

與自己約會

鼓勵大家在繁忙的生活節奏中停一停，歇一歇，照顧自己的身、心、靈！



來吧，請你找個舒適的環境跟自己約會



呼吸練習

透過呼吸練習和當下的自己對話，聆聽內在的聲音
(請掃描以下的QR code)



廣東話

新北精神康復會
Nishi / 新北 二分鐘呼吸練習



英語

Nishi / 新北 二分鐘呼吸練習
Nishi / 新北 二分鐘呼吸練習



普通話

新北精神康復會
Nishi / 新北 二分鐘呼吸練習

嘗試練習三分鐘的呼吸活動，
去體驗內心的自在。



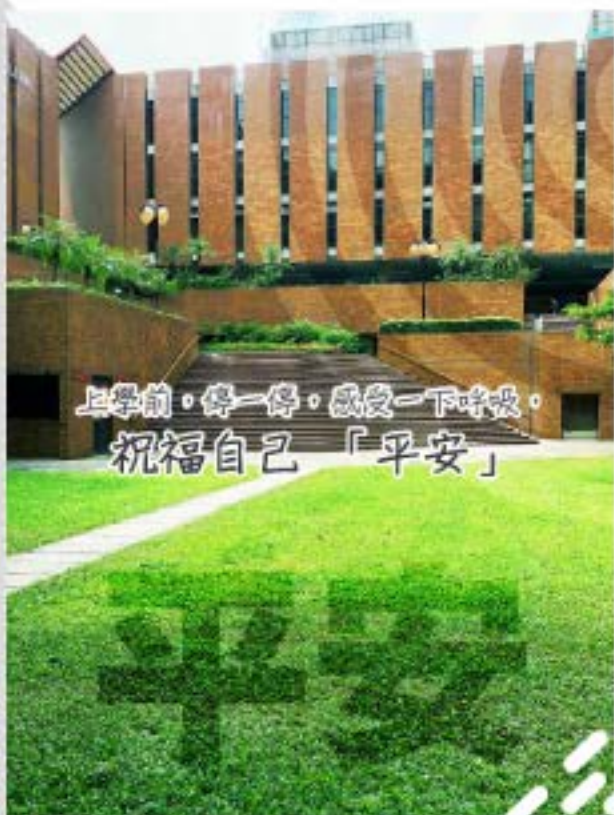
梳洗前，在鏡中展開一個
最燦爛的笑容

呼吸練習

我們建議你可在日常生活的每一天，
做以下的活動 幫助自己平靜下來，
活得更自在。

起床的時候，感恩自己仍擁有
生命的氣息。





上學前，停一停，感受一下呼吸，
祝福自己「平安」



“

回校途中，不妨仰望天空，感受一下天氣，是晴空萬里？還是烏雲密佈？是涼風吹送？還是細雨綿綿？

下課後，漫步校園，
·細看廣闊的天空
·聆聽周遭的聲音
·欣賞校園的一草一木。

LISTEN



用膳時，慢慢地咀嚼口中的食物，感謝食物給我營養，讓我身體健康。



接聽來電和查閱whatsAPP信息前，不妨內心先給對方祝福後才回應。

細味生活

臨睡前，細味當天，無論順逆與否，心存感激，帶著美好的心情入睡！



LOVE

You are encouraged to rest your soul in the midst of your busy study schedule by embracing and loving yourself every day.



Please find a comfortable environment and stay alone for some time.



Breathing Exercises

By practicing breathing exercises, touch your true feelings at the moment, listen to your inner voice

(Please scan the QR code below)



Cantonese

New Life Psychiatric Rehabilitation Association
newliferehab
1 Minute Breathing Space



English

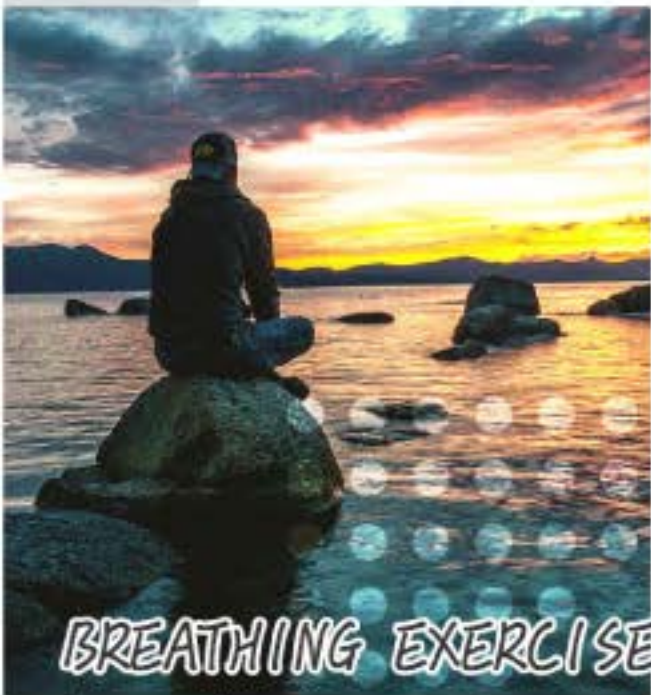
Mindfulness Meditation 1 Minute Breathing Space by Mark Williams



Mandarin

Chinese MBSD Simple 1 Minute Breathing Space by Tin-Pei

Get along with yourself and experience the inner peace.



BREATHING EXERCISE

After finishing the breathing exercise, you can choose from the following ways according to your own needs to realize inner harmony and freedom.



Every day when you wake up, try to be grateful for being alive.



Give yourself a big smile in the mirror.



Stop and breathe before going out, then
bless your day



“

On your way
back to school,
feel the weather
of the day.
Is it sunny?
Or cloudy?
Cool and fresh?
Or maybe rainy?

After Class,
take a walk in
the campus, look
above the sky,
listen to the
sounds around
you, and
appreciate the
variety of green
plants.

LISTEN



Try to chew your food slowly and taste
them during your meal. Be grateful for
the food that nourish our body.



GOOD SLEEP

Recall your
experience of the
day in detail.
Whether you find it
good or not, be
grateful and fall
into sleep with
good mood.



Before answering to the phone call or
checking your WhatsApp, if possible,
spare a second and give a kind wish to
the person on the other side of your
cell phone wholeheartedly.