

### 減壓有道

## WAYS TO RELEASE STRESS

雖說一定的壓力能推動我們發揮潛能，做出更好成績，然而，都市人工作壓力沉重，長期處於壓力狀態下，容易出現頭痛、失眠、情緒低落等徵狀，不但嚴重影響身心健康，甚至誘發各種情緒病。

地產代理行業講求分秒必爭，從業員容易成為壓力大的高危一族，加上現時樓市正值調整期，物業交投回落，從業員生計難免受到影響。各持牌人必須懂得適時疏導壓力，調整自己的身心狀態，方為健康上策。

今期《專業天地》為讀者從網上搜羅一些減壓竅門，並從飲食、運動、作息等三大範疇著手，希望大家有效地調整身心，以應付工作和生活上的種種挑戰。

### 多元飲食 抗壓抗鬱

地產代理工時普遍甚長，容易養成不良的飲食習慣，例如食無定時、不吃正餐等。健康飲食的首要原則是「多元」，而常吃以下食物，更有助抗鬱。

有研究發現，有些食物能改善情緒，當中效果較為顯著的有深海魚類、菠菜、南瓜、香蕉和車厘子等。這些食物分別含有豐富的奧米加3脂肪酸、葉酸、維他命B6、生物鹼或花青素等，有助緩解緊張不安的情緒，振奮人的精神及提高信心，並能擊退抑鬱。

A certain amount of stress can push us to better performance and results. However, heavy work pressure and long-term stress could cause headaches, insomnia or depression, which is not only harmful to our health, but also increases the chance of having mood disorders.

As the estate agency industry is a fast-paced business, practitioners have a high risk of suffering from stress, especially now as the Hong Kong property market has stagnated with a decrease in property transactions. Estate agency practitioners' health has inevitably been affected and licensees should know how to cope with the pressure and adjust their state of mind to maintain good health.

In this issue, *Horizons* will share some tips on how to relieve stress from the internet in three major areas: diet, exercise and rest, which will hopefully help our readers to refresh their bodies and minds to cope with the challenges in work and life.

### EAT A VARIETY OF FOOD TO BEAT DEPRESSION

Estate agents usually work long hours and develop unhealthy eating habits like eating at irregular hours or skipping meals. A healthy diet should consist of different kinds of food especially the following ones which will help beat depression.

Some studies have found that certain foods can improve your mood. For example, deep-sea fish, spinach, pumpkins, bananas and cherries are especially good as they are rich in omega-3 fatty acid, folic acid, vitamin B6, alkaloid or anthocyanin respectively. They can help relieve anxiety, lighten your spirit, enhance your confidence and beat depression.

## 焦點話題 IN FOCUS

此外，應盡量少飲含咖啡因的飲品，及避免吃太多所謂「三高」（即高鹽、高糖和高脂）的食物。一般的茶、咖啡、可樂或朱古力，其實都含有咖啡因，小量雖可短暫提神，但過量攝取的話，容易令人產生焦慮、心跳加速、手震的情況；而吸收過量高鹽份的食物，則會引致血壓上升；至於多糖的食物會快速被腸胃吸收，容易造成血糖急劇上升，以致精神不濟，影響情緒。高脂肪食物的壞處就更不容忽視，容易誘發心血管疾病，增加患上冠心病及中風等機會。

### 恆常運動 有益身心

至於運動方面，不知大家有否同感，在運動後出一身汗，的確讓人頭腦清醒及心情愉快。有研究顯示，適量的帶氧運動，例如跑步、球類運動、游泳或跳舞等，可使腦部釋放「安多酚」，從而讓人產生快樂情緒，心情愉快及放鬆。

如果未能每天抽空進行帶氧運動，大家不妨考慮一些心肺負荷較低的運動，例如太極、行山或瑜伽等，同樣有助舒緩壓力。

其實，只要持之以恆，每日累積做30分鐘運動，既可改善健康狀況，又能減少抑鬱症狀。所謂累積做30分鐘運動，指的是於不同時段進行不同的運動，但每次至少要持續10分鐘。大家可爭取在日常工作或起居生活中的空檔進行運動，當感受到運動的好處後，就要好好培養運動成為生活的一部分。

In addition, try to reduce your consumption of caffeine drinks, salty, sugary or fatty food. Generally speaking, tea, coffee, coke and chocolate contain caffeine that will give a temporary energy boost for a short period of time, but overconsumption may cause anxiety, a rapid heartbeat and tremors. Having too much salty food may result in an increase in blood pressure. As sugar is absorbed by the body quickly, eating sugary foods may lead to a sudden rise in the blood-sugar level and may cause drowsiness and affect your mood. Last but not least, the more fatty food consumed, the higher your chance of developing cardiovascular disease, coronary heart disease or having a stroke.

### EXERCISE REGULARLY TO STAY HEALTHY

A good workout will refresh your mind and bring you joy. Studies have found that aerobic exercises, such as running, playing ball games, swimming or dancing can help trigger the production of endorphins in the brain which will make you happy and relaxed.

If you are too busy to do aerobic exercises every day, you may consider doing some low-impact physical exercises like Tai-chi, hiking or yoga. They also help reduce stress.

Exercising for 30 minutes every day will improve your health. You can do different exercise during different periods every day, but every exercise should last at least 10 minutes. Try making use of the rest time in your daily life for exercise, turn it into becoming part of your life and you will benefit in the future.



## 優質睡眠 作息定時

運動固然重要，但有充足的睡眠，可說是更直接的減壓方法。酣睡一覺不單能讓身體重新充電，更能重整心靈。成年人每日大概需要7-9小時的睡眠。睡眠不足會導致記憶力轉差、疲憊、精神渙散、煩躁不安等，長期睡眠不足，更會引發心血管疾病。

可是，對於有機會隨時候命的地產代理來說，要完全撇下或忘記工作，放鬆心情就寢，也未必是一件易事。可能，有時想休息也未必睡得好，夜半醒來不能再入睡直至天亮的情況也屢見不鮮。要達至優質睡眠，不妨試試於臨睡之前，坐下來，用一盆暖水浸腳約10分鐘(若水溫下降得快，則中途加點熱水)，這樣既可鬆弛神經，又可令全身溫暖較易入睡。又或者，播放一下柔和的音樂或喝一杯熱牛奶，都能有助放鬆心情及加快入睡，但切勿於睡前吃得太飽。

其實，不論每天的工作有多忙碌，都應該儘量安排時間休息，抽空與家人或朋友見面，調劑一下急速的生活節奏。

## 正向思維 樂觀面對

說到底，要對抗壓力，保持樂觀正面的心態至為重要。凡事從正面的角度出發，積極面對。樓市步伐減慢，但也不應為自己增添壓力，反而，不妨趁此機會加強客戶關係或自我增值，為市況轉旺時作好準備。

總括來說，代理們嘗試從以上幾方面改善生活習慣，持之以恆，相信定能時刻保持心境開朗、精力充沛，工作自然更加得心應手。



## QUALITY SLEEP AND A WORK-REST BALANCE

Exercise is important, but getting enough sleep may be the most direct way to relieve stress. Having a good sleep not only helps recharge the body, but also helps purify the mind. Adults usually take 7-9 hours of sleep daily. Sleep deprivation can affect your memory, result in fatigue and anxiety, and may cause cardiovascular disease in the long run.

As estate agents may need to be on standby for clients, it is often difficult to get off work and have a good sleep. Sometimes, it is not easy to sleep through the night and one might wake up in the middle of night and cannot go back to sleep. In order to have quality sleep, you could try sitting down and soaking your feet in warm water (add some hot water if it cools down quickly) before you go to bed. It will help relax your nerves and it is easier to fall into sleep when you feel warm. Furthermore, playing some soft music or drinking a cup of hot milk can also relax your mood and help you fall asleep easily, but remember not to eat too much before you go to bed.

In fact, no matter how intensive your schedule is, it is essential to arrange some rest time for yourself. Try to put aside some time for meeting your family and friends to slow down your fast pace of life.

## STAY POSITIVE AND BE OPTIMISTIC

Last but not least, positive thoughts are very important in fighting off stress. As the property market has been cooling down, licensees could make use of this time to improve their customer relations or make some self-improvement or advancement to better equip themselves for the opportunities that will come when the property market improves.

All in all, estate agents are encouraged to try the above tips to improve their living habits and become energetic and cheerful, and, therefore, better at work.