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Press Release

Hong Kong News-Expo Online Talk “Navigating Through the Epidemic” Experts share how to cope with emotional stress

COVID-19 epidemic has been continuing for more than a year. Not only has our daily lives, study, work and income been impacted, some of us may even suffer from anti-pandemic fatigue, leading to different levels of emotional stress. Hong Kong News-Expo held an online talk on “Navigating Through the Epidemic” today (17th Jan). Dr. Paul Wong, Associate Professor in the Department of Social Work and Social Administration, The University of Hong Kong and Clinical Psychologist, and Dr. Tsang Fan-kwong, Specialist in Psychiatry, were invited to share the warning signs of mood disorders, how to cope with emotional stress and encourage Hong Kong people to project positivity despite the epidemic.

During the talk, Dr. Wong pointed out that people have been staying home for extended period of time and our face-to-face interaction with others have decreased. At the same time, lack of outdoor exercise may affect our fitness. Thus, stress would have unavoidably increased and directly impacting our mental health. He suggested people to initiate conversations with others, care for family and friends, and do more stretching exercises in order to maintain physical and mental health.

Dr. Tsang said some people tends to feel stressed more easily and this epidemic has aggravated their anxieties. Excess anxiety can easily lead to pessimism and isolation. In more serious cases, symptom of depression may occur. Dr. Tsang suggested people to maintain a positive attitude, avoid receiving information which will lead to negativity and seek for assistance from professionals if needed. He also recommended Anti-Epidemic 19 Steps which include protecting ourselves and those around us, maintaining a routine life, maintaining an optimistic and hopeful attitude, accepting that uncertainty is a fact of life and regulating our desire and remain humble.

Ms. May Chan Suk-mei, Vice-Chairperson of Hong Kong News-Expo, said rumours relating to the epidemic have been circulating on online and social platforms in the past year and it is hard to distinguish facts from fiction. People may feel confused in identifying the truth of the information and even affect public sentiment. With that in mind, HKNE invited specialists to host talks to share with us anti-epidemic information.

The talk is part of the activities under the Hong Kong News-Expo Jockey Club Media Literacy Education Programme.

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Photo 1: Dr. Wong analysed the reasons for increase in mental stress of Hong Kong people.

Photo 2: Dr. Tsang reminded us to maintain a positive attitude in our daily lives.

Photo 3: Our speakers discussed “Navigating Through the Epidemic”. (from left: Ms. May Chan Suk-mei, Dr. Paul Wong and Dr. Tsang Fan-kwong)