

Moods are like the weather

What kind of emotional weather are you having today?

Cloudy Day

Under the dull, gloomy sky, you can't see sunlight, and can't feel the heat from the sun, rain seems to be falling soon.

Sometimes, dull sky makes one feel gloomy, depressed, and lethargic. Cloudy day always makes one feel lazy.

Sunny Day

Looking at the clear blue sky with white clouds, it brightens your mood, makes you feel cheerful and energetic.

Let the sunlight stimulate your brain and produce serotonin. Higher level of serotonin will make you feel happier and more positive. Moving your body in the sun helps to uplift your body, and absorb energy from the nature.

Rainy Day

The clouds are filled with troubled thoughts, over a period of time, the clouds can't take it anymore, and turn it into down-pour.

When bad mood hits you, it leaves you out of breath, and you may burst into tears, just like the rain from the overloaded clouds.

How weather affects our mood is more than just an abstract feeling. It is probably related to our mental health. There is a disease known as Seasonal Affective Disorder, or Seasonal Depression, which is considered an emotional disorder. One tends to get bad mood during bad weather.

To some people, drugs may become a temporary escape for mood swing. However, they only make one fall into a deeper trough of negative emotion, with no escape.

Cloudy Day

is like a placid feeling, some people take drug when they feel bored to create some excitement.

Sunny Day

is like a pleasant feeling, some people take drug when they feel good, to boost their mood.

Rainy Day

is like a sad feeling, some people take drug when they feel sad to reduce their pain.

Thunderstorm

Drug is like a thunderstorm, which will ruin your life, turn your life upside down. So take precautions before the storm strikes, to prevent yourself from the risks.



Dear fellow sisters, you could come across drugs during work, and even struggling with them. If you do not know how to deal with it, feel free to contact us anytime, to seek for support.





Action for REACH OUT (AFRO) offers assessment, counselling and referrals by social workers, with utmost confidentiality!



   AFRO Drug Support Hotline: 6203 9656 
(Monday to Friday, 09:00-17:00)

 AFRO 24-hour Emergency Hotline: 2770 1002 
(22:00-09:00, Emergency support only)

AFRO APPS SUPPORT

  AFRO27701002
  96698108

(Monday to Friday, 09:00-22:00)



Narcotics Division, Security Bureau
Seek Help / Enquiries

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