



 prepare the path to wellness



Platform Navigation



UpPotential - Home

uppotential.com/en/

Relaunch to update

All Bookmarks

EN

CORPORATE LOGIN

Currency: HKD

MY CART

LIL PO



ABOUT UPPOTENTIAL

CONTACT US

WELLNESS PLATFORM

Hold Our Hand
& Walk With Us



Chat with me!





Step 1: Go to the Website



<https://uppotential.com/en/corporate-login/demo-school-login/>

EN



Stress Management Program


"Prepare the path to wellness"

ABC School

Wellness Platform

UpPotential Wellness Platform offers a Stress Management Course. Through learning self-help skills, students are equipped to face life's challenges with a positive mindset and develop their unlimited potential.

แพลตฟอร์ม UpPotential Wellness นำเสนอหลักสูตรการจัดการความเครียดและการฟื้นฟูสุขภาพจิต การช่วยเหลือตัวเอง ผู้เรียนจะได้ฝึกทักษะและความพร้อมในการเผชิญกับความท้าทายต่างๆในชีวิตด้วยความคิดเชิงบวก และพัฒนาทัศนคติที่ดีต่อตนเอง



Hold Our Hand & Walk With Us

0:00 / 3:07

Email

Password



[Forgot Password](#) [Sign up](#)

[LOGIN](#)

Step 2: Enter email and password, then press “LOGIN” button.



EN



Stress Management Program


‘Prepare the path to wellness’

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การเตรียมความพร้อมและฝึกฝนทักษะการรับมือกับความเครียดและการดูแลสุขภาพจิตที่ช่วยเสริมสร้าง
สู่ความเครียดที่ลดลง และพัฒนาสุขภาพจิตให้ดีขึ้นอย่างต่อเนื่อง



Email

Password

[Forgot Password](#)

[Signup](#)

LOGIN

Testing A/C:
thai03@thai.com
123456789

Step 3: Pre-assessment



Core Lessons



START



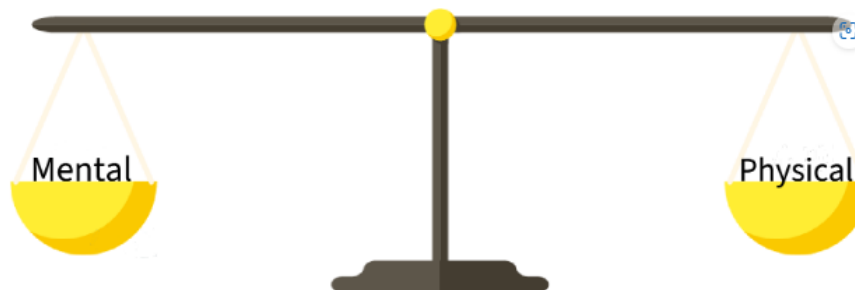
Lesson 1 : What, Why and How?



Step 4: Start Pre-assessment



Wellness Assessment



The purpose of the Wellness Assessment is to give you a better understanding of your physical and mental health through questions related to your daily habits.

Operation Precautions

- The assessment has 15 questions
- You must answer each question
- Your answers will not be saved unless you have completed all the questions

This is the first step to exploring your potential, and your honest truthful answers will assist this process.

Disclaimer

This assessment is for general information only. Nothing contained in this Site or the linked websites is or shall be considered or used as a substitute for professional medical or mental health advice, diagnosis or treatment. All of your information will

Reference

1. Wellness Index, 3rd edition: A self-Assessment of Health and Vitality by John W. Travis, M.D. and Regina Sara Ryan
2. The Wellness Workbook, 3rd ed: How to Achieve Enduring Health and Vitality by John W. Travis (Author), Regina Sara Ryan (Author)

START

Step 5: Submit Pre-assessment



Please choose the answer that best suits your situation
โปรดเลือกคำตอบที่เหมาะสมกับสถานการณ์ของคุณมากที่สุด

My regular diet includes two servings of fruits and three servings of vegetables.

อาหารปกติของฉันประกอบด้วยผลไม้ 2 ส่วนและผัก

3 ส่วน

*

I drink at least six glasses of water every day.

ฉันดื่มน้ำอย่างน้อยวันละหกแก้ว

*

I exercise three times per week for at least 20 minutes each time.

ฉันออกกำลังกายสามครั้งต่อสัปดาห์เป็นเวลาอย่างน้อย 20 นาทีในแต่ละครั้ง

*

I sleep around seven to eight hours on average every day.

ฉันนอนประมาณเจ็ดถึงแปดชั่วโมงโดยเฉลี่ยทุกวัน

*

I understand the importance of nutrition for my physical health.

ฉันเข้าใจถึงความสำคัญของการโภชนาการต่อสุขภาพร่างกายของฉัน

*

☐ Never ☐ Sometimes ☐ Often ☐ Always

I have friends that support and care about me.

ฉันมีเพื่อนที่สนับสนุนและห่วงใยฉัน

*

☐ Never ☐ Sometimes ☐ Often ☐ Always

I can share feelings with others (such as joy, anger).

ฉันสามารถแบ่งปันความรู้สึกกับผู้อื่นได้ (เช่น ความสุข ความโกรธ)

*

☐ Never ☐ Sometimes ☐ Often ☐ Always

I am willing to listen to and accept criticism from others.

ฉันยินดีรับฟังและยอมรับคำวิจารณ์จากผู้อื่น

*

☐ Never ☐ Sometimes ☐ Often ☐ Always

I can go to my parents when I need support.

ฉันสามารถขอความช่วยเหลือจากพ่อแม่ของฉันได้

*

☐ Never ☐ Sometimes ☐ Often ☐ Always

I know how to seek help when needed.

ฉันรู้วิธีขอความช่วยเหลือเมื่อจำเป็น

*

☐ Never ☐ Sometimes ☐ Often ☐ Always

I can focus on things quickly.

ฉันสามารถจดจ่อกับสิ่งต่างๆ ได้อย่างรวดเร็ว

*

☐ Never ☐ Sometimes ☐ Often ☐ Always

SUBMIT



Step 6: Review your results, and click “ START STRESS MANAGEMENT PROGRAM ”

Score

3

Low 0-15

Your total score shows that you have a high degree of physical and mental health imbalance, significantly lower than the average level that will affect your daily life and interpersonal relationships. Self-help exercises such as relaxation exercises and breathing exercises are recommended. Moreover, Positive self-talk, cognitive therapy, and desensitization are suitable for stabilizing your emotion. Building openness and good sleep also help you improve the quality of life.

Medium 16-30

Your total score shows a moderate imbalance between your physical and mental wellness; the score is below the normal range. Self-help exercises such as relaxation exercises and breathing exercises are recommended. Moreover, being thankful and building openness and social support are also suitable for enhancing mental wellness.

High 31-45

Your total score shows that you are physically and mentally balanced and normal, without affecting your daily life. However, prevention is better than cure, and many aspects of learning can broaden your experience and knowledge. You should practice self-help skills to strengthen your physical and mental health, enhance mental wellness awareness for the benefit of oneself and others.

Thank You!

START STRESS-MANAGEMENT PROGRAM

Step 7: Click on the topic button to start



Core Lessons



START



Lesson 1 : What, Why and How?



Lesson 2: Relaxation Exercises



Step 8: Start from Lesson 1 Part 1



Lesson One What, Why and How?



1

Lesson 1 Part 1



2

Lesson 1 Part 2



3

Lesson 1 Part 3



Quiz 1

Home / Wellness Platform / Core Lessons / Lesson 1: What, Why and How? / Lesson 1 Part 1

I. What is Anxiety?

When you are crossing the street and see a car coming too fast towards you, does your heart start racing and your breathing get faster? Have you ever panicked just before a school exam, or before an important presentation at work? Did people around you say you were irritable, nervous, and easily excitable just before your big wedding day?

What is it? Why? What exactly happened to me? Why is it me? How can I overcome anxiety-related problems? This lesson explains the different symptoms of anxiety disorders and then guides you on the path to freedom from stress by introducing ways to mitigate anxiety and its symptoms. There will be short demonstration videos in the lesson.



We all experience moments of worry or stress. This is quite normal because of a biological stress response mechanism known as the "Fight or Flight". During moments of stress, the body's adrenaline kicks in. This then raises your heart rate and breathing to make you think quicker and to prepare you to act and respond to any danger, threats, or other perceived causes of stress in order to protect yourself.

In today's fast-moving world, we are constantly being put under pressure to react to information quickly. We are forced to multitask, work harder and faster just to keep up, and are therefore always in stress response mode. When we are constantly under attack from stresses and worries like this, be they large or small, it can drive us to feel anxious, fearful, and panic-stricken. It is no wonder that these modern times have been referred to as "The Age of Anxiety".

Anxiety is licensed from www.humanconnection.com

LESSON 1: WHAT, WHY AND HOW?

Lesson 1 Part 1

Lesson 1 Part 2

Lesson 1 Part 3

Quiz 1

Step 9: Submit the quiz in the end



[Home](#) / [Wellness Platform](#) / [Core Lessons](#) / [Lesson 1 : What, Why and How?](#) / Quiz 1

1

Stress can make our body feel unwell.

- ☐ Yes
- ☐ No

2

When stress accumulates, which of the following signals released is not related to body and mind.

- ☐ Indigestion, stomach pain
- ☐ Feeling happy, cheerful
- ☐ Easily forgetful
- ☐ Cannot focus

10

In the film of Little White and Little Black, what did Little White use to combat difficulties?

- ☐ Gift pack's self help skills
- ☐ Gift pack's negative wordings

Field532

SUBMIT

LESSON 1 : WHAT, WHY AND HOW?

Lesson 1 Part 1

Lesson 1 Part 2

Lesson 1 Part 3

Quiz 1

Step 10: Pass the quiz



Home / Wellness Platform / Core Lessons / Lesson 1 : What, Why and How? / Quiz 1

Total Score is 8, 8/10

1

Stress can make our l

☒ Yes

☐ No

2

When stress accumu
body and mind.

☒ Indigestion, sto

☒ Feeling happy, c

☐ Easily forgetful

☐ Cannot focus

If we do not face and treat stress issue, it is possible the problem will become more serious.



Total Score is 8, 8/10

OK

LESSON 1 : WHAT, WHY
AND HOW?

Lesson 1 Part 1

Lesson 1 Part 2

Lesson 1 Part 3

Quiz 1

Step 11: If fail, re-do the quiz



Please try again!

1

Stress can make our life

☐ Yes

☐ No

2

When stress accumulates in the body and mind.

☐ Indigestion, stomach

☐ Feeling happy, cheerful

☐ Easily forgetful

☐ Cannot focus

If we do not face and treat stress issue, it is possible the problem will become more serious.



Please try again!

OK

Lesson 1 Part 1

Lesson 1 Part 2

Lesson 1 Part 3

Quiz 1

Step 12: Go to the next lesson



Home / Wellness Platform **Core Lessons** Lesson 1 : What, Why and How? / Quiz 1

Total Score is 8, 8/10

1

Stress can make our body feel unwe

☒ Yes



Core Lessons



START



Lesson 1 : What, Why and How?



Lesson 2: Relaxation Exercises



Lesson 3: Breathing Exercises



Step 13: After completing all 10 lessons, submit post-assessment



Lesson 10 Part 2



Lesson 10 Part 3



Quiz 10



Post-assessment

