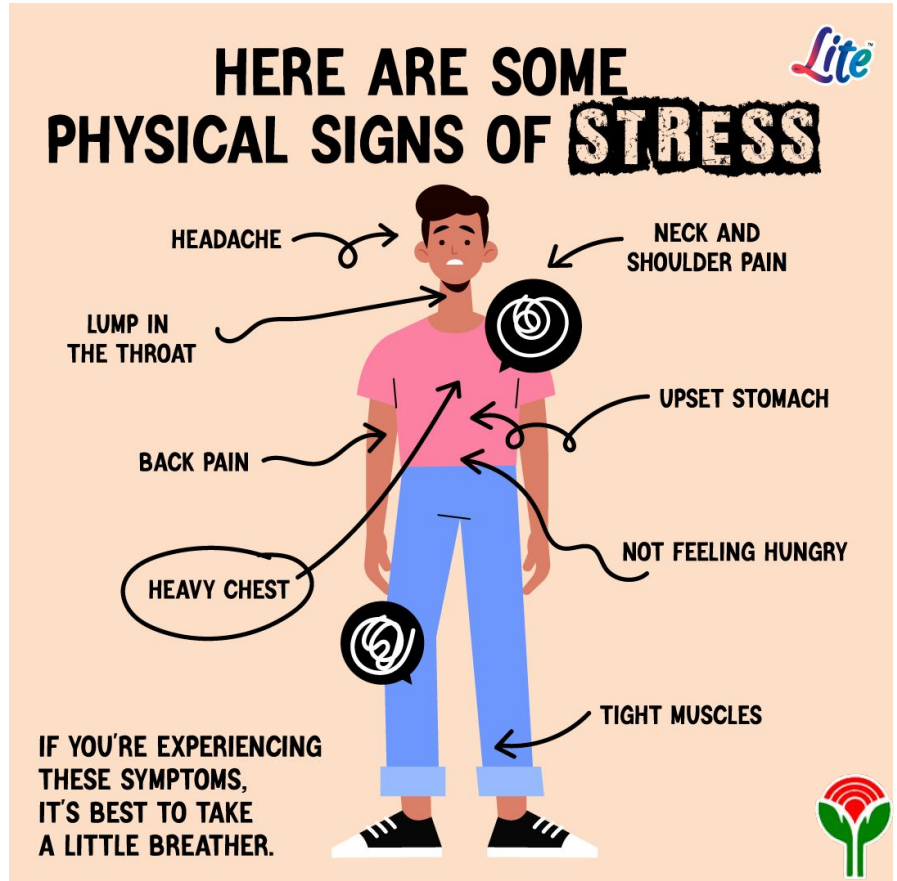
# 5 ways to relieve stress

1. **Look out for body warning signals**
2. **Stop negative thoughts**
3. **Self-questioning**
4. **Distraction**
5. **Prepare useful quotes**



# 5 ways to relieve stress

Look out  
for body  
warning  
signals



# 5 ways to relieve stress

## Stop negative thoughts

- Behavioral aspects: take a deep breath, drink a glass of water, massage tighten part of the body.....
- Speaking aspects:
  - (1) Wait a minute, the current situation is not as bad as i imagined!
  - (2) Don't think about it anymore!
  - (3) Stop! Don't take things so pessimistically!





# 5 ways to relieve stress

- **Self-questioning\*\*\***

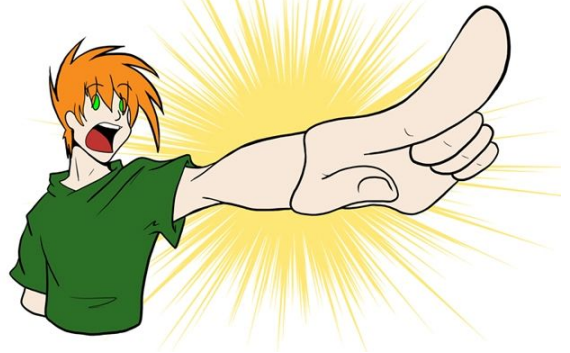
- **“Apart from the negative thought on the left, are there other possibilities? ”**
- **“Is it really bad?”**
- **“Maybe i'm thinking too much.”**
- **“If I continue to have negative thoughts, will there be any disadvantages?”**
- **“Is there any evidence or reason to prove that my thinking is absolutely correct?”**



# 5 ways to relieve stress

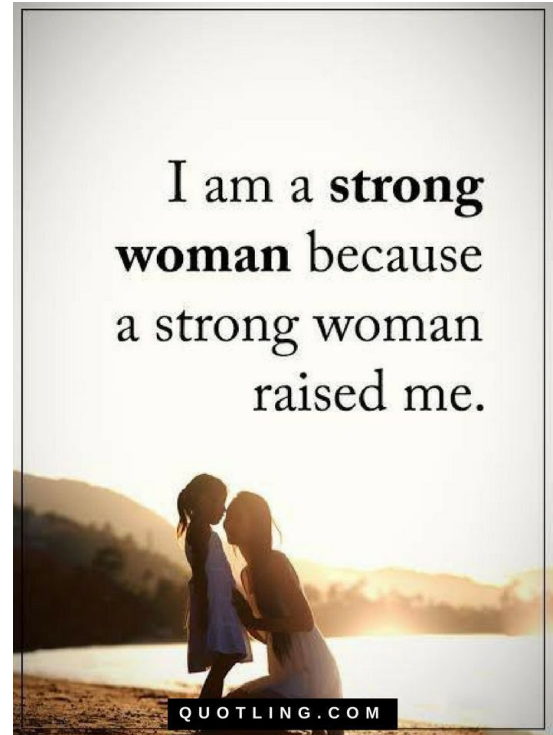
- **Distract yourself**
  - Taking a walk
  - Having a bath
  - Listening to music
  - Watching TV
  - Reading

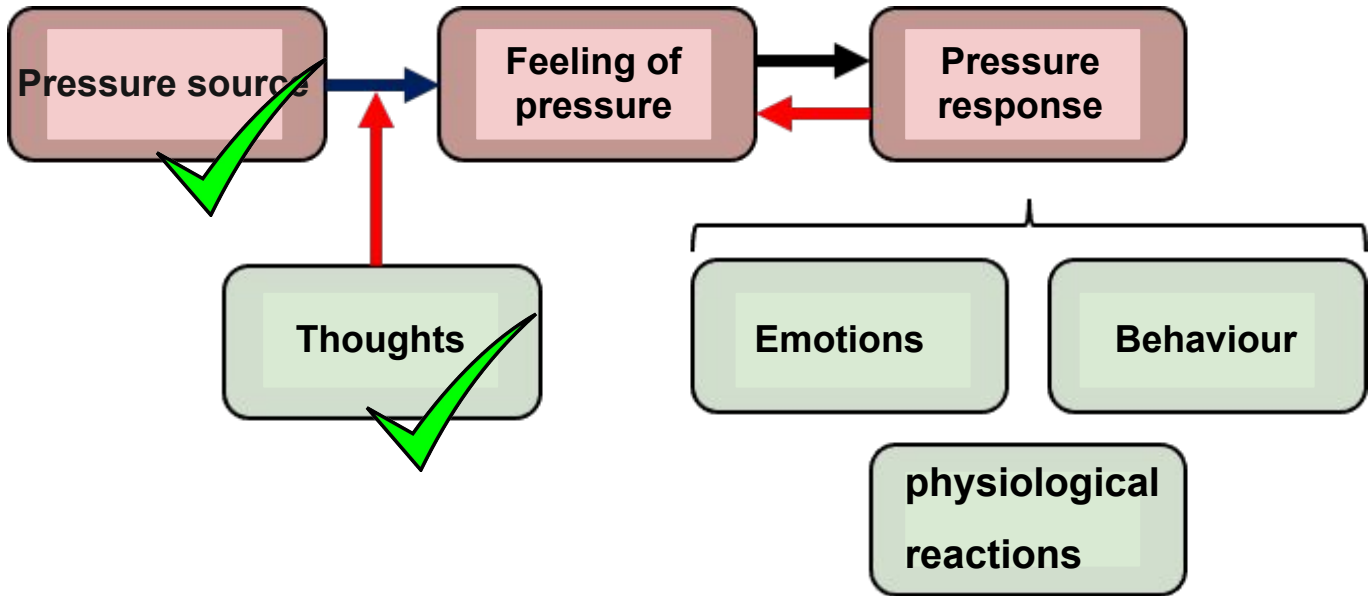
**LOOK!**  
**A Distraction!**



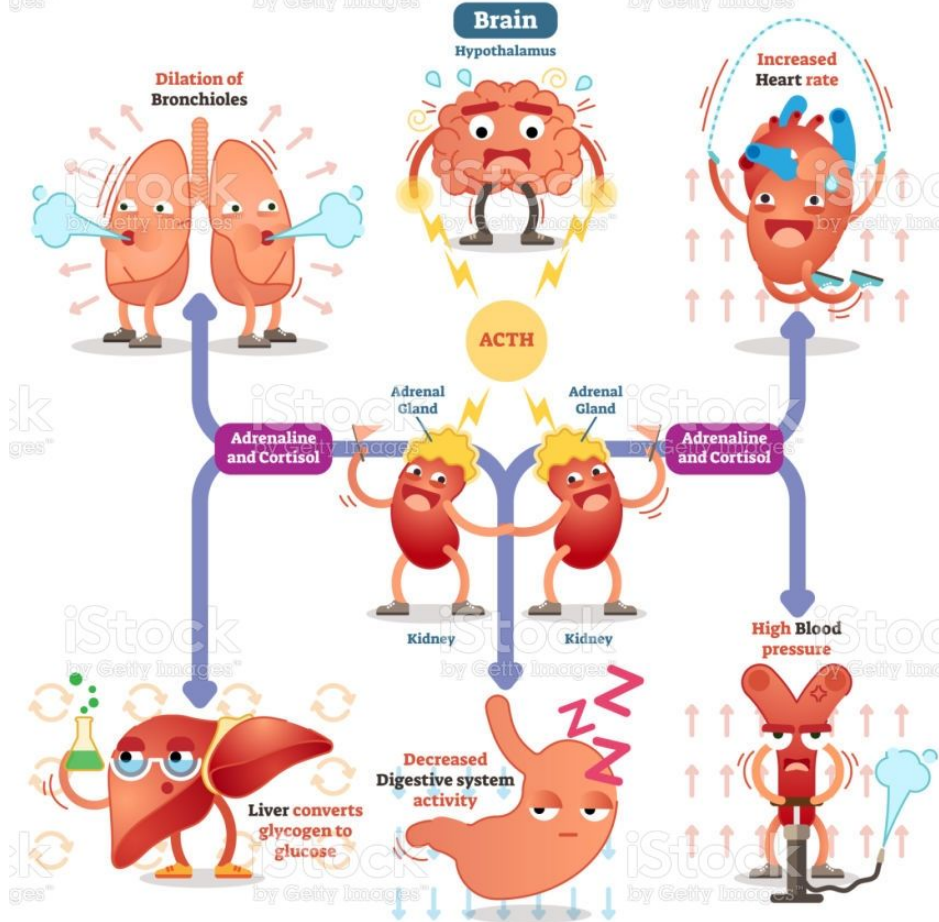
# 5 ways to relieve stress

- **Prepare useful quotes**
  - **Choose quotes that make you feel positive, write them down, or put them in places you can see at anytime.**





# STRESS RESPONSE SYSTEM



# Relieve stress - Progressive muscle relaxation

Progressive muscle relaxation is a **method that helps relieve the tension**. You tense a group of muscles as you breathe in, and you relax them as you breathe out. When your body is physically relaxed, you cannot feel anxious.

[https://www.youtube.com/watch?v=GZ9PHsbt-m4&ab\\_channel=EasternHealthNL](https://www.youtube.com/watch?v=GZ9PHsbt-m4&ab_channel=EasternHealthNL)

QR code:

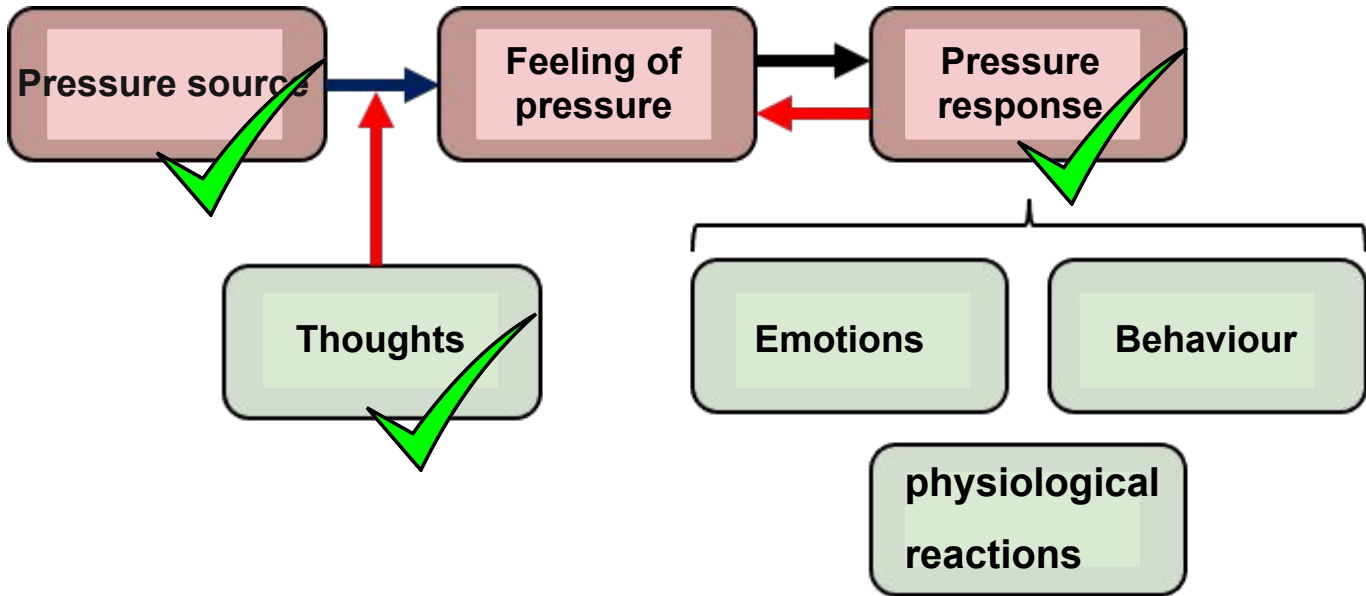


# Relieve stress - 「478」breathing method

**4-7-8 BREATHING**  
**RELAXING OR ENERGIZING?**

INHALE	HOLD	EXHALE	HOLD	EFFECT
4	1	8	4	Relaxing
4	1	12	1	Relaxing
6	1	10	1	Relaxing
6	1	8	4	Relaxing
8	1	8	1	Balancing
6	2	6	2	Balancing
6	4	6	1	Energizing
7	7	7	0	Energizing







# Improper distress method

1. Hurting others
2. Hurting yourself
3. Destroying properties
4. Taking drugs



# Common reason for students to take drugs



**Curiosity**

(44.8%)



**Pressure**

(19.0%)



**Peer Influence**

(16.9%)

Source: 2017/18 Survey of Drug Use  
among Students



# Ice:

- Crystal methamphetamine aka Ice, is a stimulant drug, which means it speeds up the messages travelling between the brain and the body
- Other names: crystal meth, shabu, crystal, glass, shard
- In some countries, it's used to treat narcolepsy and ADHD



# Ice:

- Effects & Danger: reduced appetite, insomnia, paranoia, hallucinations, extreme agitation leading to bizarre, aggressive or violent behaviour. Resulting in dependency on the drug
- Long-term abuse can lead to substance-induced psychosis, tic, unconsciousness, Cerebral hemorrhage and even death



# Cannabis

Category: Hallucinogens

Street: Weed, Marijuana, Grass, 420

How is it used:

- Smoked as a cigarette or in pipe or bong
- Smoked in blunts (cigar emptied of tobacco and filled with marijuana, and sometimes mixed with additional drugs)
- Mixed with food (edibles)



# Cannabis



Weed chocolate



Weed candies



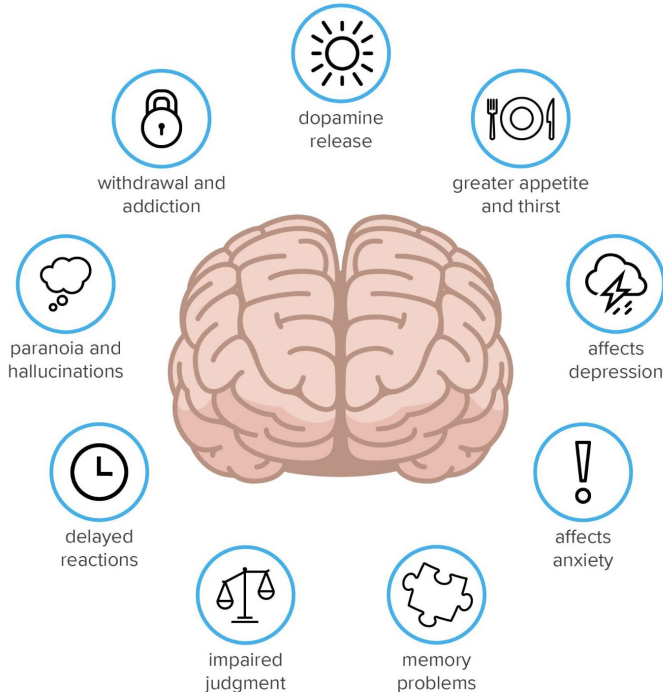
Weed cake



# Effects after taking cannabis

MEDICALNEWS TODAY

## Effects on the Brain Marijuana



- Effect memory and learning
- Hallucinations
- **Impaired judgement**
- Distorted perception
- Increased heart rate
- Dizziness



# CBD & THC



- CBD and THC are active ingredients in Cannabis
- CBD: cannabidiol, does not have abusive potential, NOT controlled under the Dangerous Drug Ordinance (Cap.134)
- THC: tetrahydrocannabinol, controlled under DDO.





	CBD	THC
Produce a “high”	NO	YES
Illegal	No regulation by far	YES*
Side effects	Almost none	Psychoactive side effects
Shows on drug test	YES**	YES
Pain reliever	YES	YES
Reduces nausea	YES	YES
Eases migraines	YES	YES
Reduces anxiety	YES	YES
Increases appetite	NO	YES
Decreases seizures	YES	NO
Anti-inflammatory	YES	YES

\*\*\*Need more research



# Hong Kong's first CBD-focused bar to open in Lan Kwai Fong

The city's busiest nightlife district is welcoming a CBD bar addition to its drinking scene



Written by Tatum Ancheta Friday 22 October 2021



Source:  
Time out



# Cannabis

A 17 years old tripped and died after taking cannabis - reported by The Daily Mail

## Killed by cannabis: Boy, 17, dies falling down stairs while high on skunk ... and proves Sir Richard Branson is wrong about drugs

By [ELEANOR HARDING FOR THE DAILY MAIL](#)  
UPDATED: 01:59 GMT, 25 January 2012



A teenage boy died of head injuries after he fell down a flight of stairs while high on super-strength cannabis.

Yesterday the coroner at his inquest hit out at those who seek to trivialise drug use.

David Norkett, 17, bought the cannabis from dealers loitering outside a shop.

These are the kind of small-time criminals who could escape a jail sentence under the Government's controversial new sentencing guidelines.

Coroner Peter Bedford said cannabis was the most likely cause of David's death and



© Youtube

**David Norkett: He died from brain injuries after falling down seven steps while smoking cannabis in Reading**



# Symptoms of people taking cannabis :

- Mood changes: dull stares, laughing for no reason, **red eyes**
- Might use deodorants to **cover strong smell** of cannabis
- Staying in the toilet for a long period of time
- Storing **drug related tools at home**: grinders, pipes, weed rolling paper etc

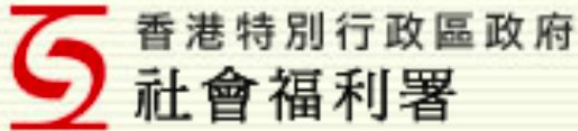


# What to do with so much pressure?

- More "Me time", spend time alone
- Use proper stress reduction methods
- You're not alone, talk to friends and family
- Seek professional assistance (such as counselors, social workers, psychologists, doctors, etc.)



# Social resources



## Tsing Yi (North) Integrated Family Service Centre

Fax: 2435 4765

Room 123, G/F, On Kong Hse, Cheung On Estate, Tsing Yi, N.T.

 [Location Map](#)

 [Link to Geoinfo Map](#)

Officer-in-charge

Tel.: 2435 3940

Email: [tynifscenq@swd.gov.hk](mailto:tynifscenq@swd.gov.hk)

Services include enquiry service, resource corner, family life education, parent-child activities, group work service, programme activities, volunteer training and service, outreaching service, counselling service and referral service, etc. for individuals and families.

## Tsing Yi (South) Integrated Family Service Centre

Fax: 2434 7116

G/F, Wing A, Hong Mei House, Cheung Hong Estate, Tsing Yi, N.T.

 [Location Map](#)

 [Link to Geoinfo Map](#)

Officer-in-charge

Tel.: 2435 0856

Email: [tysifscenq@swd.gov.hk](mailto:tysifscenq@swd.gov.hk)



# Conclusion

- **Improve the living environment**
- **Avoid cognitive distortion**
- **Use stress reduction methods**
- **Stay away from drugs**
- **Seek for professional help**
- **Make good use of community resources**



# Post-activity Evaluation Questionnaire



<https://docs.google.com/forms/d/e/1FAIpOLSdXmdXOBsZEJZFRHdHo482PTvR6b1afoUOKx-2iObxsUiEvJw/viewform>





# Q&A



**Thank you**

