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GP DIGEST

Delia Memorial School (Glee Path)



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進行的專訪按中文B級

SIB MAY, MERCY AND MICHAEL

今期校報的主題是《情緒健康》，5IB 中文B同學馬志高（下稱馬）、柯美施（下稱柯）及黃開美（下稱黃）訪問了學校社工任姑娘（下稱任）、中文老師莊老師（下稱莊）及劉尚綦同學（下稱劉），談談他們對情緒健康的看法。

任姑娘（學校駐校社工）

馬：首先多謝任姑娘接受我們的訪問，作為一位社工，當你遇到壓力時，你會如何處理？

任：平時有壓力時，我會找一些令自己放鬆的方法，例如聽音樂，但最有效的方法是找朋友傾訴，與朋友傾訴後，便會將壓力紓解，將心中的鬱悶一掃而空，待心中的不快過後，便可以再次工作。

馬：另外，你是學校社工，你的工作環境是學校，這環境對你的心理健康有什麼影響？

任：對比之前的工作環境，學校有很多突發或難以預料的事情，甚至有些緊急或要即時處理的問題，例如同學遇到情緒問題，要即時處理，這也是一種心理壓力，可能自己要隨時準備處理這些問題，壓力來源在於此。



馬：當遇到學生有情緒問題時，你會如何處理？

任：無論學生或身邊的朋友有情緒問題，處理手法都是相同的，首先會聆聽他們的問題或感受，先讓他們抒發自己的情緒，因為同學未必能即時處理自己的情緒，所以讓他/她先冷靜下來，講出自己的感受及想分享的事情，知道他們的壓力原因或不開心的事情後，再問他們有什麼減壓的方法去處理自己的壓力，因為不同的人有不同的抒發情緒的方法，再向同學建議一些減壓的方法，或者可以即時練習如何釋放壓力的方法，例如深呼吸、伸展、繪畫等，希望同學離開社工室會找到自我減壓或處理情緒的方法。

馬：最後想請任姑娘用一、兩句說話鼓勵同學，希望同學當遇到情緒問題時，可以想起這句話。

任：唔……我會用這句說話「It's okay to be not okay」。人是有情緒的，所以我們要接受自己有不同的情緒，不要批判自己，不要懷疑自己，要讓自己的情緒抒發出來。

劉尚綦同學（6IB）

黃：你好，我是5IB的黃開美，很高興你今天接受我們訪問。首先，想問一下你有沒有壓力？有的話，是來自學業，家庭還是其他地方？

劉：我的壓力主要來自自己的學業，因為我從小就不擅長讀書，身邊同學的成績也總比自己好，所以我為了追上大家的進度便感到特別有壓力。現在我就讀中六，許多時候老師給的功課也更難，對時間管理的要求也高多了。比如說，在低年級的時候，老師給的功課往往都是一天後交，或是隔一個週末交。

但是，到了高年級，許多功課都會給你一個月，甚至是一年時間去完成，整個過程都在考驗我的時間管理和抗壓能力。另一方面，我所修讀的 IB 中文 B 高級課程只有我自己一個，會較大壓力，如果有其他同學都讀相同的科目，可以互相，切磋則更為理想。

黃：明白。下一個問題，你覺得你跟老師同學的相處是帶給你壓力，還是減輕了你的壓力呢？

劉：我覺得尤其在中文科，因為我是唯一的高級課程學生，老師便會對我又特別的期望，也給我額外的工作量。雖然我明白老師是出於對我的關心才這樣做，但我有時候也會感到力。同學方面，雖然我跟他們相處也不錯，但我有時候也會想如果有更多共同文化背景的同，便更好了。

黃：話說回來，學生有壓力，那麼作為學生的你，你覺得老師的壓力又是什麼呢？

劉：要說的話，我覺得老師的壓力是來自學生的成績和課堂表現。老師的使命是要好好引導學生學習新的知識，培養良好的品格。如果學生的成績欠佳，或是品行不端，相信老師也感到一定的壓力。

黃：好，現在想問一下：當你遇到壓力的時候，你會用什麼方式減輕這些壓力呢？

劉：我很喜歡美食，所以我會去找一些美食點去品嚐一下。吃過東西後，最好也做一些運動比如說跑步、瑜珈等。我也會跟很久沒見的朋友透過電話或視信通話，以聚舊來減壓。



莊老師（中文科科主任）

馬：莊老師，你好！首先我想問你有沒有壓力？你的壓力來源是什麼？

莊：我的壓力有來自工作、財政等等。在工作方面，在學校工作，自然會面對很多人，人的變化是最大的，很多時候都不可以作好準備，有時每天都會有一些突發的事情要處理。另外，作為老師，自然對學生有所期望，期望學生可以有進步，但有時學生又未能達到自己的要求，很容易便會產生挫敗感。而且老師工作亦很繁忙，除了每天有三至四節的課堂，還有備課、批改等，所以根本沒有太多時間處理自己的心情。另外在財政方面，

馬：那麼，莊老師面對這些壓力，你有什麼方法去減壓？

莊：有時會看書，當看書時，自己代入故事當中或某個情景，這樣可以暫時忘記不快；而且看書可以增廣見聞，可以讓自己認識更多不同的事物，對教學亦有所幫助。閒時亦會聽音樂放鬆下，放工時會聽慢歌，讓自己心情放鬆。

馬：明白！另外，你覺得工作環境對你來說是怎樣？即是說吉利徑的工作環境對你的心理健康有什麼影響？

莊：負面影響在前面已略提及，所以不多談了！而我專心工作時，亦是一個不錯的減壓方法。

馬：莊老師，可以舉一個例子嗎？

莊：唔……例如可能家中有些不愉快事情發生，心情較為低落，但上堂時候可以將煩惱放下，看到自己的學生（莊老師強調他們是小朋友），會被他們可愛的笑容、行為迷著，煩惱亦可以暫時得以放下。

馬：另外，作為一位老師，你剛才都談及面對學生是最大的挑戰，如果突然間有一位同學跟你爭吵或嚎哭起來，你會怎樣處理？

莊：如果在課堂發現同學有情緒問題，我會先安頓其他同學，儘量分散同學的注意，不要將焦點放在這位同學身上，之後可以問下他/她發生什麼事，是否須要一個較安靜的環境冷靜下來，可能亦須要找社工幫忙。

VOICES OF GLEE PATH

WHAT ARE SOME TIPS THAT YOU WOULD LIKE TO SHARE WITH YOUR FELLOW SCHOOLMATES IN ORDER TO IMPROVE ONE'S MENTAL HEALTH?

I believe it is essential to spend 5-10 minutes every once in a while to just talk about random things apart from academics and to ask students how they are doing. Students may become stressed as they do not have friends next to them to share and talk to. Most students are passive in doing that and not being next to their classmates, makes it even more difficult to do so. In order to lessen the stress from online classes, students can also make full use of the 10-15 minutes of the break to steer away from the monitor/screen to listen to songs and move around at home.

~T_Jerry

In the recent epidemic, there are several ways that you could relieve your stress:

- (1) Read a fiction before you sleep and go to bed earlier
- (2) Conduct an internal dialogue with yourself to understand how you feel
- (3) Go aerobic exercise and play games in the sunlight every day
- (4) Maintain a balanced diet
- (5) Meet your friends, even through zoom!

~T_Teddy

Tip 1: Do something that you like
When I am stressed, I will indulge myself with fiction! So find a hobby and get recharged!

Tip 2: Do sports
Sports boost your endorphins! You may have heard of the "runner's high" and it is true! No matter how busy you are, try your best to do sports regularly!

~T_Eddy

If you are extremely exhausted mentally from continuously going through depressing thoughts or are currently getting bullied or something similar, listening to classical music alone really helps you feel better and might enlighten you.

"The music goes in and the stress goes out"

~S_Arthur

I think talking about your feelings is important as it can help you to stay in a better mindset. You can deal with times when you feel troubled which leads you to pay attention to the present moment. Another tip I would like to recommend is to make more social connections in person, so you can ease up your mind whenever you need someone to talk to when in need.

Lastly, do not cram up your sleeping schedule and eat healthier with a brain-healthy diet to maintain your mental health.

~S_Daffy

From my personal experience, I think talking to someone is always the first step towards improving mental health. Getting busy with school things or other things, exploring your interests is what can genuinely help one improve their mental health. ALWAYS STAY POSITIVE!!

~S_Joddy

In my personal opinion, staying positive in every situation is a great way to help one's mental health. Also, connecting with more people online or in-person always works as well, as you become more open to others which help us understand ourselves more. Being physically active is also another way to keep our mental and physical state fit at the same time.

~S_Jonny

Mental health is different for everyone. But a common factor that impacts your mental health is stress, whether it is from family, peers or school. Some people like to deal with it individually instead of talking with others, and that's fine, but make sure it is something you can deal with healthily. And have time, like 5 minutes or an hour from your busy schedule, for yourself every day. Do what you love, such as dancing, singing, drawing, acting and even writing. It doesn't have to be a complicated one, as long as you can calm yourself down and enjoy it to the fullest.

~S_Betty

I would tell the students who struggle with their mental health to listen to music, take some time to sleep deeply, and spend some alone time near the sea or places that they find peaceful to think about their thoughts.

~S_Ricky

"When you're at the end of your rope, tie a knot and hold on." -Theodore Roosevelt.

At this time, we students may not be in the best state mentally, but there is always hope. We have always been told that we should be physically fit, but we forget to focus on our mental health. I would like to share a few tips to improve your mental health. First, you should have a balanced diet that can help you manage your stress and improve your health. A poor diet will harm your mental and physical well-being. Secondly, getting proper sleep is extremely important for improving your mental well-being. Experts say that adolescents should sleep for 8 to 10 hours or else preexisting conditions such as depression may worsen. In addition, connecting with people is vital in maintaining a healthy lifestyle. Keep in touch with your friends as sharing your feelings can help you feel better. You can also engage in fun activities like playing strategy games or board games.

~S_Jolly