



## Coping with your symptoms



You have visited the KKH doctor for one or more of the following symptoms:

- Chest pain
- Shortness of breath
- Abdominal pain
- Headache
- Others:

The following investigations have been performed and the results are normal:

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It is possible that these symptoms may recur. Some symptoms that you should monitor for include:

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It is common for symptoms to be linked to lifestyle factors like stress, insufficient sleep, an unbalanced diet, or lack of exercise.

Stress and difficult emotions may also arise from difficult situations at home, with friends, or at school. Sometimes, these emotions can worsen the symptoms of a medical condition.

Our team has specially produced a video to help young people and their families better understand how stress and emotions can cause or affect physical symptoms.

Scan the QR code below to watch the video and discover how you can manage your symptoms!



**Parents / caregivers, please watch the video together with your child.**



## 1) Lead a healthy lifestyle

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- **Get enough sleep!**  
Make sure you have a minimum of 8 to 9 hours of sleep every night.
- **Maintain a balanced diet!**  
Avoid unhealthy snacks and have regular meals.
- **Exercise regularly!**  
Gradually increase your physical activity duration to achieve the recommended 60 minutes of exercise per day.



## 2) Distraction

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Pick any activity you enjoy!

You may choose to draw, exercise, listen to music, read poetry, do gardening, or cook!

Remember, we all like different things and that is OK!

## 3) Mindfulness

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Mindfulness is a mind-body approach to life that helps us relate differently to experiences.

Click on the link below to access a useful app that can help with the practice of mindfulness.

Link:  
<https://www.smilingmind.com.au>

## 4) Box breathing

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- **Take a deep breath through your nose for 4 seconds**
- **Hold your breath for 4 seconds**
- **Breathe out through your mouth for 4 seconds**
- **Hold your breath for 4 seconds**

Repeat this breathing pattern for a few cycles.

