

## Formula for Adversity Management (I):

### Method for Coping with Stress and Negative Emotions in Facing Adversity

1. **To define an "Adversity":** "Adversity" depends on the individual's perception and feeling. When facing adversities, we may easily experience stress, negative thoughts and emotions, such as feelings of incompetence, lack of support and hopelessness. Handling stress and negative emotions appropriately can help to enhance our ability to face adversity.
2. **Definition of Stress:** "Stress" is a subjective feeling. It occurs when an individual faces external or internal demands and is unable to cope with them, resulting in physical and psychological discomforts (known as stress).

An appropriate level of stress motivates us to improve, develops our potential as well as promotes personal growth. However, excessive stress can negatively impact our physical and psychosocial health.



3. **Tips for Managing Stress:**
  - i) Do exercises and practice deep breathing exercises.
  - ii) Maintain a balanced diet and get adequate rest.
4. The key to coping with stress is to identify the sources of stress including people, places, and events that causing the stress. Taking appropriate stress-reducing measures involves adjusting the level of demands and strengthening our coping abilities.
5. We may hold different **Beliefs** for the same **Activating Event**. Different **Beliefs** will lead to different emotional **Consequences**. That means our emotions can be influenced by altering our beliefs about the events.
6. **Methods for Handling Emotions**, such as:
  - i) Always reviewing the accuracy of our beliefs and practising positive thinking can help to reduce negative emotions.
  - ii) When negative emotions persistently impact our daily lives, we should seek help from our seniors or professionals.
7. Adversity may shake our beliefs and values leading to emotional distress. Developing resilience is essential in facing adversity and reducing the occurrence of negative emotions and behaviours. Maintaining close relationships with family members, cultivating self-control skills, having positive attitudes toward life and holding correct values can enhance personal resilience.