



[e-Donation](#)



[About Us](#)



[e-Newsletter  
Subscription](#)



[Volunteer  
Sign Up](#)



[Health Tips](#)



[Facebook](#)



[Talk to Us](#)

## Learning to Relax

Overcrowded trains, stagnant wages, never ending deadlines, exams, interpersonal relationships...

"STRESS" is probably one of the most common complaints in today's pragmatic and fast-paced society...

Remember the wildly popular Hong Kong "Bus Uncle" from a few years ago whose catchphrase was "I'm stressed! You're stressed!"? Despite his outbursts, there is some truth to his words. Every one of us is bound to have some degree of stress in our lives, be it from work, school or from a recent event in our life. The real question is, are we properly managing it or letting it morph into something more serious?

### Facts Box

**10 ways to manage your stress level**

1. Spread out the changes in your life
2. Plan your time well
3. Be realistic about what you can do
4. Think positive
5. Make some time for yourself
6. Spend time with family and friends
7. Stay physically healthy
8. Learn some relaxation techniques
9. Have a healthy diet
10. Get enough sleep

Source: Health Promotion Board website ([www.hpb.gov.sg](http://www.hpb.gov.sg))

Prolonged stress that is not managed may even lead to medical conditions such as high blood pressure, heart conditions, depression, anxiety or other mental health concerns, and worsen physical health conditions eg. asthma.\*

\*Source: Health Promotion Board website ([www.hpb.gov.sg](http://www.hpb.gov.sg))

While it is almost impossible to eliminate stress completely from our lives, there are certainly ways to manage it. You could take a vacation and completely cut yourself away from work, or manage your time better so that you have ample 'Me' Time.

A short breather could also be useful to 'reset' yourself before you plunge back into a stressful situation. Entertainment (i.e. books, movies, games) is a simple way to relieve stress naturally. You can take short breaks in-between stressful tasks to watch a funny video on Youtube, or read a few pages from a book before you go to bed. Playing games is also a way to relieve stress.



### Learning about Your Kidneys Can Be Lots of Fun

Is reading health articles too boring and not your cup of tea? How about learning kidney facts the fun way? With our revamped website, we now have two new games available [here](#).

Do you know that one of our kidneys is higher than the other one?



*Do you know what a medical doctor specialising in kidney care is called?*

*Do you know the main causes of kidney failure?*

Try our crossword puzzle to test your knowledge on kidney-related topics. We have 14 unique questions designed to help you learn more about this amazing organ. Questions range from simple to moderately challenging, but no need to fret if you are stumped by them. After all, one way of learning is to have your curiosity tickled so that you'll seek out the information to satisfy your inquisitive mind.



If you prefer something less knowledge-based, challenge your cognitive skills with our picture puzzle. The aim is to reshuffle the puzzle pieces to uncover a KDF-related picture. The game may look very simple, but it really isn't! Trust us.



Who says only the kids are having fun this month? Whether you are a student on your much-deserved break, or a working adult, you can always have a little fun by trying your hand at our new games. Although the purpose of playing a game is to relax, there is really no harm in building up your knowledge on health and kidney related topics while at it, isn't it? Now go on, have fun!