

## *Emotion control*

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Stressors eg. life events (study, marriage, job, social relations, family problem etc)

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Personality, thought, belief, expectation, manner etc (to assess the stressors)

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it really matters ↓

↓ it's nothing

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Stressful responses (emotion upset, psychosomatic reaction)

No stress

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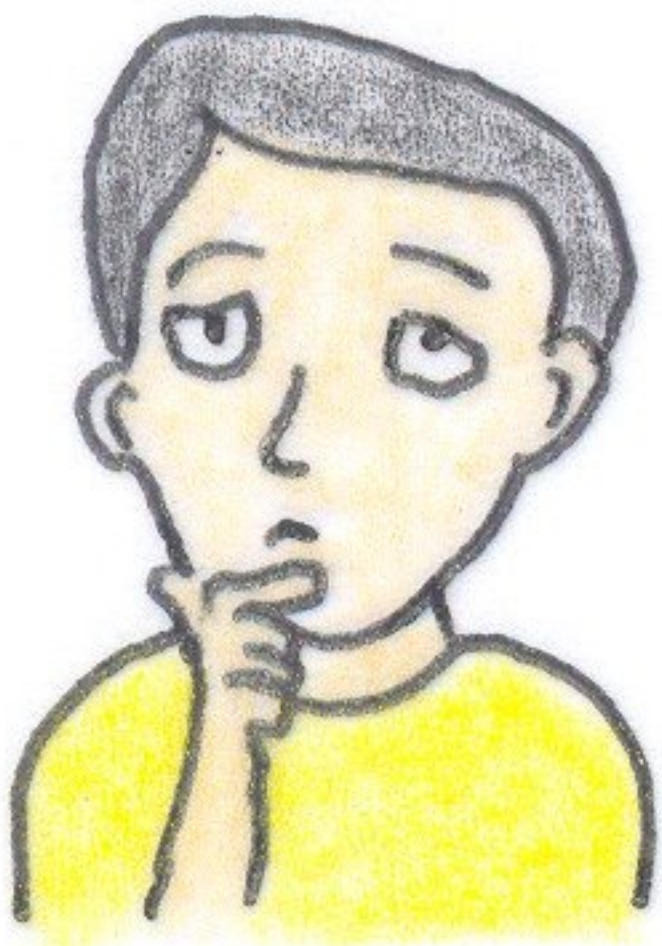
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Coping with stressors

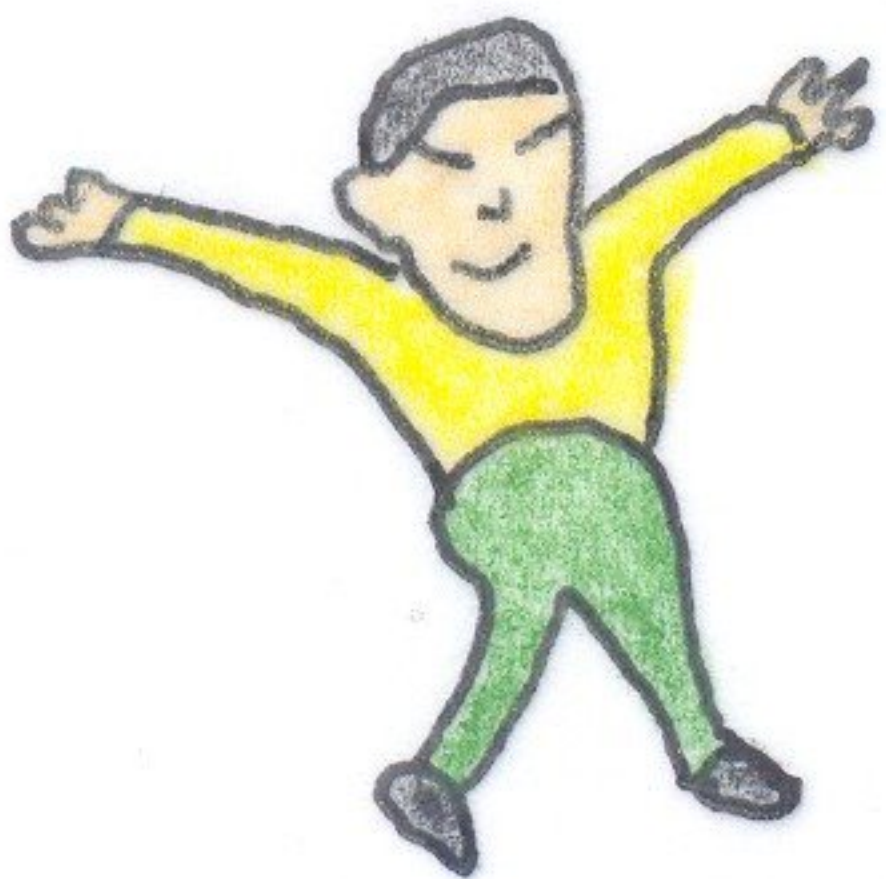
## *Methods to reduce stressors*



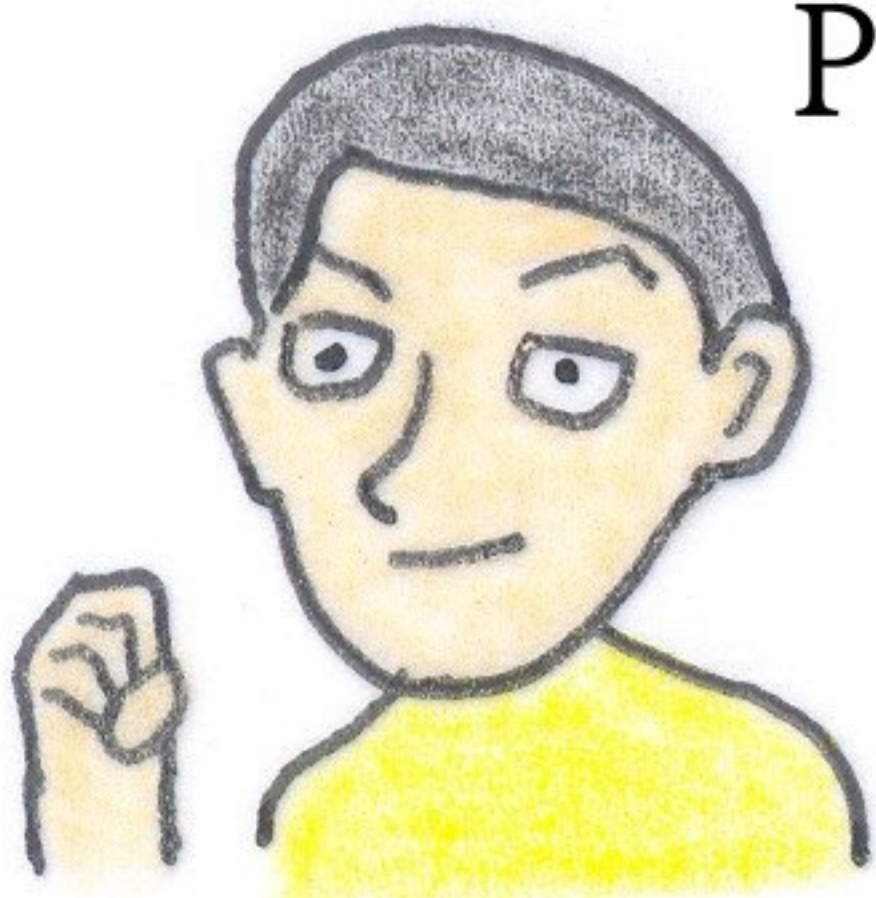
remove or reduce stressors eg. clarify and manage the problems and causes etc.



reasonably, objectively and calmly think of ways to solve the problems eg. self effort, responses to stressors, avoidance etc.



relaxation eg. deep breathing, yoga, chi kung etc.



Power yourself:

- " cause of stress is mostly yourself" (so understand, accept and satisfy yourself)
- improve health: ample sleep and nutrition, health life style, regular exercise etc.
- work and leisure
- involve in social activity and maintain good human relation so as to get help whenever you encounter stressors
- "knowledge is power". So learn to be open-minded, learn to overcome fear, learn to be optimistic and positive emotion, learn the meaning and pleasure of life etc