

Finding Calm in the Shadows - An Emotional Adjustment Guide After Sudden Events

The no. 5 alarm fire that broke out in Tai Po recently has drawn extensive public attention. Whether you are a resident of Wang Fuk Court or someone who has come across related information indirectly, you may be experiencing varying degrees of emotional impact, which could affect your work and daily life. Therefore, it is essential to learn how to stabilize yourself and care for those around you. Here are four suggestions to help you regain stability amid the turmoil:

01.

Filter Information and Set Boundaries

After a traumatic event, constant exposure to repetitive and disturbing images can intensify inner unrest. It is advisable to actively limit the time spent browsing related news and social media, especially before bedtime. If there are young children at home, it becomes even more important to filter the content they are exposed to avoiding detailed descriptions of the event to reduce unnecessary psychological burden. This is the first step toward emotional stabilization.

02.

Acknowledge and Accept Your Emotion

In the face of shocking incidents, it is common to experience insomnia, nightmares, irritability, lack of concentration, or intrusive thoughts even after returning to work. These reactions do not indicate weakness; they are natural responses of the mind and body under stress. Allow yourself to feel these emotions without judgment or suppression. Try releasing them gently through writing, drawing, or talking with someone you trust.

03.

Restore Routine and Care for Your Body and Mind

During times of emotional fluctuation, maintaining a regular routine is especially important. After work, try to ensure adequate sleep, balanced diet, and moderate exercise. Activities such as walking, stretching, or breathing exercises can help relieve physical tension. If you find it difficult to concentrate at work, consider taking short breaks, drinking water, or splashing your face to refresh yourself. If necessary, you may also discuss short-term work adjustments with your supervisor.

04.

Encourage Open Communication and Provide Support

For those around you, especially family and friends, including children who may feel confused or frightened by the event, encourage them to express their feelings and listen patiently. If children show signs of stress, such as nightmares, insomnia, unexplained crying, or loss of appetite, parents should first prevent further exposure to related information. Instead, engage them in activities they enjoy, such as walking or light exercise, to help them adjust and calm their emotions.

May we all find hope amid emotional tension and, through mutual support, move step by step toward calm and recovery. If difficult feelings persist, please do not hesitate to contact EAP (Employee Assistance Program) hotline at 5401 0037 for further support.



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