

慢慢嚟 比較快

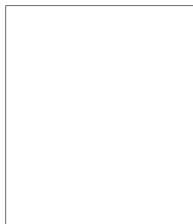
「童」你打氣!



Save the Children  
救助兒童會

# 休息 Rest

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在努力的同時，別忘了足夠的休息，  
因為好的休息，能讓你更有力量去  
實現心中所想。

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Save the Children Hong Kong



食住雪糕 啲啲氣

「童」你打氣!

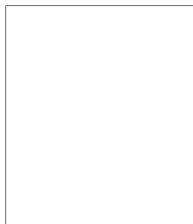


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# 放鬆 Relaxation

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當感到壓力山大，要記得適時放鬆，  
好好愛自己。你可以閉目深呼吸、  
做運動或散散步，放鬆心情。



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關關難過 關關過

「童」你打氣!

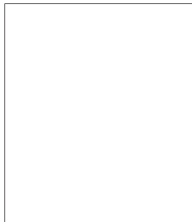


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# 抗逆力 Resilience

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生活中難免遇到挫折，嘗試以正面的心態克服困難。每一段經歷都是成長的機會，讓我們變得更堅強。



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細心聽 陪你笑

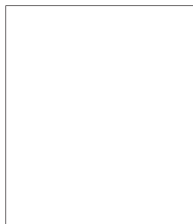
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# 人際關係 Relationship

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總有人願意聽你分享心情，找你信任的人：家人、朋友、老師、社工，我們都樂意陪你細心傾聽陪你笑。

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