

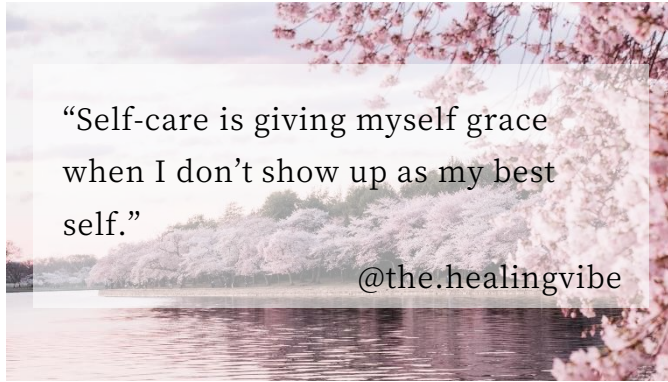
心靈快報

台北銘傳大學前程規劃處

111學年第二學期

2023/03/06-03/10

ISSUE 1



個別諮商預約

想要增加自我了解嗎？對自己、關係、生活處境或目標感到困惑或遇到難處，都可以運用心理諮商來幫助自己。無論是人際、感情、學習、家庭、性別、生涯、情緒、生活適應、壓力調適、生命意義等議題，都歡迎你來前程規劃處諮商輔導中心找諮商老師晤談。預約請至：前程規劃處(A棟2樓)，或撥打專線：(02)2883-0510。

活動快訊 - 服務學習 & 心衛活動

報名
至

03/30

服務學習志工招募 — 可認證校內服務學習時數

前程規劃處招募服務學習志工，歡迎有服務熱忱的你前來參加！

◎ 服務相關須知

① 工作內容：處內活動及辦公室業務協助

② 至少需服務2小時

◎ 說明：請直接至前程規劃處辦公室，
找陳安筠老師報名(分機#2448)

03/29

(Wed)

戀愛擴香石工作坊 Workshop on Romantic Love & Diffuser Stone DIY (in Mandarin)

是浪漫？還是控制？愛情要怎麼談才好？恐怖情人又有哪些樣貌？透過製作擴香石及香味的挑選，找到合適的關係氣息，讓彼此由愛中成長。

◎ 報名須知：

① 即日起開放於eForm報名，報名後一週內請至前程規劃處繳交保證金100元。

② 全程參與活動者將全額退還保證金，並依完成報名順序錄取。

③ 活動前請自行用餐，並配合防疫規定配戴口罩。

④ 個人創作的「香氛擴香石」可免費帶回家。

◎ 報名網址：<https://reurl.cc/lveGVI>

講師：王琪心理師

活動時間：112.03.29(三)18:00-20:00

活動地點：B604教室

聯絡人：孫乙仙老師(#2267)



活動快訊 - 職涯發展

報名
至

05/12

【就職力認證】 111-2 Moodle課程報名

於Moodle平台觀看至少五部就職力相關影片，並完成回饋表，即可通過十力教育—就職力檢核。

◎ 報名網址：<https://reurl.cc/8qpdW4>

活動時間：112.03.01~112.05.12

活動地點：Moodle平台

聯絡人：高錫德老師(#2268)



| 活動快訊 - 徵才訊息 |

03/14 優衣庫UNIQLO
(Tue) 徵才說明會

UNIQLO & GU 的「全球儲備菁英計畫」，是針對嚮往成為「全球型領導者」的國際人才所推出的人才發展計畫，選拔具備自我挑戰欲望與成長潛能的優秀人才，培育成為與集團一起引領全球事業未來的經營者，只要 4 至 7 年，就有機會成為中高階經理人。

◎ 報名須知：本活動時間可申請公假

◎ 報名網址：<https://reurl.cc/AdOx93>

活動時間：112.03.14(二)12:00-13:00

活動地點：E402大會議室

聯絡人：陳盈汝老師(#2449)



05/10 TVBS聯利媒體徵才說明會
(Wed)

TVBS自1993年9月28日開播，是臺灣第一個衛星電視頻道，開啟百家爭鳴的媒體新時代，帶給臺灣社會多元自由的新價值。TVBS多年來致力創新，從科技運用、人才培育至影視作品的發行輸出，已嶄露耀眼佳績，屢獲國內外獎項肯定。歡迎對新聞、媒體有興趣的同學報名參加。

◎ 報名須知：本活動時間可申請公假

◎ 報名網址：<https://reurl.cc/6N0WxV>

活動時間：112.05.10(三)12:00-13:00

活動地點：B901教室

聯絡人：陳盈汝老師(#2449)



| 心靈補給站 - 自我了解 & 人際關係 |

你在經過我家的時候，可以覺得我家很醜、並且快步離開。那是你的喜好與自由。但是這一份自由，不包括你恣意闖進家裡，當著我的面說：「你家好醜哦，怎麼會設計成這樣。」那是人與人之間的尊重。

至於住在這間房子裡的我呢？假如有人欣賞我的屋子，我會因為被認同而開心。但我不需要花力氣期待所有人都喜歡我的屋子，因為，這就是我居住的環境呀！即使我也知道，有比這更好的環境、更好的景觀，這間房子還有一些不夠好的地方，但是，我接納這就是這間房子的樣子。

各種外界的回饋，讓我們對自己產生許多評價，這是免不了的。你不是完美的，當然你也無須完美。提醒自己持續成長很重要，但不代表你必須否定自己。接納自己、減少自我評價，才能活得自在一些。因為這一份對自己的接納，也才能讓內心穩定且平靜。

— 作者：胡展誥諮商心理師

— 出處：<https://reurl.cc/a1GQ24>



| Health & Wellness Series |

How to Accept With Your Mind, Body, and Behavior

Author: Diana Hill, Ph.D.

If there is one gift we could give each other and ourselves right now, it's acceptance. On [Your Life in Process](#), I talk about what "acceptance" means and offer you specific practices of how to do it.



Acceptance Is About Making More Room For The Inside World

We have a lot of misconceptions about "Acceptance." We think it means getting approval, liking something, allowing for oppression, resignation, or self-indulgence. But when I approach acceptance with myself and my clients, I take a different stance.

Acceptance isn't about the outside world. It's about making more room for the inside world—the private events that show up and get under your skin. Kirk Stroschal, one of the co-founders of Acceptance and Commitment Therapy, uses the acronym TEAMS to describe them:

- T: Thoughts
- E: Emotions
- A: Action Urges
- M: Memories
- S: Sensations

You don't have to "like" your mother-in-law, your body, or a different political viewpoint, but you can work toward accepting the feelings, thoughts, and memories that show up in their presence. **If the word "acceptance" makes you cringe, try on some other words like:**

- Allowing
- Making space for
- Getting curious about
- Opening to
- Being brave with

I was recently at a workshop with Jack Kornfield where he gave great advice on what to do if you feel restless during meditation. Start by labeling it "restlessness" and returning to your breath. But if your restlessness gets too loud, and screams in your ear distract you to the point of suffering, you can say, "Take me now! I will be the first person to die of restlessness in meditation!"

Restlessness is pretty benign, but what about middle-of-the-night worry, grief, or embarrassment? What if we responded in the same way? **I have never met a client who died of anxiety, but I have met many who have lost years of their lives trying to control it with substances, avoidance, or rigid rule-following.**

Acceptance requires “wrap-around services”—we need to do it with our mind, body, and behavior to get its full benefits. When you radically accept all three levels, you are on your way to grace, and the freedom willingness brings.

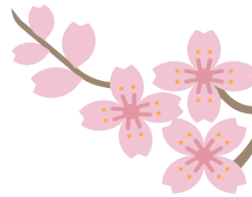
As Kornfield alluded to in his teaching, as soon as you are willing to die of restlessness or any of your inner experiences, they no longer have a hold on you. Letting go of control gives you the freedom to stay longer with what is.

Accept With Your Mind: The Yes Brain

One practice I took up during the pandemic was Wim Hof breathing. Eager to boost my immune system, I tried this breathing method because it's supposed to activate hormesis (good stress) which, in turn, strengthens your body. I don't know if holding my breath had health benefits, but it did wonders for my capacity to accept discomfort. I learned pretty early on that if I resisted and hated holding my breath, I could not hold it as long. But when I turned toward my breath with a “yes brain,” it was much less effortful.

I first learned about the concept of a “yes brain” from Dan Siegel and Tina Payne Bryson's approach with kids. A “yes brain” is a brain that is flexible and curious, adaptable, and willing to try new things, even make new mistakes. It's open to the world and relationships.

Saying “yes” does not mean you don't set boundaries or become engulfed in emotion, but rather you are opening up to what is present right now. As long as you resist what is, you cannot work with it or change it.



Try This Out: *Image something you have difficulty accepting and say “no…no…no” in your mind as you imagine it. What happens? Imagine it again, and this time say “yes…yes…yes” in your mind. What happens? The next time you are faced with discomfort, silently say “yes” to the reality of the present moment. Open your mind to the full range of emotions and sensations that exist in every moment.*

Accept With Your Body: Open Up

The first thing they teach children when learning to swim is to get into starfish pose and float. Part of the reason they teach this is that if kids fall into the deep end of the pool, we don't want them to exert all of their energy and drown. The same is true for us: Often when we face discomfort, we clench, resist, fight, tense up with our bodies and expend a lot of our energy in non-acceptance. It's exhausting not to accept.

You can practice your version of the starfish pose when faced with discomfort. Try letting go of your belly, unclenching your jaw, dropping your shoulders, and opening your hands and heart. Taking an accepting stance with your body sends signals to your brain that you are safe and ok.

Try This Out: *The next time you are faced with something that you are having a difficult time accepting, allow, open up to, and make space with your body first. Notice how this changes your relationship with that thing.*

Accept With Your Behavior: Act On Your Values

Often in therapy, I will tell clients that we can't wait around for their heads to get on board with the idea of acceptance. We have to move our bodies in that direction and hope that our minds will be able to catch up. Sometimes accepting your behavior can mean doing the opposite of what your mind is telling you to do.

There's a term in dialectical behavioral therapy called opposite to emotion action. This may mean approaching a stranger, even when you are anxious; quitting your job, even when you feel uncertain about it; or getting out of bed, even when you are depressed.

There's a beautiful song by Lyla June Johnson, an indigenous public speaker, artist, scholar, and community organizer, called "Water is Life." In it, she sings, "You can say water is life, but can you live it?" Acceptance with your behavior is choosing to live from your values instead of living from your avoidance.

Try This Out: *Identify a value that you want to pursue but involves some degree of discomfort. Accept with your behavior by making a move toward that value. When you accept with your mind, body, and behavior, you can begin to live a "toward values" lifestyle. You become free to sit in meditation or hold your breath a little longer, but also are better prepared to stay in difficult conversations, pursue meaningful work, or open up to the impermanence of life.*

- Source: <https://reurl.cc/3OY8dV>

