

The Open University of Hong Kong Profession Development Seminar: Stress Management of Adult Learner

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Stress and Stress Management in General



**Stress and Stress Management related to
Learning**



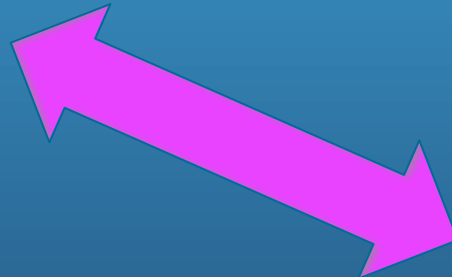
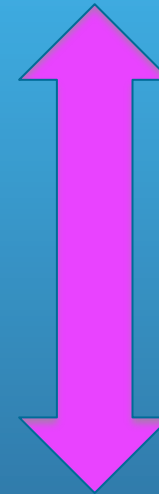
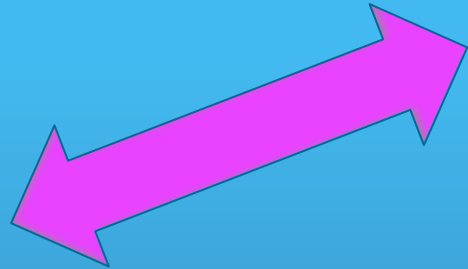
**Stress and stress management of Adult
Learner (in OUHK)**



Psychiatrist

**Student in OUHK
for 20 years**

Tutor in OUHK



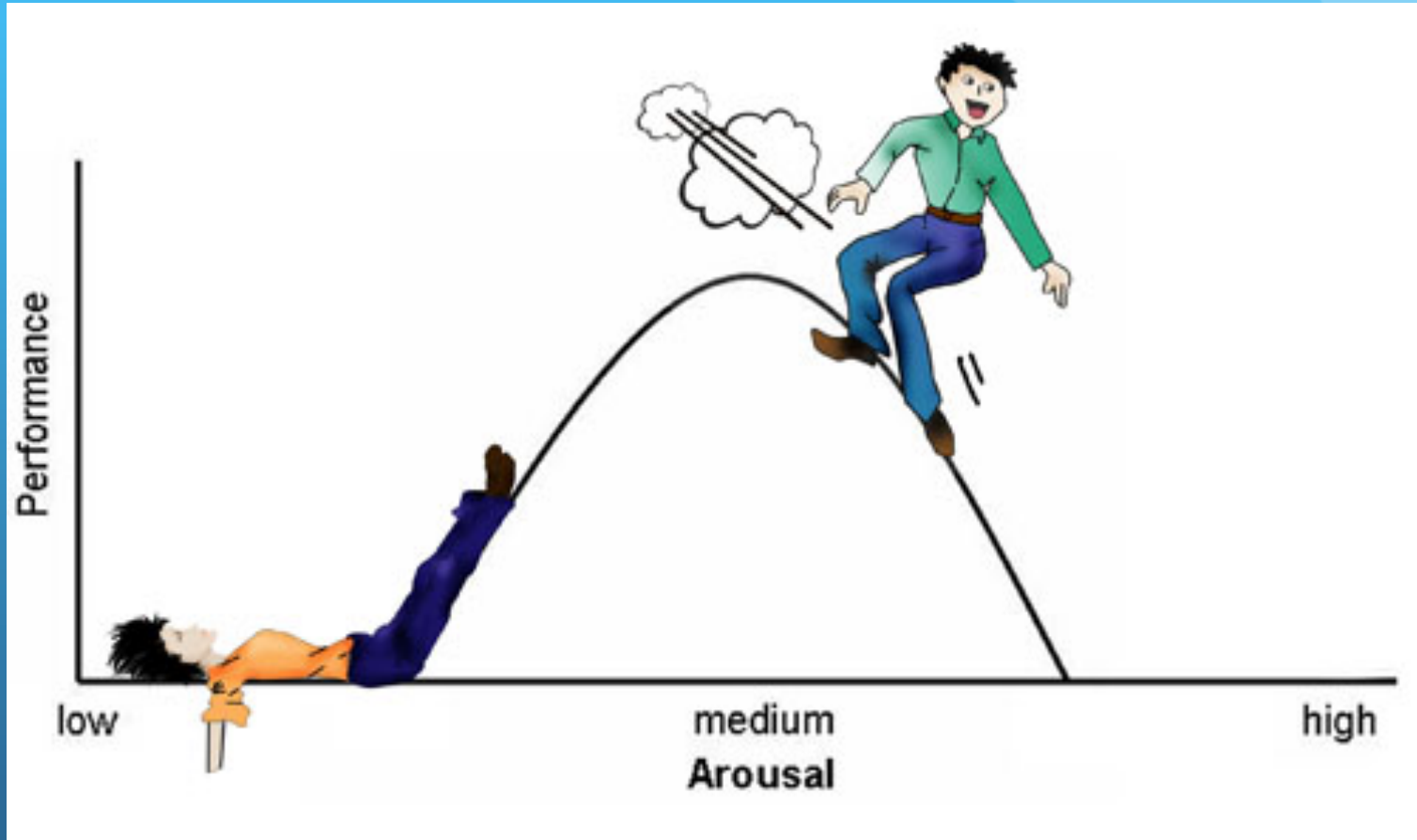


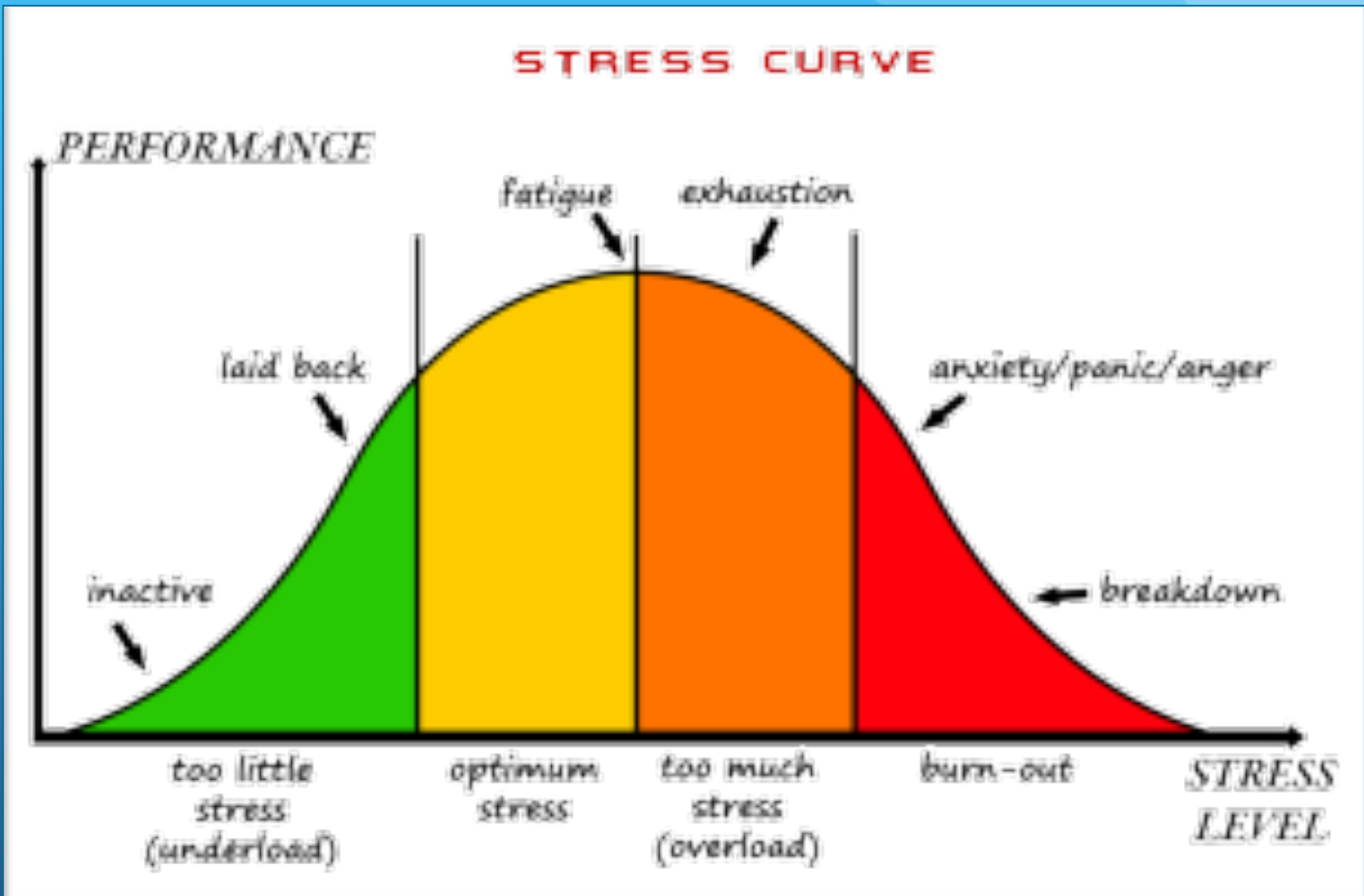
Stress and Stress Management in General

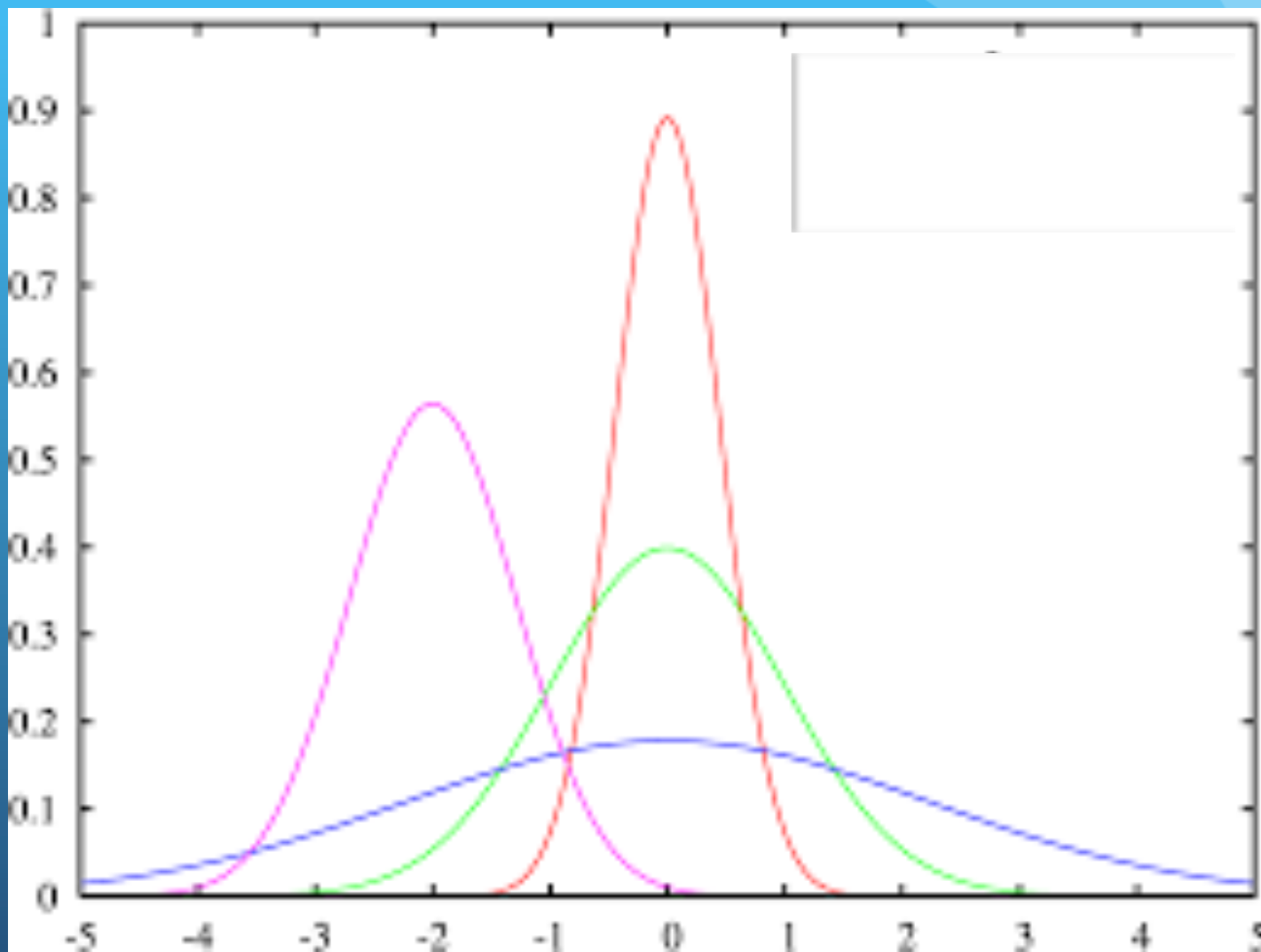




Stress = Pressure > Resource









EVENT	VALUE	EVENT	VALUE
Death of a spouse or partner	100	Son or daughter leaving home	29
Divorce	73	Trouble with in-laws	29
Marital separation	65	Outstanding personal achievement	28
Jail term	63	Spouse begins or stops work	26
Personal injury	53	Starting or finishing school	26
Marriage	50	Change in living conditions	25
Fired from work	47	Revision of personal habits	24
Marital reconciliation	45	Trouble with boss	23
Retirement	45	Change in work hours, conditions	20
Changes in family member's health	44	Change in residence	20
Pregnancy	40	Change in schools	20
Sex difficulties	39	Change in recreational habits	19
Addition to family	39	Change in religious activities	19
Business readjustment	39	Change in social activities	18
Change in financial status	38	Mortgage or loan under \$10,000	17
Death of a close friend	37	Change in sleeping habits	16
Change to different line of work	36	Change in # of family gatherings	15
Change in # of marital arguments	35	Change in eating habits	15
Mortgage or loan over \$10,000	31	Vacation	13
Foreclosure or mortgage or loan	30	Christmas season	12
Change in work responsibilities	29	Minor violation of the law	11

Source: Reprinted from *Journal of Psychosomatic Research*, 11 (2), T.H. Holmes and R.H. Rago, "The Social Readjustment Rating Scale," 1967, with permission from Elsevier.





Financial

Health

Family

Study

Parents



Children

Work

Friends

Financial

Health

Family

Study

Parents



Children

Work

Friends



Financial

Health

Family

Study



Parents

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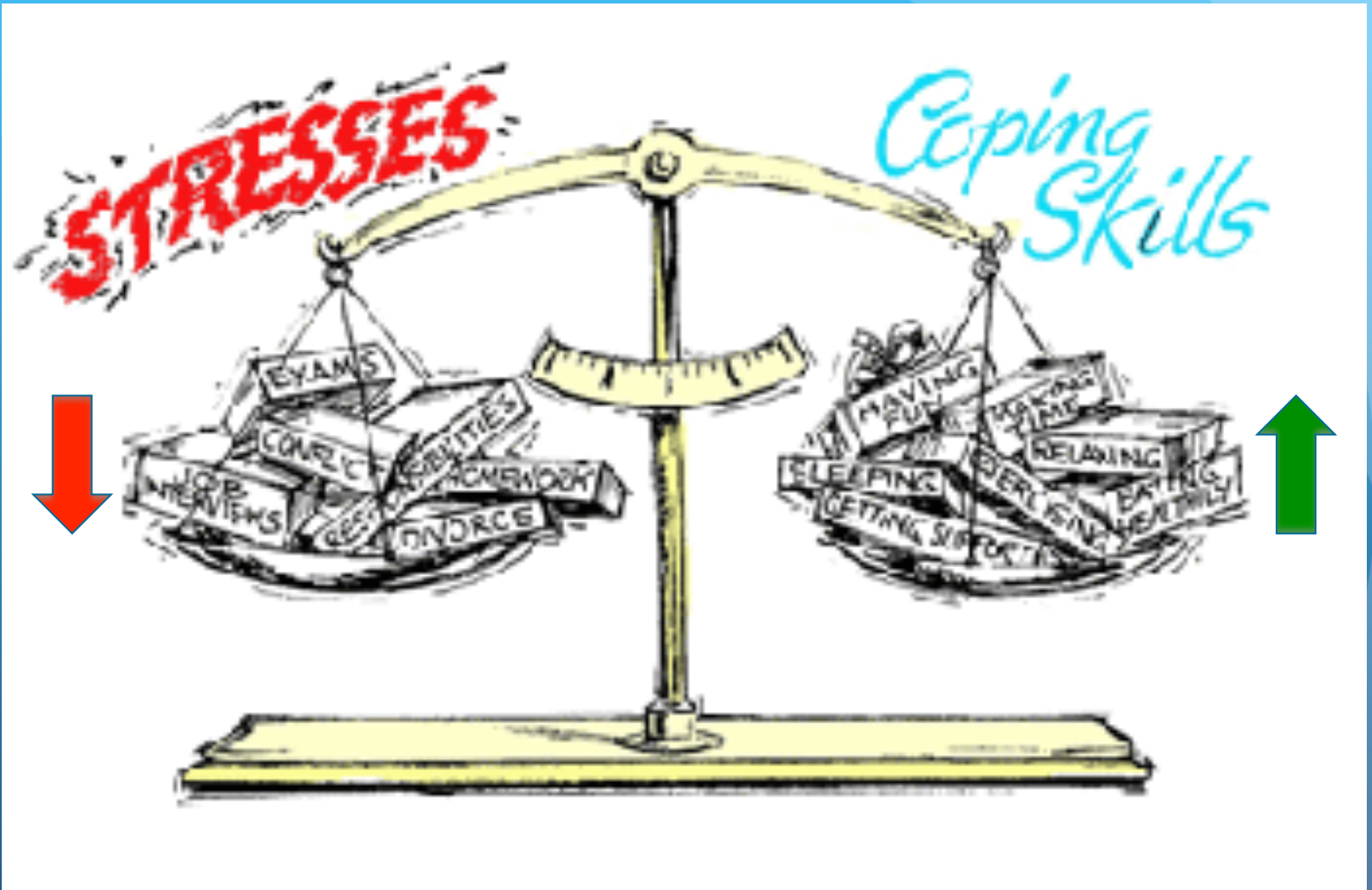


Parents

Children

Work

Friends



General Principle of Stress Management

Dealing with stressful situations

- Avoid unnecessary stress
- Alter the situation
- Adapt to the stressor
- Accept the things you can't change
- Make time for fun and relaxation
- Adopt a healthy lifestyle

Avoid unnecessary stress

- Learn how to say “No”
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Pare down your to-do-list

Alter the situation

- Express your feelings instead of bottoming them up
- Be willing to compromise
- Be more assertive
- Manage your time better

Adapt to the stress

- Reframe problems
- Look at the big picture
- Adjust your standards
- Focus on the positive

Accept the things you can't change

- Don't try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive

Make time for fun and relaxation

- Set aside relaxation time
- Connect with others
- Do something you enjoy every day
- Keep your sense of humor

Healthy way to relax and recharge

- Go for a walk
- Spend time in nature
- Call a good friend
- Sweat out tension with a good workout
- Write in your journal
- Take a long bath
- Light scented candles
- Savor a warm cup of coffee or tea
- Play with a pet
- Work in your garden
- Get a massage
- Read a good book
- Listen to music
- Watch a comedy

Adopt a healthy life style

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes and drugs
- Get enough sleep



Bio-Psycho-Social



名采

zzZZ.....

老實說，我是個行為勤奮但內心懶惰的人，
總希望少勞多獲，甚至不勞而獲。我可告訴你，

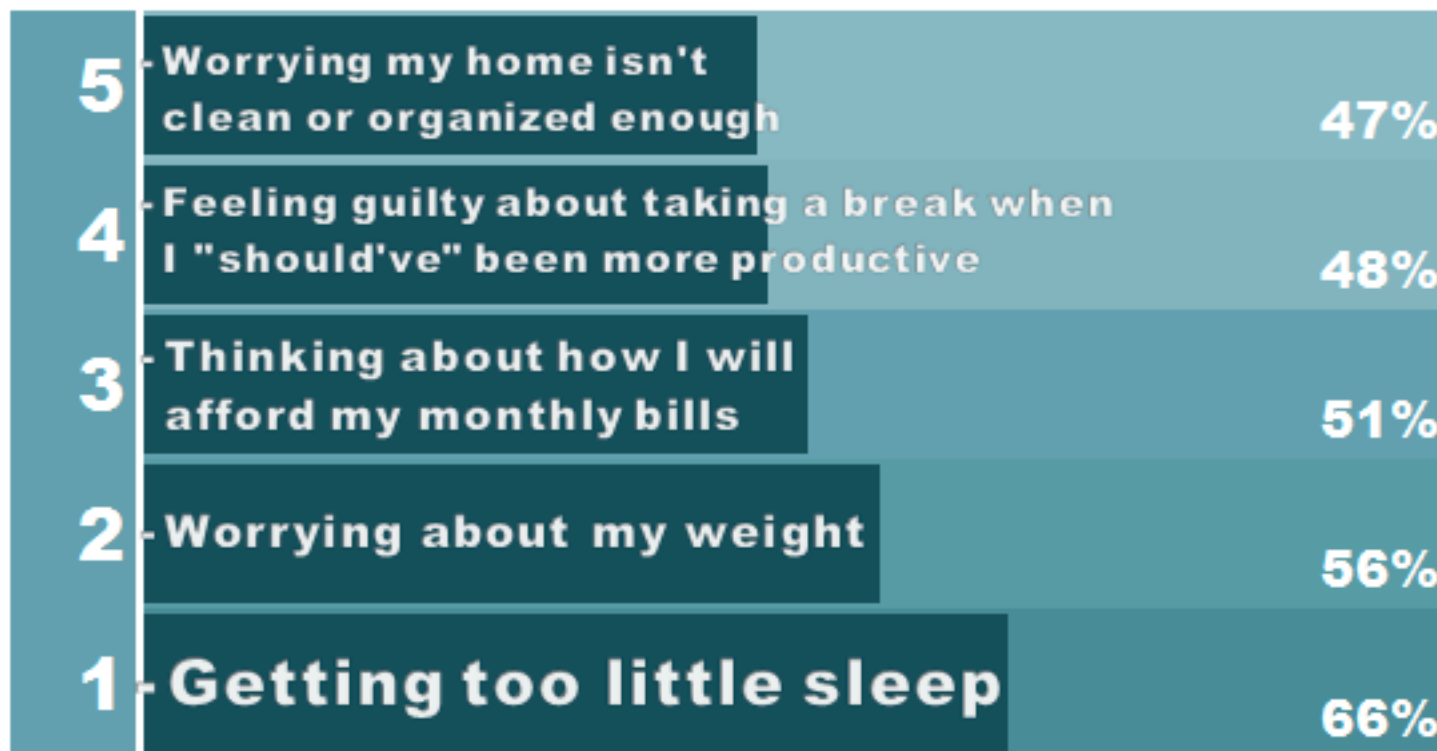
充足睡眠正正是
不勞而獲的最佳辦法。

一區樂民





5 most common stress triggers



% = amount of recently stressed Americans* who said this caused stress within the past month

**91% of Americans were recently stressed, sample size=950*

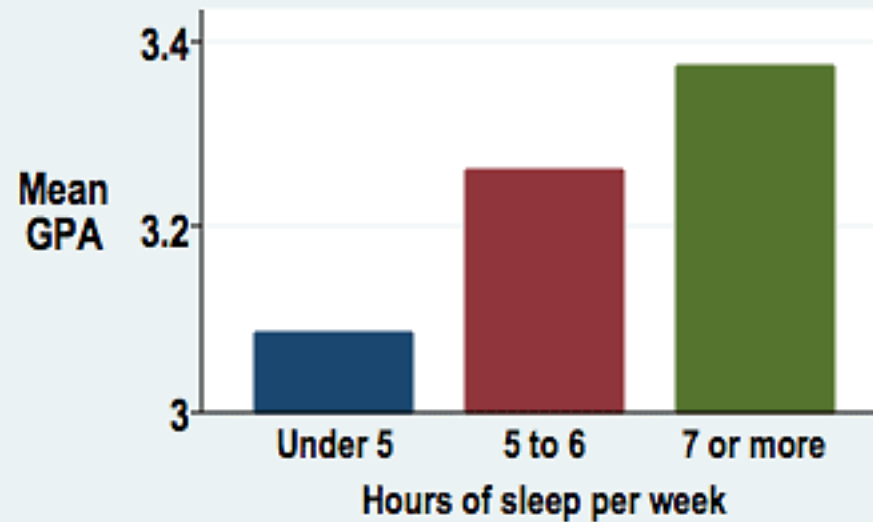


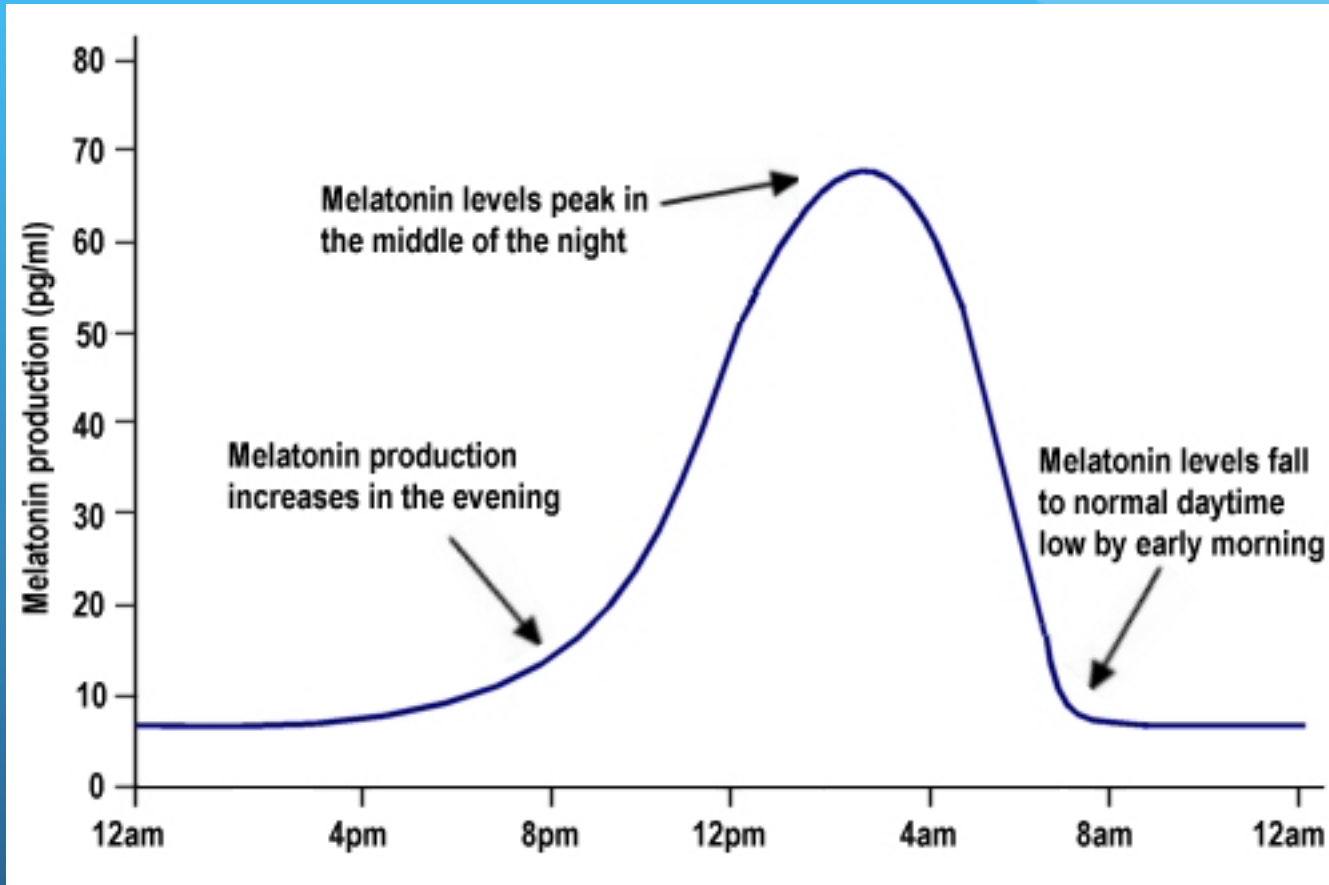


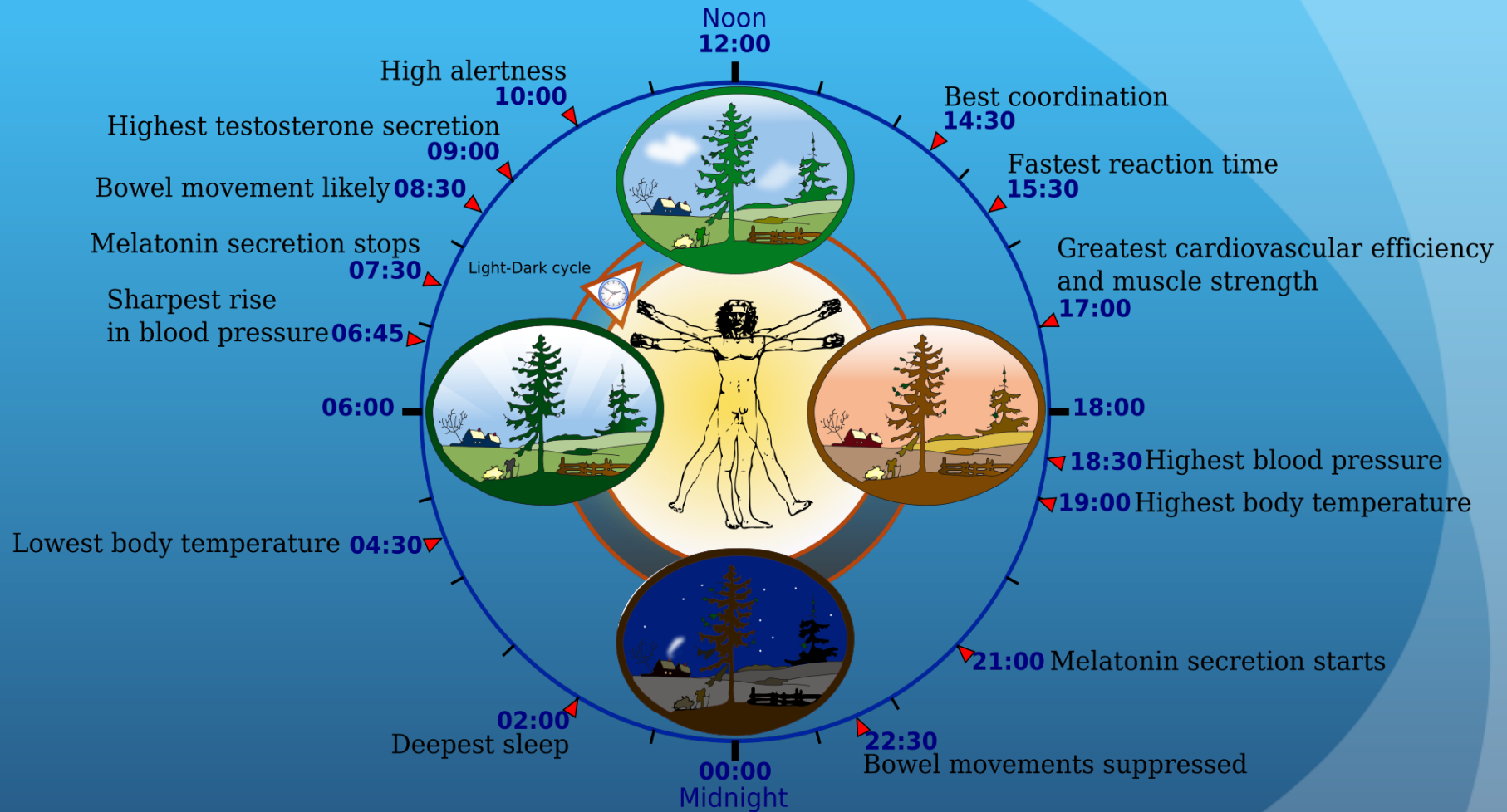
Age:	Amount of Sleep:
Newborns (1 to 2 months)	14 to 18 hours
Infants (3 to 11 months)	13 to 16 hours
Toddlers (1 to 3 years)	12 to 14 hours
Preschoolers (3 to 5 years)	11 to 13 hours
Children (5 to 12 years)	10 to 11 hours
Teens (13 to 17 years)	9 to 10 hours
Adults (18 and Up)	7 to 9 hours



Grade point average by amount of sleep









**EXERCISE CAN REDUCE
STRESS AND ANXIETY.**



**Food is the
most abused
anxiety drug.
Exercise
is the most
underutilized
antidepressant.**



Bio-*Psycho*-*Social*

Time Management





Family

Money

Rocks

Study

Sands

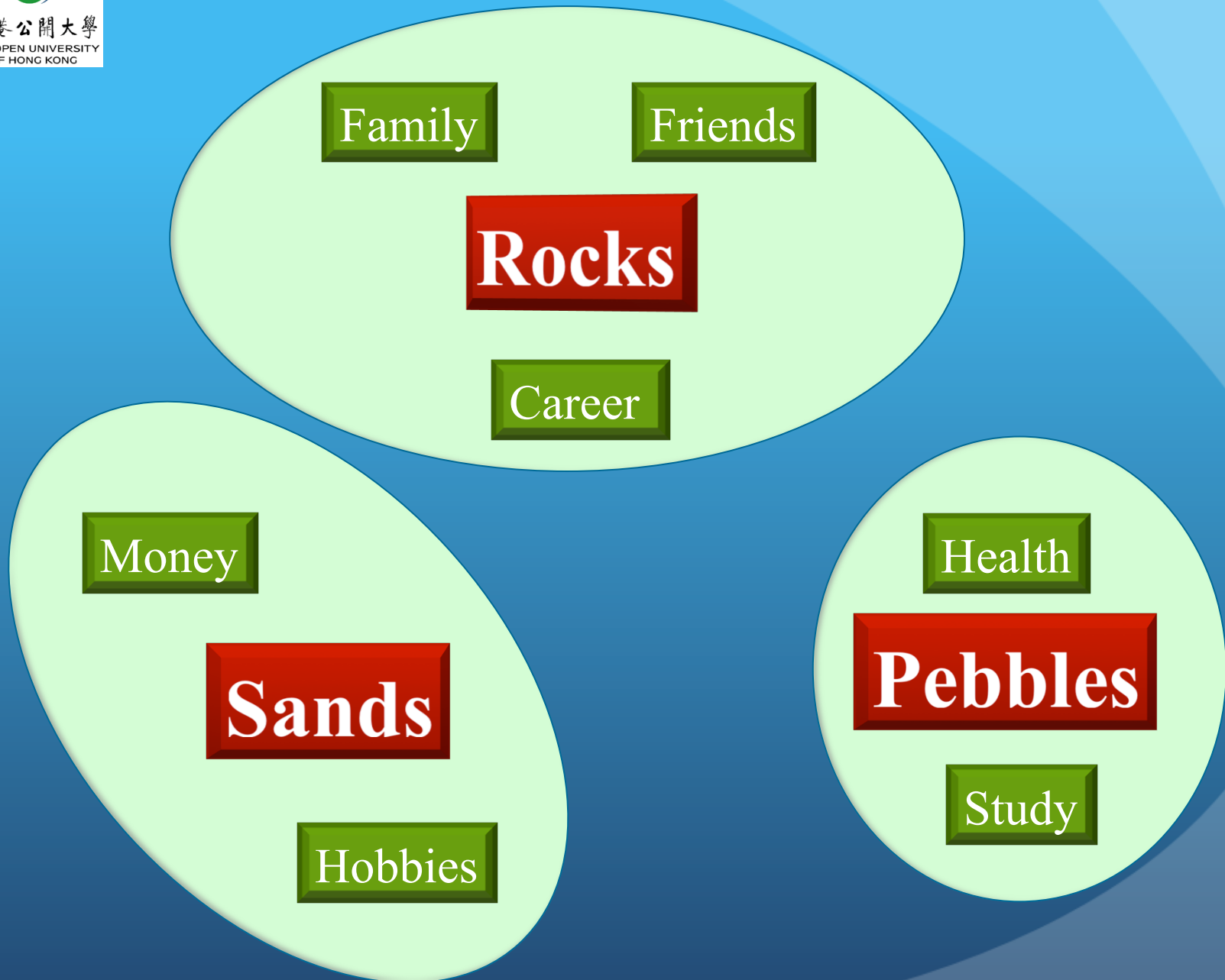
Hobbies

Career

Health

Pebbles

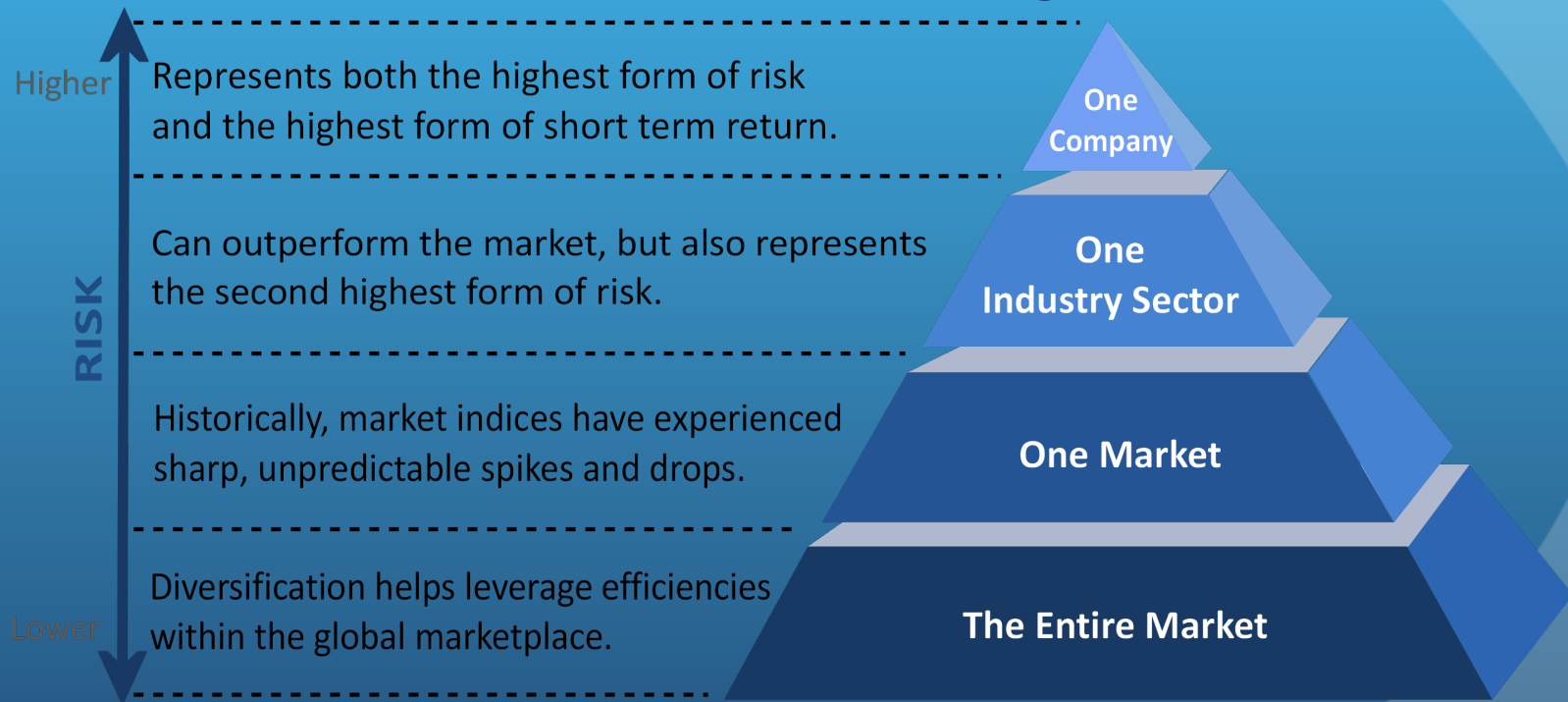
Friends



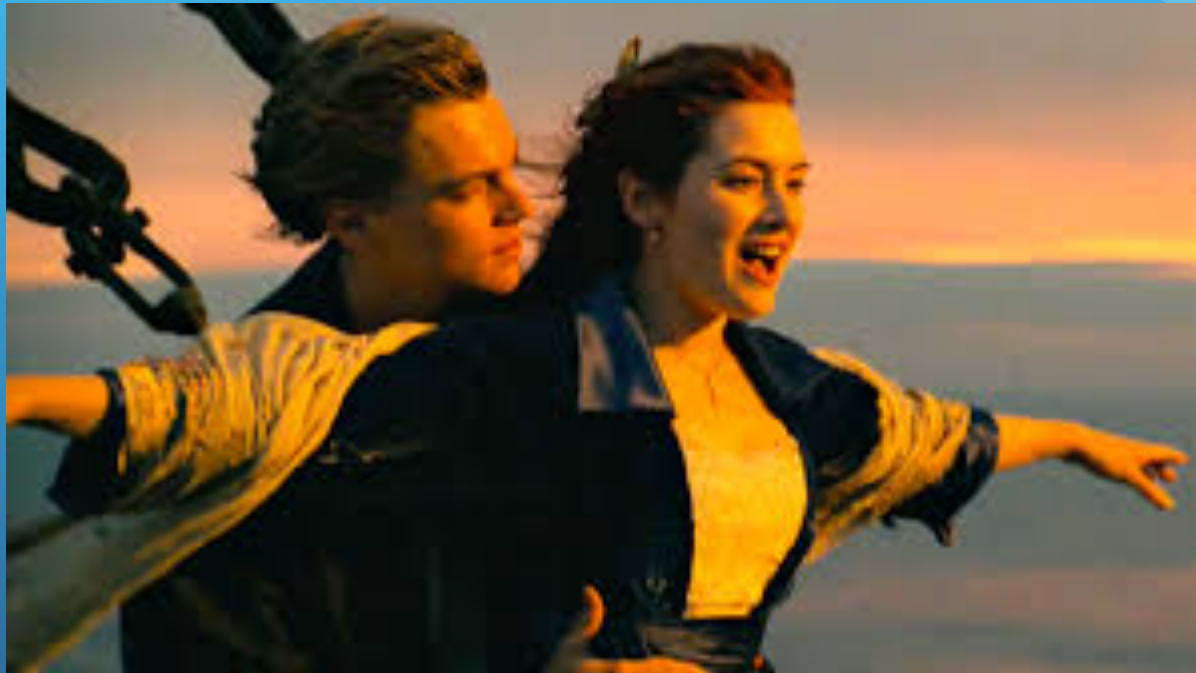
Diversification of Investment

Tiers of Diversification

Diversification helps API manage the specific risks of each tier, as well as other residual risks inherent in investing.



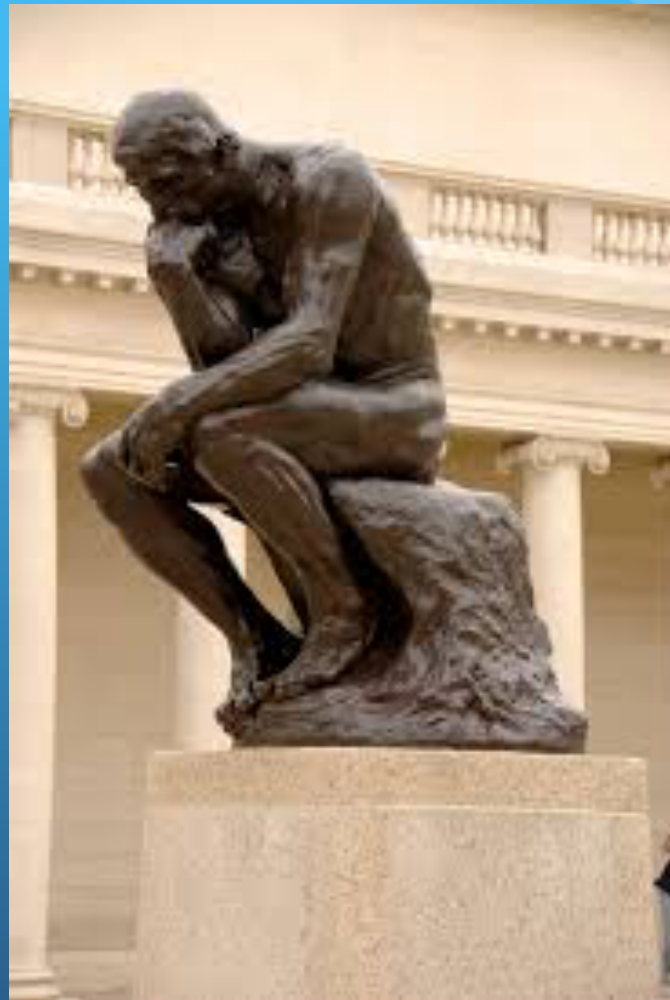
Source: <http://apifunds.com/api-approach/managing-risk/>





Source: <http://sgtalk.org/mybb/Thread-Mr-Low-TK-actually-implied-that-WP-is-the-Titanic>







Stress and Stress Management related to Learning

Hong Kong Education System











考試本來是評估學習
成果的工具

可是現在

學習卻淪為取得考試
成果的工具







Bio-*Psycho*-Social



If the purpose for
learning is to score well
on a test, we've lost
sight of the real reason
for learning.



~Jeannie Fulbright

InspirationalQuotes.Club

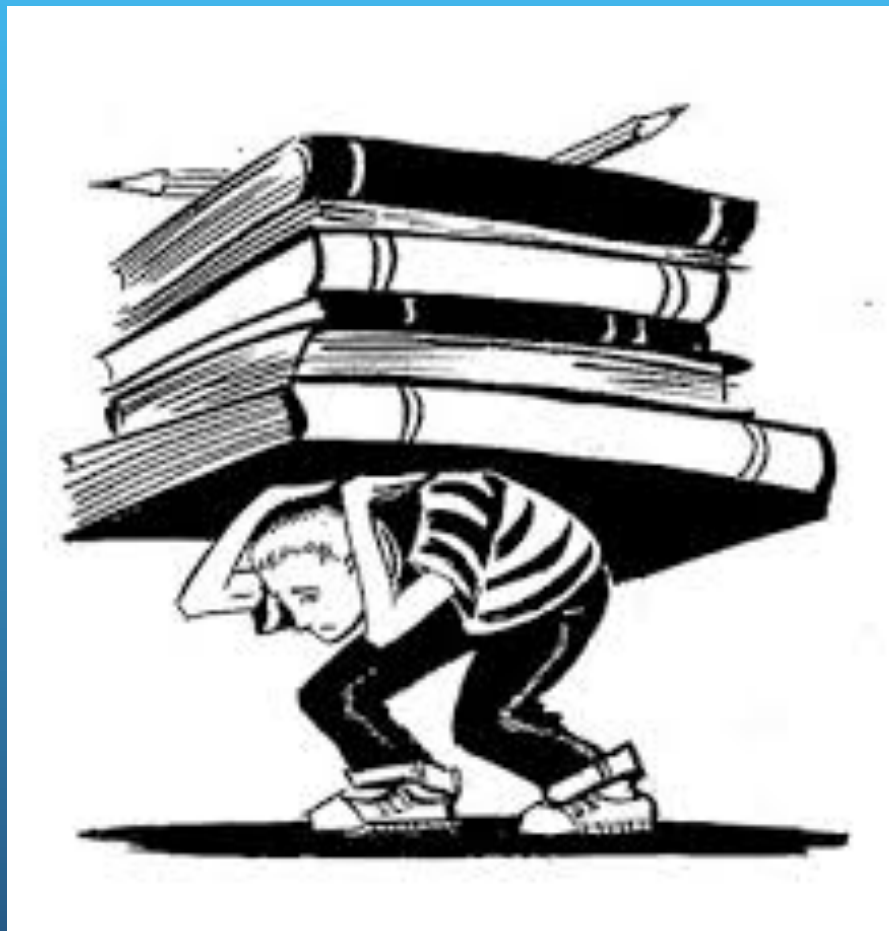


Stress and stress management of Adult Learner (in OUHK)



Bio-Psycho-*Social*







Points to share

Bio

- Sleep
- Exercise
- Food

Social

- Tutor / CC
 - 10 days rule
 - Closer contact
- CC / Dean / Administrative
 - Limit enrolment

Psycho

- Diversification of investment
- Time Management
- Introspection
- Learning > Examination



**THANK YOU
FOR
YOUR
ATTENTION!
ANY QUESTIONS?**