



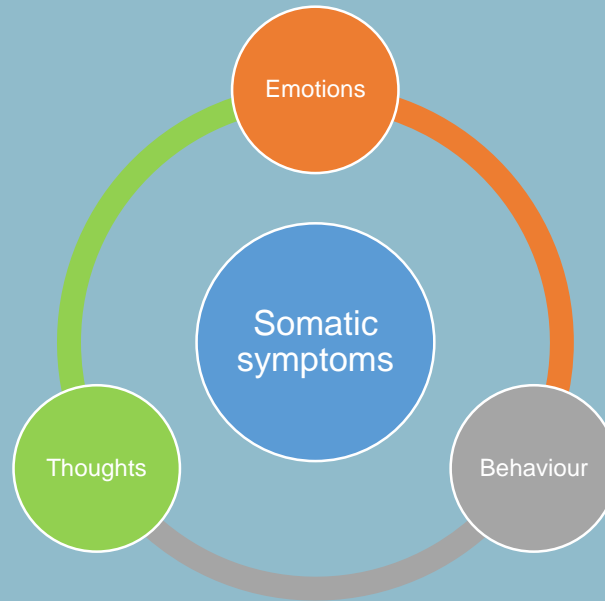
Understanding your somatic symptoms

This information is jointly developed by KKH Children's Emergency Department and Child and Adolescent Mental Wellness Service.



Somatic symptoms are physical symptoms stemming from stress. Common somatic symptoms are stomachaches, chest pain, headaches, and difficulty breathing.

Our thoughts, feelings, and behaviours, are all connected when we experience physical symptoms.



Worrying about our symptoms release stress hormones that can cause our hearts to beat faster, muscles to feel tensed etc.

This makes us even more sensitive to any slight changes in our bodies.

We might then decide to stay in bed, but this makes us even more tired, and affects our stamina which gets us more worried about our physical condition.

This becomes a vicious cycle.

So stress amplifies and maintains the symptoms, although it is not the main cause of the symptoms.

This video explains in detail how somatic symptoms can surface and what young people and their parents / caregivers can do to help.



Please scan the QR code about to watch the video.

RECAPLite: Brief Intervention Programme

RECAPlite (Resilience in Children and Adolescents with Psychosomatic Symptoms – lite) is a brief intervention programme comprising 3 to 4 sessions facilitated by KKH staff (i.e. Medical Social Workers, and Advanced Practice Nurses), school counsellors, or community partners. The programme utilizes the skills taught in the video to assist young people and their parents / caregivers in managing the symptoms.

Scan the QR code below to help us understand the nature of your symptoms and if the video has been helpful for you.

