



Lingnan 嶺南大學
University 香港 Hong Kong

Office of
Student Affairs

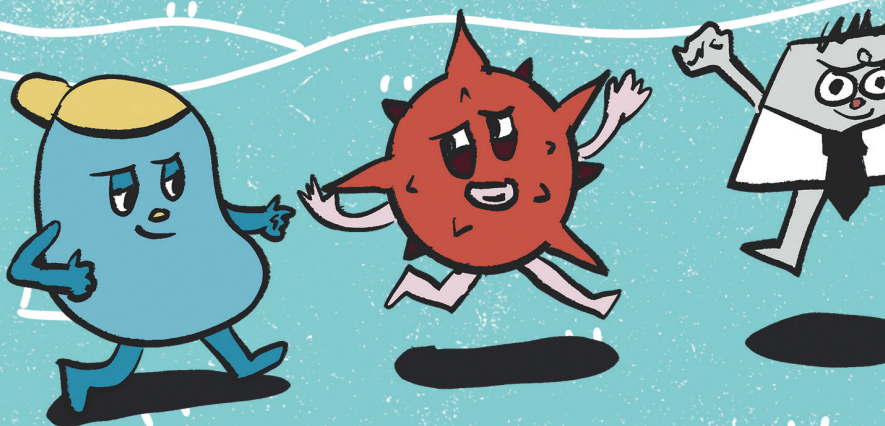
Connecting With your Wellness Buddies



We all carry a unique mix of feelings, needs,
and inner parts that help us stand steady.
These are our Wellness Buddies.

This comic booklet invites us to see how they
show up in everyday life and walk beside us.

By getting to know them and building a
connection, we can care for ourselves with
more kindness, and feel more grounded in
daily life.



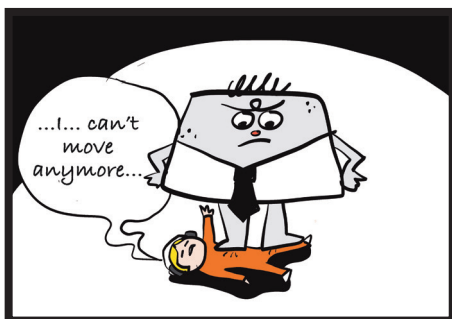
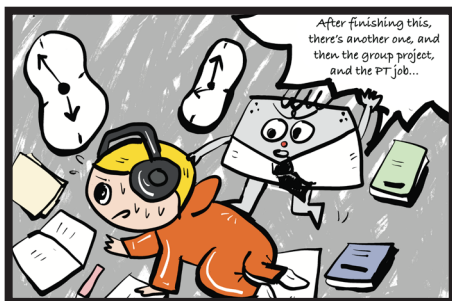
Scan to Read



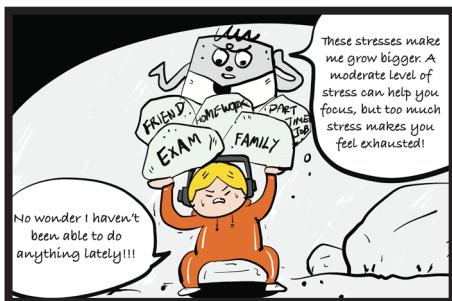
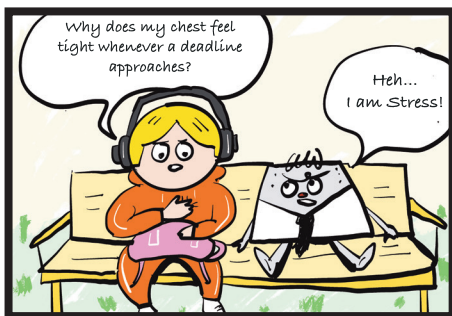
English & Chinese
E-Books



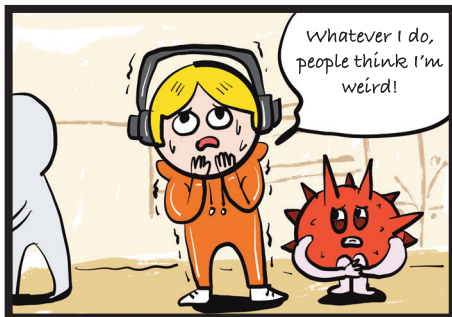
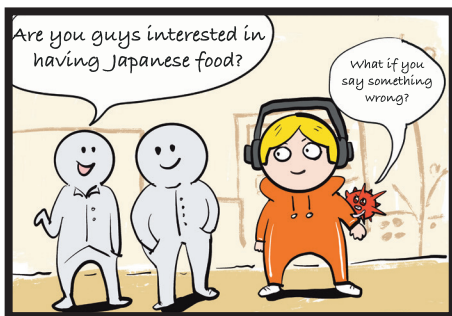
Living with Stress



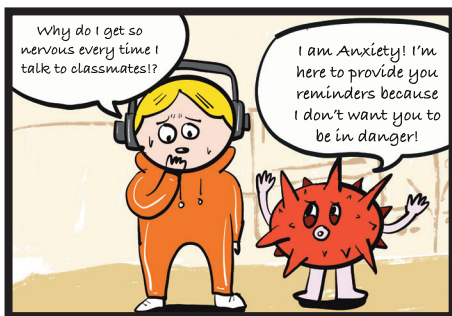
What is Stress?



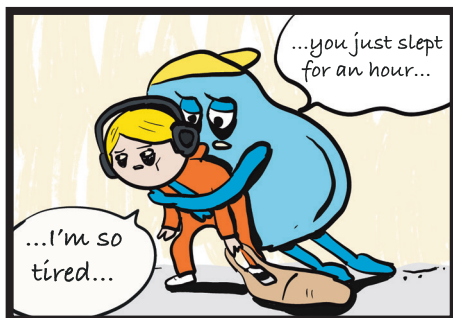
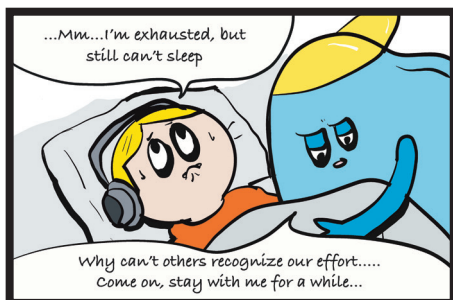
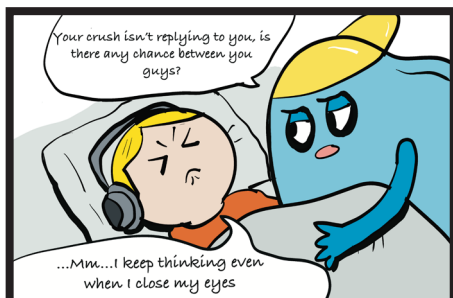
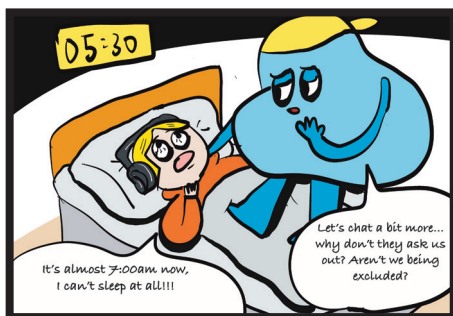
Living with Anxiety



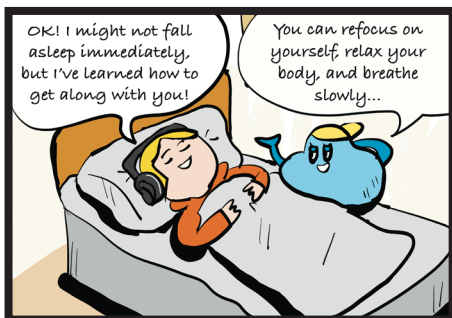
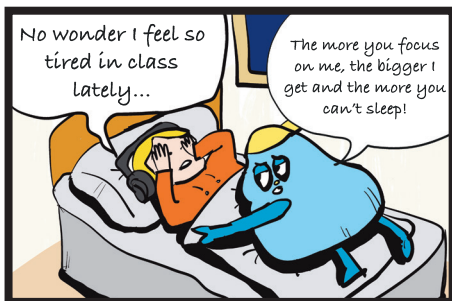
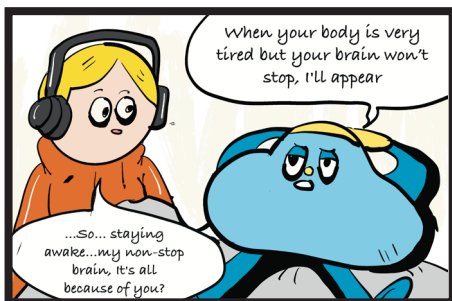
What is Anxiety?



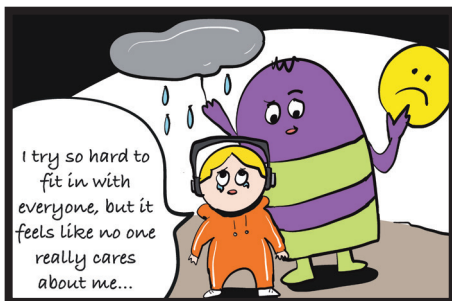
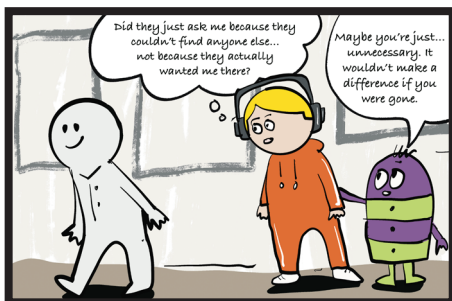
Living with Insomnia



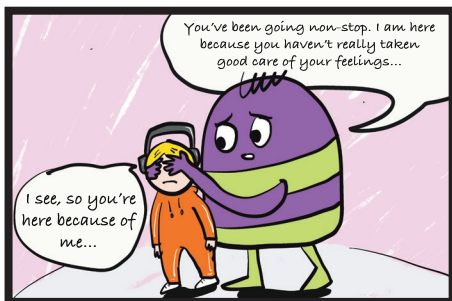
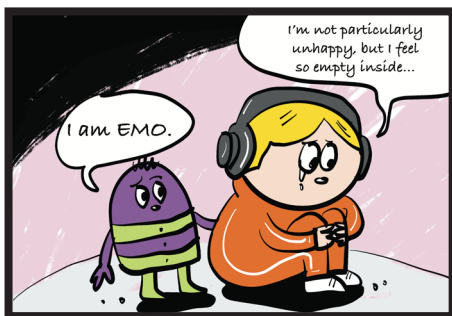
What is Insomnia?



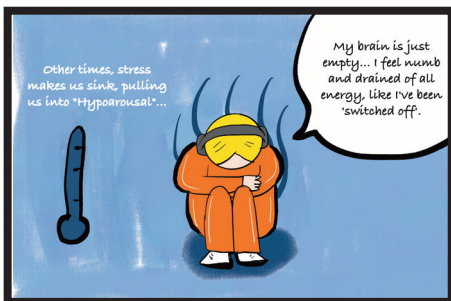
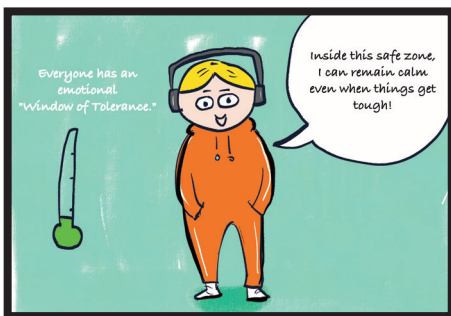
Emo and Me



What is EMO



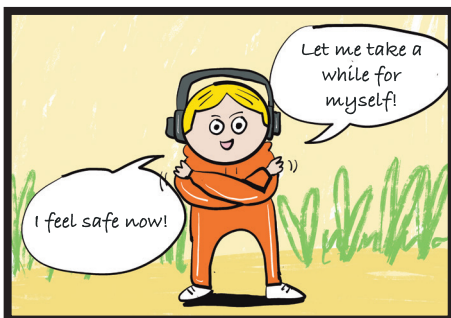
Finding Your Window of Tolerance



Let's expand our Window of Tolerance!



Butterfly Hug

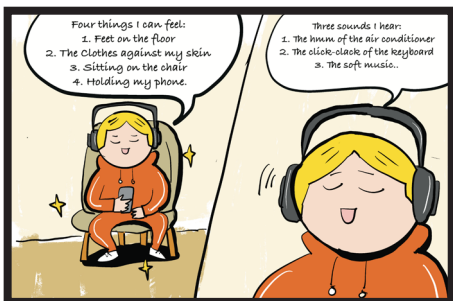
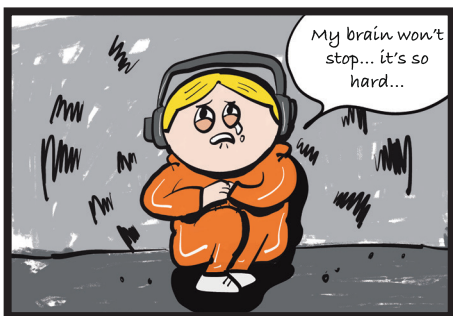


What is the "Butterfly Hug"?

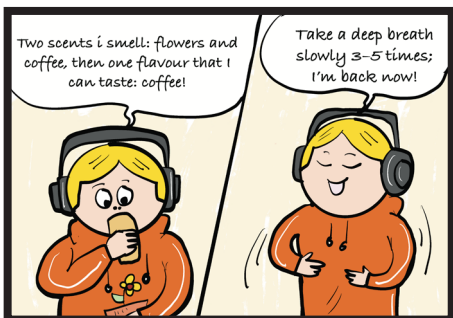
The "Butterfly Hug" is a simple self-soothing technique often used in therapy. It helps us quickly regain a sense of calm and safety when facing anxiety, stress, or overwhelming emotions.



5-4-3-2-1 Grounding Technique



Three sounds I hear:
1. The hum of the air conditioner
2. The click-clack of the keyboard
3. The soft music...



Take a deep breath slowly 3-5 times; I'm back now!

What is the “5-4-3-2-1 Grounding Technique”?

The “5-4-3-2-1 Grounding Technique” engages your five senses to interrupt your brain's anxiety loop. It helps you break free from panicked thoughts and re-anchor yourself in the safe, real present moment.







You do not need to hold everything on your own. There is strength in pausing, reaching out, and allowing yourself to be supported.

Scan the QR code to connect with our Counselling Service.

You may also download the Wellness Buddies wallpaper and sticker pack — small companions for everyday moments.



Download
Wellness Buddies



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Counselling Services

**Office of Student Affairs
Counselling Services**

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