



## Stressing about Stress: Understanding and Managing your Stress

Program Code: OTHR19061401

The mental health landscape in Hong Kong is currently one of the worst in the developed countries, with the longest working hours out of 71 surveyed cities, and 1 in 6 people suffering from a diagnosable mental health problem. Work-wise, 60% of adults report stress and anxiety related to their job. The same number said there were no measures in their workplace to raise awareness about mental health while 90% of employees stated that they would like to have better support at work. The combined effect of poor mental health in the workplace - with stress in particular - has led to increased rates of illness and burnout while decreasing individual performance and productivity.

Unfortunately, stress is a fact of life that we cannot avoid. It is our body's natural response to pressure from the outside world. When not dealt with properly, it can have serious consequences on our physical health and wellbeing. The good news is, stress can be managed and redirected into useful and even positive energy if we know how. In this seminar, we will discuss different strategies for coping with stress, as well as introducing ways to enhance our resilience against negative stress by adopting a more positive attitude.

After joining this seminar, participants will:

- Develop an understanding and appreciation for what stress is and how it can affect their daily lives and performance
- Be able to identify signs and symptoms of stress in themselves (and others) with the aim of preventing burnout and further mental deterioration
- Learn how to implement various stress management measures to decrease daily stress load, as well as learning how to reframe the way they think about/interpret situations using the ABC model taught by psychologists and therapists
- Learn how to manage their emotions which has a knock-on effect on cardiovascular health

### Speaker

**Dr. Winnie Ho, MBChB**

Partner and Healthcare Consultant, The Panopticon

Dr. Ho is a UK trained and qualified medical doctor with a passion for education, wellness and mental health. Her mission is to educate, empower and engage individuals towards healthier and more fulfilling lives through the design and delivery of workplace-based talks and programmes.

### Date

**Friday, 14 June 2019**

### Time

12:30 p.m. – 2:00 p.m.

### Venue

Hong Kong Institute of CPAs,  
27/F., Wu Chung House, 213 Queen's Road East, Wanchai, Hong Kong

### Format

Seminar

### Language

English

### Fee

Free for HKICPA member or student and IA/ HKIAAT member or student

### Registration

Enrolment will commence at 10:00 a.m., 14 May 2019

### Participants

Members who would like to understand and manage their stress



Hong Kong Institute of  
Certified Public Accountants  
香港會計師公會

**To confirm your CPD booking,  
just log on to "My CPA" at  
<http://www.hkicpa.org.hk>**

## HKICPA Event Enrolment Form

### Stressing about Stress: Understanding and Managing your Stress 14 June 2019 (OTHR19061401)

Finance & Operations Department,  
Hong Kong Institute of CPAs,  
**37/F, Wu Chung House, 213 Queen's Road East, Hong Kong**

Payment & Enrolment Status Enquiry: 2287 7381  
e-mail: [finance@hkicpa.org.hk](mailto:finance@hkicpa.org.hk)  
Fax : 2893 9853

Course Information Enquiry:  
2287 7253 / 2287 7230  
e-mail: [cpd@hkicpa.org.hk](mailto:cpd@hkicpa.org.hk)

**FOR OFFICE USE**

### **Deadline: 7 working days before the date of the programme**

\*The Institute reserves the right to allocate places to enable the enjoyment of more members in this event and the Institute's decision is final.

No.	Membership		Full Name of Participant(s) (Block Letters)	Company	E-mail address <sup>(2)</sup> (Block Letters)
	No.	Status <sup>(1)</sup>			
1					
2					
3					
4					

Contact Person : \_\_\_\_\_ Telephone No. : \_\_\_\_\_ E-mail : \_\_\_\_\_  
Contact information is used solely for communication of this particular event, without update to your member profile.

- Notes:**
- Membership Status: **NP** = Non-Practising, **P** = Practising, **IA** = International Affiliate, **S** = Student, **HKIAAT** = HKIAAT Student or Member, **GAA** = GAA Passport holder, **NM** = Non-Member.
  - Confirmation of enrolment will be sent to you via email. For HKICPA members, you can check your enrolment status at "MyCPA" at [www.hkicpa.org.hk](http://www.hkicpa.org.hk). Unsuccessful enrolment will be notified.
  - NO ADMISSION TICKET will be issued. Please bring your HKICPA membership card or confirmation email for admission purpose.
  - All applications are on a first-come-first-served basis.
  - All scheduled events will be cancelled and postponed to a date to be announced in the event of typhoon signal no. 8 or above or if a Black Rainstorm warning is hoisted. For details of bad weather arrangement for CPD programmes, please refer to the Institute's homepage.
  - The Institute reserves the right to change the venue, date, speaker or to cancel the event due to unforeseen circumstances.
  - No unauthorized audio or video recording is allowed at CPD events.

**Personal Data:** Your personal data collected from the enrolment process and administration of courses/events/activities will be used for the purpose of the administration of the course on which you are enrolled. Such data collected may be accessible by the Institute's officers, persons or committees processing the application and related matters. In addition, the Institute may use the collected data for statistical research and analysis. The Institute intends to use the personal data of your name, email address and correspondence address to inform you, where relevant, of members' benefits, goods, services, facilities and events organized or provided by the Institute or other organizations. Members and registered students may opt out of receiving such materials at any time by logging in via the following link <https://www.hkicpa.org.hk/en/members-area/comm-preference/>. Non-members may opt out of receiving such materials at any time by sending an email to the Institute at [privacyofficer@hkicpa.org.hk](mailto:privacyofficer@hkicpa.org.hk) or a letter to the Institute's privacy officer. For more information about the privacy policy of the Institute, please go to <http://www.hkicpa.org.hk/en/service-tools/privacy-policy/>.