

Stay Calm

Step outside to
calm your mind to regain serenity



Reprinting of the article with
the source stated is welcomed.
If you are interested to know
more about the tips,
please call our 24-hour hotline.



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Show Care

Embrace what we still have and
spread positive energy
eg. a smile, a caring message to
stressful people around you



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Witty and blue eye.

Rest Well

Exercise,
eat well and
get plenty of rest
to regain a sense of balance



Witly and bluey.



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保持冷靜

容讓自己有冷靜下來的時間，
恢復內心的寧靜



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歡迎轉載，惟必須註明出處
若對優質生活小貼士有任何疑問，
可致電我們24小時熱線，與顧問詳談。

Witly and bluey.

互相照顧

珍惜我們擁有的東西，
並將正能量
(例如一個微笑、一句慰問)
傳送給身邊有需要的人



好好休息

多做運動，
吃得健康，
並獲得充足的休息，
以恢復正常生活狀態

