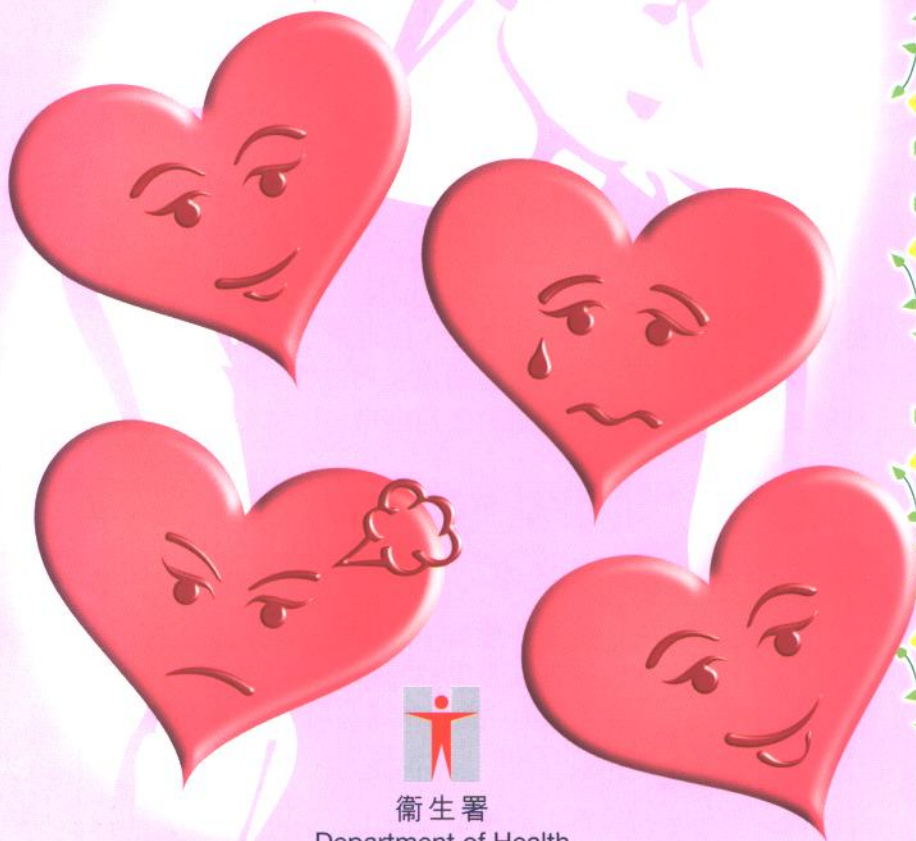


婦女心理健康之
Women's Mental Health

不一樣的心情 Feeling Different

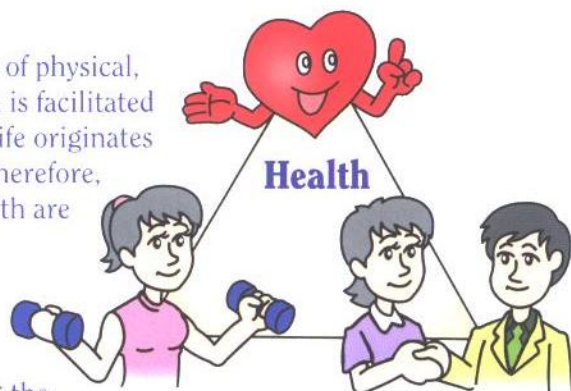


衛生署
Department of Health

Health and You

Good health is the balance of physical, mental and social health, which is facilitated by a proper lifestyle. A healthy life originates from a sound mind and body. Therefore, physical, mental and social health are equally important.

Women nowadays have various social roles to play. They are often under stress from work and family. Fulfilling the requirements of each role and leading a healthy life at the same time is not easy. Women should pay attention to their mental health as well as physical health so as to enjoy a life of good health and happiness.



What is Good Mental Health?

A woman in good mental health is efficient and confident. She embraces her very being and enjoys life. She is not troubled by negative feelings (such as anxiety, depression, anger, displeasure, hatred and jealousy) or uneasy feelings that are persistent and on-going. She finds life meaningful and purposeful. She has the ability to tackle problems. For her, things are always under control, and problems and the surroundings are channels through which she can bring her talents into full play.



Ways to Maintain Good Mental Health

1. Be Positive and Optimistic

Be optimistic. Embrace everything with a positive attitude and learn from occasional failures. These are the ways to a happy life.

If there is a glass half filled with water, an optimist would be happy that there is still half a glass left. She would feel at ease and continue working and moving ahead with enthusiasm. On the other hand, a pessimist would be worried that there is only half a glass left, not daring to



move forward. The same half a glass of water means very differently to optimists and pessimists because of the way they see it.



Don't worry too much. Things will be set right when the right time comes.



Life consists of ups and downs. There is no need to be annoyed by the downs.

2. Try Your Best

Most working women with families find it exhausting to take good care of their careers and families at the same time. Full-time housewives may feel insignificant when they see their friends become successful in their careers while they themselves are doing tedious and monotonous housework every day.



In fact, what matters is that you have tried your best in the role you chose. You don't have to compare yourself with others.

Single women enjoy job satisfaction. Housewives enjoy a warm family life. Working women with families can also lead a happy life both at home and at work if they have reasonable expectations on themselves.



A practical expectation is a dream. An impractical expectation is a fantasy.




Appreciate your areas of strength. Praise yourself for your achievements.

3. Communicate and Find Common Interests

Hong Kong people are busy. Leading busy lives means couples are spending less time together and having less communication with each other. Therefore, you should treasure every moment you spend with your spouse and create joyful moments to maintain the intimacy. Send your spouse a card or go on a trip together occasionally to experience again the romance and sweetness of dating.



Find activities or conversation topics of common interest to enhance communication. A happy marriage is sustained by the quality rather than the quantity of the time together. Therefore, treasure every moment with your spouse!

 Create joyful moments and give your spouse surprises to make life more delightful.


 Don't work all the time. Spend some time sharing.

4. Friends are Important

Life is stressful. Women often devote themselves to their careers and families and ignore the cultivation of friendship. When there is a crisis, there would be no one whom they can share their worries with.



Friends can share the bits and pieces of your life. When you are down, friends are there to help and support you. Keep in touch with old friends and make more new friends. You will benefit from the friendship one day.

 Take the initiative to make more friends and build a support network.


 Let others be your friends and be a friend to others.

5. Fill Your Leisure Time with Hobbies

You need a break every now and then. Take some time to do something you like every day no matter how busy you are. Activities that foster creativity, such as gardening, knitting and making handicrafts, bring you tranquility and are far more enriching than watching television.



Reading and continued education equip you with new knowledge. For a sense of achievement, you may consider voluntary services or the charity. No matter what you do, remember not to make yourself too tired or busy. Don't let hobbies become a job.

 Play an active part in your life. Take the initiative to upgrade yourself.

 Take time for leisure. Don't be a slave to work or family.

Check out Your State of Mental Health

What kind of person are you? If you have more unhealthy attitudes than healthy attitudes, seek improvement now to make life healthier and happier!

 Healthy Attitudes	 Unhealthy Attitudes
<input type="checkbox"/> You are always carefree and optimistic.	<input type="checkbox"/> You are always worried.
<input type="checkbox"/> You like to chat with others.	<input type="checkbox"/> You are always silent.
<input type="checkbox"/> You are calm.	<input type="checkbox"/> You loose your temper easily.
<input type="checkbox"/> You speak gently.	<input type="checkbox"/> You speak harshly and sternly.
<input type="checkbox"/> You embrace your very being.	<input type="checkbox"/> You always blame yourself.
<input type="checkbox"/> You care for others.	<input type="checkbox"/> You are self-centered.
<input type="checkbox"/> You acknowledge your weakness with a positive attitude and are willing to improve.	<input type="checkbox"/> You don't acknowledge the reality and don't seek improvement.
<input type="checkbox"/> You appear neat and tidy.	<input type="checkbox"/> You appear disheveled.
<input type="checkbox"/> You lead a regular and orderly life.	<input type="checkbox"/> You don't manage your time properly.
<input type="checkbox"/> You try to create a warm family.	<input type="checkbox"/> You ignore the importance of a warm family.





如欲知道更多健康知識，

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(Cantonese, English and Putonghua)

at 2833 0111

or visit the website of
the Central Health Education Unit
of the Department of Health at
<http://www.cheu.gov.hk>

