

公務員事務局 Civil Service Bureau
職業安全及健康研討會 Occupational Safety and Health Seminar

- 題目 Topic : 工作壓力
Occupational Stress
- 日期 Date : 30.7.2026 (星期四 Thursday)
- 時間 Time : 下午 2 時 30 分至中午 5 時 15 分
2:30 p.m. to 5:15 p.m.
- 地點 Venue : 九龍尖沙咀梳士巴利道十號香港太空館演講廳
Lecture Hall, Hong Kong Space Museum, 10
Salisbury Road, Tsim Sha Tsui, Kowloon, Hong Kong
- 內容 Content : 研討會旨在介紹工作壓力的徵狀以及不適當的壓力如何影響僱員的健康，並透過個案探討處理壓力的方法。講者亦會講解如何透過均衡飲食、運動及處理壓力的方法等，以實踐健康生活。我們希望參加者將在研討會中獲得的資訊帶回所屬局／部門作進一步推廣。
The seminar aims at introducing the signs and symptoms of occupational stress, how occupational stress may affect employees' health and exploring the stress coping strategies through case studies. The speaker will also speak on how to adopt a healthy lifestyle through a balanced diet, exercises and stress management. Participants are encouraged to help promote the messages disseminated through the seminar in their respective bureaux/departments.
- 語言 Language : 粵語 Cantonese
- 對象
Target participants : 有興趣的同事
Colleagues who are interested in the topic
- 截止報名日期
Application deadline : **22.6.2026**
- 查詢 Enquiries : 鄺婉怡小姐 Ms Anita KWONG
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