

Formula for Adversity Management (II): **Handling adversity with Resilience**

1. When we face adversity, we tend to have negative thoughts and feelings, such as feelings of incompetence, lack of support and hopelessness.
2. When we are restrained by negative thoughts and emotions, we can use different methods to help ourselves break through the restraints, thus better handling the adverse situation.
3. “ROAD” can help us cope with Adversity.



ROAD	
Reflection	Recognise the current hardships. Set goals to overcome the hardship.
Optimism	Be positive, and optimistic, and never give up. Push yourself to make a change.
Abilities	Utilise our abilities as well as external resources to gain support to overcome the adversity.
Development	The experience of overcoming adversity can: ☺ Promote personal growth. ☺ Strengthen our morale and determination to overcome difficulties. ☺ Increase ability to deal with problems.

4. When we think we cannot receive help from others, we should proactively seek resources and be open-minded to accept assistance.

Counselling Hotline Services (24 hours)

✧ Social Welfare Department (SWD) Hotline	2343 2255	swdenq@swd.gov.hk
✧ The Samaritan Befrienders Hong Kong	2389 2222	touch@sbhk.org.hk
✧ Caritas Family Crisis Support Hotline	18288	fsfcec@caritassws.org.hk
✧ Suicide Prevention Service (SPS) Youth Link	2382 0777	admin@sps.org.hk