

APRIL IS STRESS AWARENESS MONTH

四月是壓力關注月

Topics:

- What is stress?
- Symptoms of stress
- Causes of stress
- Consequences of being over-stressed
- Ways to deal with stress

題目:

- 甚麼是壓力?
- 壓力的症狀
- 壓力的來源
- 壓力過大的後果
- 處理壓力的方法

Brief Description: Stress is a condition that arises when we feel we cannot meet demands. It affects everyone, whether one experiences it periodically or more consistently. It is time to increase knowledge of what stress is and what stress does to us, both the benefits and the consequences. If you want to learn more about this topic, please attend the Stress Awareness Workshop at NEMS Health Education Department.

簡介: 當我們感到無法滿足“要求”時，壓力就會出現。無論是有時還是長期地體驗到壓力，它都影響到每個人。是時候增加關於壓力的知識，知道壓力是什麼以及壓力對我們的影響，包括好處和壞處。如果想了解更多關於這個題目，請參加東北醫療中心健康教育部的壓力關注月講座。

Detailed Information

詳細資料

Chinatown Clinic

三藩市華埠診所

Portola Clinic

三藩市波特羅區診所

1870 Lundy Clinic

聖荷西1870 Lundy街診所

Date 日期

4/4-4/27/2023
Every Tue & Thu 逢星期二、四

4/3-4/24/2023
Every Monday 逢星期一

4/5-4/26/2023
Every Wednesday 逢星期三

Time 時間

10:30am – 11:30am
上午10時半至11時半

2:00pm – 3:00pm
下午2時至3時

2:00pm – 3:00pm
下午2時至3時

Location 地點

1520 Stockton St.,
San Francisco, CA 94133

2574 San Bruno Ave.,
San Francisco, CA 94134

1870 Lundy Ave.,
San Jose, CA 95131

Language 語言

English, Cantonese, Mandarin
英、粵及國語

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English, Mandarin
英及國語

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意: 如果您使用中文, 您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).