

「家長智 Net」：不同主題的資訊推介

主題二、壓力和情緒管理

(影片) 抗壓影片 【駕馭憂慮】

幫助家長識別非理性信念和介紹利用安排「擔憂時間」的概念去處理過多的憂慮。

<https://bit.ly/3gEbE2p>



(影片) 抗壓影片 【鬆弛運動】

介紹兩種鬆弛運動，包括腹式呼吸和漸進式肌肉鬆弛法，鼓勵家長恆常練習。

<https://bit.ly/2R2i7JJ>



(影片)【疫流停課·不停「愛」】家長篇 (二)：關愛子女之輔導基本功

介紹基本的輔導技巧，讓家長理解及接納子女的情緒反應，並運用有關技巧協助子女以正面思維渡過逆境，達致正常復原。

<https://bit.ly/3sWLV7P>



(影片)【疫流停課·不停「愛」】家長篇 (三)：處理年幼子女情緒的實戰技巧

講解家長如何引導年幼子女調節負面想法，紓緩他們在疫情停課期間可能出現的各種情緒問題。

<https://bit.ly/3aFwJWy>



(影片)【疫流停課·不停「愛」】家長篇 (四)：處理青少年子女情緒的實戰技巧

講解家長如何引導青少年子女調節負面想法，紓緩他們在疫情停課期間可能出現的各種情緒問題。

<https://bit.ly/3aHNuk2>



拆解情緒的密碼

專家以思維模式、人際關係、多元活動及靜觀四個密碼來拆解情緒與壓力。

<https://bit.ly/3xnn0xV>



“Smart Parent Net”: Recommendations on Resources on Various Themes

Theme 2: Stress and Emotion Management

(Video) Overcoming worries

It helps parents identify irrational beliefs and introduces the concept of scheduling a “worry time” to manage excessive worries.



<https://bit.ly/32Tblsu>

(Video) Relaxation exercise

It introduces two relaxation exercises: abdominal breathing and progressive muscle relaxation. Parents are encouraged to practise regularly.



<https://bit.ly/3dWcc29>

(Video) Suspending classes without suspending love in the epidemic for parents (2) – Care for children: Basic counselling skills

It introduces some basic counselling skills to enable parents to understand and accept children's emotional reactions, and use the skills to help their children get through the adversity positively and return to the usual state.



<https://bit.ly/2QpS93b>

(Video) Suspending classes without suspending love in the epidemic for parents (3) – Practical skills in handling the emotions of young children

Parents will learn how to guide their young children to deal with negative thoughts, and manage emotional problems that have arisen due to class suspension during the epidemic.



<https://bit.ly/3vpEQOL>

(Video) Suspending classes without suspending love in the epidemic for parents (4) – Practical skills in handling the emotions of teenage children

Parents will learn how to guide their teenage children to deal with negative thoughts, manage emotional problems that have arisen due to the class suspension during the epidemic.



<https://bit.ly/3gH8N9e>

Unravel the code of emotions (Chinese version only)

Experts crack the four codes to handle emotion and stress, namely way of thinking, interpersonal relationship, diversified activities and mindfulness.



<https://bit.ly/32Oa8mr>