

# 用於認知障礙症照顧者的靜觀療法

## Mindfulness-Based Intervention for Family Caregivers of People with Dementia

可以提高專注力和培養自我覺察能力的訓練課程  
A programme that increases our awareness of thought and feeling

認知障礙症照顧者經常面對很大的壓力。靜觀課程是訓練身心的心理社會干預方案，透過不同的活動，如靜坐、靜心進食、身體掃描等練習，提高我們對此時此刻的專注力，培養接納、不批評的自我覺察能力。本課程教導照顧者如何把靜觀融入日常生活，啟發自我調適，好好看待和照顧自己，使生活更健康，更和諧。不少研究已證實靜觀練習可以減低壓力。



靜坐  
Sitting meditation

Family caregivers looking after people with dementia (PWD) often experience high levels of stress. Mindfulness-based intervention (MBI) is a psychosocial intervention that integrates the training of the mind and body. It helps increase the caregivers' awareness of thought and feeling via different mindful activities, such as mediation, body scanning and mindful eating. Family caregivers can integrate the mindful attitude into their daily life in order to inspire their self-awareness and make life healthier and more harmonious. Several studies have proved that MBI has positive effects on stress reduction.

### 特色與優點

- 可提升專注力、同理心及工作效率，亦能促進身體健康，包括降低血壓及心血管疾病風險等
- 減低壓力，提升心理健康

### 應用

- 可為認知障礙症照顧者特別設計的靜觀課程



身體掃描  
Body scan

### Special Features and Advantages

- Enhances attention, develops empathy and efficiency, and promotes physical health, e.g. lowering blood pressure and the risk of cardiovascular diseases
- Reduces stress and promotes psychological well-being of caregivers

### Applications

- Able to develop a tailor-made mindfulness programme for the family caregivers of people with dementia

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