



Service Priorities and Programmes
Electronic Presentations

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Stress Management Workshops for Severe Mentally Ill - "明智抗壓少煩憂" - 減壓工作坊

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Introduction

- Stress is an emotional status existed in everybody. Positive stress helps improve performance. It also plays factor in enhancing motivation, adaptation, and reaction to the environment. Excessive amounts of stress may lead to many problems in the body that could be harmful. - Chronic stress and a lack of coping resources of individual can often lead to psychological issues such as depression and anxiety. These symptoms may include a sense of being overwhelmed, feelings of anxiety, overall irritability, insecurity, nervousness, loss of appetite, depression, panic attacks, exhaustion and insomnia. It is important to arouse peoples' awareness in managing stress in an appropriate way. - In 2012, Four Stress Management Workshops were organized to Severe Mentally Ill clients by Community Psychiatric Services, Shatin Hospital and Community Parties likes Halfway House. It could on the one hand enhance the collaboration with community partners in community mental health services; on the other hand, it could help clients in better awareness of positive stress coping.

Objectives

1. To facilitate clients in identifying stresses and stress resources. 2. To help clients in understanding the effects of stress on their lifestyles. 3. To enhance awareness in positive stress coping skills and management skill.

Methodology

- Community Psychiatry Service/ Shatin Hospital had collaborated with 4 Halfway Houses (HWHs) in Shatin District for implementing stress management workshops. HWH tenants with SMI were invited to participate with these workshops. - Four identical workshops were conducted. (1) the sources of stress; (2) the responses to stress; (3) the relationship between mental illness and stress; (4) the consequences in response to long-term high stress; (5) demonstration of alternate stress management strategies including tea tasting, music appreciation, and experience with aromatherapy. - A visual DVD of 'progressive muscle relaxation' was produced by

CPS staffs, and was shown during workshops. - Effectiveness of workshops was evaluated by Pre and Post-questionnaires of State-Trait Anxiety inventory Chinese version, and Satisfaction Surveys, CPS/ SH.

Result

1. From February 2012 to December 2012, 4 sessions of stress management workshops were established at 4 HWHs in Pok Hong, Hin Keng, Chun Shek and Sun Chui. Total 92 SMI clients attended. 2. Results of Pre and Post-questionnaires of State-Trait Anxiety inventory Chinese version - It indicated that significant improvement for clients joining the stress management workshops in most aspects. Pre Post Q1. 我感到平靜 79% 87.6% Q5. 我感到從容 83% 91.3% Q8. 我感到安寧 68.3% 87.6% Q15. 我感到鬆弛 80.3% 90.8% Q16. 我感到滿足 68.3% 75.3% Q19. 我感到喜悅 67% 82.7% % = shown clients had these feelings. 3. Satisfaction Survey Content of the survey Client agreed with the item (%) 講座的内容合適 100% 講座的資料豐富 93% 能夠達致預期目的 93% 有興趣再參加類似的講座, 你會把講座推薦給其他人 89% 有信心有效處理壓力 89% Conclusion The stress management workshops were effective in enhancing coping skills in order to promote community mental health and enrich mentally ill clients to develop a healthy lifestyle. The results evidenced that most clients had significant improved in symptoms of stress, and reflected that they understood the effects of stress on their lifestyles, and increased stress coping skills and knowledge to manage stresses.