

心靈口罩

A Mask for your Heart



Made in Hong Kong
PFE 99% = 99% Peaceful Feeling Experience

May the “epidemic” not affect our “mood”
Psychological Defence Guide

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During the “311” earthquake in Japan, a man in Iwate Prefecture was hit by the tsunami and spurred all the way to the center of the sea by it. He was fortunate enough to survive by swimming back to the shore and escape to the mountain before the second wave of tsunami hit. Although he was not injured, whilst he was standing on the mountain recalling the washing away of his house by the tsunami, he suddenly knelt onto the ground uncontrollably, feeling that both of his feet were completely weak. Since then, he had not been able to stand nor walk. Even when using the toilet or resting, he must use a wheelchair and be assisted by other people. He went to see a lot of doctors in fields such as neurology and orthopedics for such matter but all the reports he received from these doctors both stated that his body still functions properly and that he should still be able to stand and walk properly. Because of this, he was extremely upset. What has actually happened? Since 14 April, 2011, PCCN has been sending voluntary post-disaster psychological counsellors to Iwate Prefecture to provide professional service locally. On one occasion, the team met the man. Upon conducting a psychological evaluation with PCCN, the man was found to have suffered from post-traumatic stress disorder (“PTSD”). He dared not turn off the lights to sleep nor even look at the sea, which was detrimental to him as it prevented him from following the footsteps of his ancestors in the fishing industry. After about 45 minutes of psychotherapy, he felt that his feet became warm and strong again. Immediately after such treatment, he was also able to stand and walk naturally. Many psychological studies have found that having a negative mental state can negatively affect one’s physical health. On the contrary, it is also shown by these studies that if we can manage ourselves to maintain a positive mental state, our body will naturally become healthier, our behavior will become more positive, our immune system will be strengthened, and our recovery from illness will become speedier. Will the occurrence of an epidemic that brings wide impact to a city (or cities) and its (or their) citizens affect the mood of the medical personnel and of ordinary citizens, either because of the rising number of diagnosed cases, constant exposure to negative news and adverse media, difficulty in obtaining sufficient protective gear and equipment for both oneself and for beloved ones? Meanwhile, how likely would one be completely unaffected by the current epidemic? How can one manage his/her mental state properly in light of the current situation? What is your source of stress? Our “A Mask for Your Heart” will answer these queries and teaching you how to deal with them in light of the current situation.

How to wear the A Mask for Your Heart

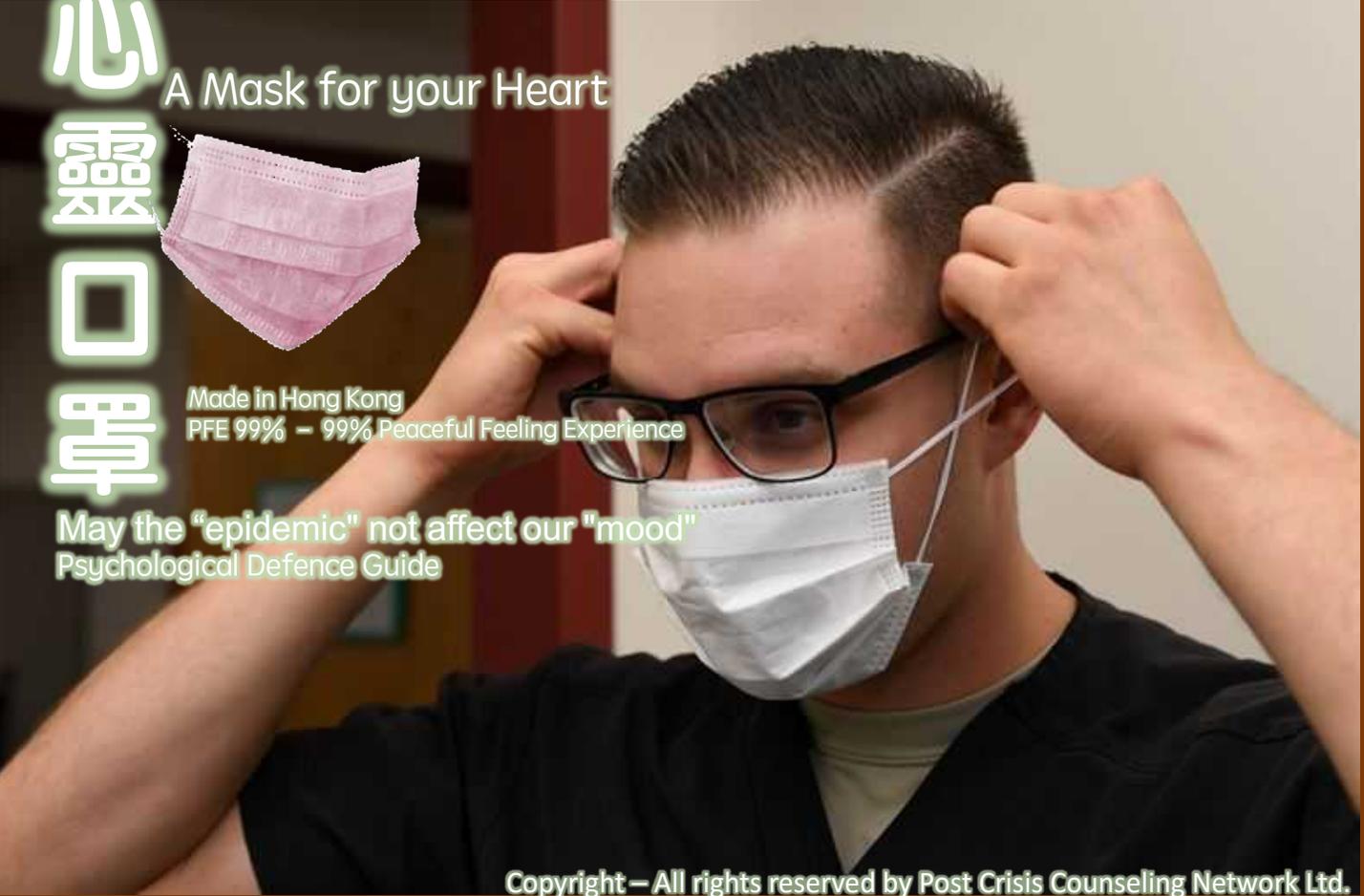
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Disclaimer: How to wear the mask

“The first step we can do is to acknowledge that we are all struggling with fear in a crisis. Secondly, we implement resource sharing, such as providing masks, paper towels (basic needs), rather than dividing the community when needed; third, respect each other. Although we can talk about fear, discomfort, and anxiety with each other, be sure to increase sensitivity, such as whether this sharing will trigger or exacerbate fear. If they are unwilling to do so, listen and respect them. Most importantly, if the fear and anxiety is interfering with the person’s daily functioning, it is advised to seek a professional counsellor, psychologist or psychiatrist. “

Situation 1

YOU do not belong to the medical profession and neither you nor your family and friends are infected. However, the “epidemic” has been affecting your “mood”

Symptoms:

- Feeling unhappy and bored somehow for no reason
- Easily affected by negative news and adverse media
- May escape knowing relevant information
- Being too sensitive to things (especially to issues related to personal hygiene)
- Getting angry or even running into conflicts with other people more easily than before the epidemic
- May not be interested in anything
- May not want, or afraid, to meet anyone
- Worrying about many things (especially worrying about getting infected/being ill)
- Being more prone to insomnia or having higher blood pressure



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The Solution: Using “A Mask for Your Head PFE1”



Four layers of PFE1 as below:

1. Please learn more about the limitations of the relevant diseases - all diseases have their limitations. For example: at what temperature would a virus not be able to survive? What conditions must be met before a virus can spread in the air? Under what circumstances would a virus not be able to enter the human body?
2. Engage more of your left brain, the logical, rational brain. This allows you to see things more rationally. Meanwhile, try to engage less with your right brain, the feeling, emotional brain. For example, you can read more philosophy and religious books to explore more about the philosophy of life. You can also find chances to talk to your teachers, or mentors, who are rational people and who you respect a lot, and learn from their mindset, “thinking patterns” and “thinking style”. This would help you improve your rational thinking.
3. Understand that everyone has different standards of “personal hygiene”. Therefore, try only to apply your own set of rules to yourself and be more lenient to others.
4. Go online, learn to utilize the Internet and your smartphone so as to maintain a normal social life virtually. In such way, even though face-to-face social interactions are significantly limited right now, you can still obtain the much-needed social support, albeit virtually, which is especially critical if you are the type of people who have a lot of emotions. Through this, you can relax and put your mind at ease properly.

Relatives and Friends that have been quarantined (diagnosed//undiagnosed)

Hence, the “epidemic” has been affecting your “mood”

Symptoms :

- May feel shocked and overwhelmed
- You may worry about the safety of your loved ones
- You may worry that you or your other loved ones get infected
- May feel contradictory
- May feel angry with relatives, friends or staff

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The Solution: Using “A Mask for Your Heart
PFE2”



Five layers of PFE2 as below:

1. Understand that having an excessive fear is an inappropriate way to handle this incident
2. Confide your feelings with friends who have nothing to do with the event so that your negative emotions or thoughts can be relieved
3. After the soothing, learn to accept the fact that relatives and friends are already infected
4. Discover positive insights from this situation (this does not mean that getting infected is a good thing, but since the incident has already happened, what else can be done to improve the situation or help the infected people to feel better)
5. Do something that can help the affected relatives and friends



YOU have been quarantined after being infected (diagnosed / undiagnosed)

The “epidemic” is affecting your “mood”

Symptoms :

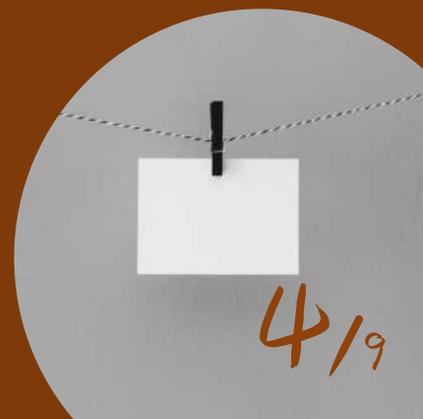
- May feel shocked, worried, scared, or overwhelmed
- You may not accept what has happened to you in the initial discovery stage
- May feel remorse and regret for your actions
- May feel sad
- May feel like giving up on yourself
- May have a negative worldview towards work and colleagues due to the current health status

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The Solution: Using “A Mask for Your Heart PFE3”

Six layers of PFE3 as below:

1. Control your emotions
2. Trust and follow the medical staff's instructions and hope for the best
3. Appropriately convey negative emotions and thoughts to the people you trust without affecting the medical procedures (through drawing, writing, telephone or video conference, etc.)
4. Prepare for the worst and make use of this epidemic to reflect on your life. Write down what you would like to express to your loved ones and your friends
5. Courageously accept that you will have emotions and face the situation
6. Show the best of yourself and face what has happened positively, so that you can have a sense of peace and strength even during this epidemic period.



LOVED ONES died unfortunately due to the epidemic

Hence, the “epidemic” has been affecting your “mood”

Symptoms :

- May feel shocked, sad or overwhelmed
- May not accept this at first
- May blame and feel regretful
- May feel pity
- May have negative emotions that cannot be expressed

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The Solution: Using “A Mask for Your Heart PFE4”



Eight layers of PFE4 as below:

1. If you need to be responsible for the matters behind you, please deal with it first, and implement the following suggestions after the funeral is completed.
2. Write down what you want to say with the deceased or what you have previously planned to do together
3. Convey the words written to the deceased (photo of the deceased) and allow the emotions to flow naturally
4. Think about what the deceased might want to say to you even though he or she has missed the chance
5. Think about what the deceased expects of you such as the things you haven't done before, but now you can do it for the decease, making him or her feel more peaceful in heaven.
6. Promise to the deceased that you will implement the above plan from this point in time, so that the deceased can rest in peace
7. When you feel that your emotions have been expressed and released, you may slowly accept this reality without having to force yourself to accept it all at once
8. The death of our loved ones will make us sad. However, you can look at this positively by fulfilling each other 's last wishes, and let this unfortunate reality become the power to fulfil the wishes of the dead.

Situation 5

If you're a medical professional (especially for those who needs to take care of the patients who are exhibiting pneumonia symptoms)

Hence, the "epidemic" has been affecting your "mood"

Symptoms :

- May feel contradictory
- May worry about getting infected
- May not want to trigger unnecessary worry from relatives and friends and hence won't disclose the nature of the job
- May be tired easily due to prolonged tension
- Exhibit disinterest in meeting people during the rest days
- Difficulty in relaxing during the rest days
- Increased anxiety due to physical fatigue and having the tendency to exhibit aggression (losing temper) and discontentment at things

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The Solution: Using "A Mask for Your Heart PFE5"

Nine layers of PFE5 as below:

1. After work, note down the stressors that are triggering your stress (each stressor is scored independently), and then ask yourself how many points you feel (10 points = maximum stress, 0 points = no stress at all) If you score 0-4 points, you are considered healthy. You can jump to "Situation 6". If you score 5-10 points, please follow the following steps.
2. After work, do something you really like (#ME TIME – learning to transform yourself from a super-rational mode to a feeling mode), for example you can:
3. Eat food that you like
4. Watch a movie that you like
5. Read a book that you like
6. Listen to a music that you like
7. Meet friends who share similar interests (Phone Conversation / Video Conference) – Important Note: find friends who rarely opposes you
8. Go to a place that you like
9. Cry (Without the fear of being judged)



You “mood” has never been affected by the “epidemic”



Symptom :

- Even when everyone is worried about the epidemic, you can still stay calm and silent
- Feel that other people doesn't need to be afraid
- May think that being fearful is unnecessary
- May be isolated and baffled by those who are afraid of the epidemic

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The Solution: Using “A Mask for Your Heart
PFE6”



Five layers of PFE6 as below:

1. Learn to look at things from other people's perspective (understand the reason behind their fear)
2. Learn to appreciate and accept others' negative emotions first
3. Learning to accept that people are having different feelings (and experiencing negative emotions are not wrong in themselves)
4. Reduce the giving of super-rational suggestions to loved ones, colleagues and friends who are the “feeling type” (except for emergency situations).
5. Participate extensively in voluntary work. On the one hand, you can learn to be considerate towards others. At the same time, you can train up your "rational mind" to bring more courage to other people's lives.

A Mask for Your Hearts

Distribution

If you like this "A Mask for Your Heart", please share it with the people around you. Help your relatives and friends improve their psychological health and increase their body's anti-epidemic ability. I wish everyone can strengthen themselves!



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We know that you may have other situation, so please feel free to contact us at info@pccnhk.org if need any psychological support.

PCCN 「Save Your Heart Hotline 51815501」
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SARS安心手冊 (SARS心理健康行動聯盟)

IASC MHPSS – Mental Health and Psychoocial Support in Emergency Settings guideline.

Post Crisis Counselor Training manual version 14 (PCCN)

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