

What am I worrying about?

我正在擔心什麼？

What's in my control?

我能掌握的是什麼？

What can I let go of?

我能放下什麼？

What action can I take?

我能採取什麼行動？

Source: newhappyco



“Help is just a phone call away”

- 台北校區諮商預約：請至前程規劃處(A棟2樓)，或撥打專線：(02)2883-0510。
- 衛福部安心專線：1925（24小時專線）
- 生命線(Lifeline)：1995（24小時專線）
- To inquire about counseling services on Taipei Campus: please go to the Career Planning & Counseling Division on 2F of Building A, or call: (02)2882-4564, ext. 2602



Health & Wellness Series

中文心衛文章請見最末頁

Mindful Compassion: Actionable Steps to Live With Fullness, Connection, & Awareness

Can we live with compassion without practicing mindfulness? Do both need to exist to lead an engaged and present life? Is mindfulness a component of compassion, or is it the other way around?

For years, I've strived to lead a mindful and compassionate life. It may seem easy to be kind to everyone and enjoy the beauty of the present moment (or the “here and now,” as some might refer to it). To tune into ourselves, we need to stay open and vulnerable to whatever arises. And yet, the next thing we know, we're looking for a snack to eat, checking our phones, or doing anything else to distract us.

So, before we go any further, let's try out a brief mindfulness and compassion exercise.



Credit: Giulia Bertelli



Credit: Lina Trochex

Mindfulness Exercise

Sit up straight and make sure your feet are firmly planted on the floor. Feel the ground beneath your feet, and focus on the breath. You don't need to breathe artificially, just notice the breath as it moves through your body on the inhale, and feel the release of the breath on the exhale. Set a timer for 2 minutes, and continue to follow the breath.

Compassion Exercise

Think about 2-3 people in your life who love and care about you. Sit tall, close your eyes, and breathe in feelings of love through your nose. On the out breath, through the mouth, release a wave of kindness and gratitude for the care they provide. Repeat this practice for each person you would like to send kindness and thanks to.

Here are a few questions to reflect on after doing these exercises:

- What sensations did you feel in the body?
- Did any thoughts arise that distracted you from following the breath?
- Did you skip down to this part before completing one or both exercises?
- How do you feel now compared to before each exercise?

Following the breath, being aware of your thoughts, and expressing thanks and gratitude are quick and powerful techniques you can practice every day. *But there's a caveat* – we need to be willing to acknowledge our thoughts and accept them for what they are. The moment we identify with our thoughts, they become part of our experience, part of our truth, and we lose the natural connection we have to ourselves. In other words, we move upstairs to our heads, and our thoughts are now in control.

Definitions of Mindfulness and Compassion

Mindfulness

A conscious awareness of the present moment. In its simplest form, mindfulness can be focusing on one task at a time and paying attention to the breath.

Compassion

An awareness of and desire to ease the suffering or hardships of others. A simple example is taking in a stray cat and welcoming it into your home.

With its roots in Buddhism, mindfulness stems from the Ancient Indian word *sati*, which loosely translates to “awareness” or “attention.” But it was not until Thich Nhat Hanh and Jon Kabat-Zinn made their presence felt in the 1970s that the West began to embrace a practice that goes back some 2,500 years ago.

Traditionally, mindfulness was much more than being in the present moment, following the breath, and maintaining an awareness of our actions. Instead, it was about living with compassion, living a whole and full life, and radiating love and kindness to all life.

Compassion traces back to Buddhist practices, and its latin root (*passio*) and prefix “com” literally translates to “suffer with.” Rather than be consumed by suffering, leading to our own distress, those who act with compassion feel moved in their heart to reduce the suffering of others, often leading to a life of service, volunteering, pitching in and helping in the community, and exhibiting unending kindness.

This is a great time to take a break and try out a quick, expansive [heart-opening meditation](#).

After finishing this meditation, what did you feel inside your heart? Did the heartspace feel lighter and more open? Did any thoughts come up that distracted you from tuning in?

Mindfulness has the power to help you process thoughts and emotions, but only if your mind and heart are open to it. Short meditations like this one will help your heart open, little by little each day. Soon, you will feel immense ease, improving your relationships and performance at work.

⇒ To read more, please go to: <https://reurl.cc/Ye78N0> p.2

| 心靈補給站 - 情緒 x 自我成長 |

生活倦怠？一起試試創造成就感

by 朱晏姍心理師

處理著工作上的瑣碎事物，讓人對工作感到倦怠嗎？日復一日的的生活，單調無趣，對生活似乎喪失了熱情，有時候也會想著到底為什麼要留在這份工作上，想突破自我卻不知道該從何開始，自我實現看起來是一個很高品質的追求，卻很難從生活中找到著力的起點，真心希望自己可以活得更滋有味，更有成就感，也更精采多姿，但，成就是什麼？該如何在生活中創造跟獲得呢？

在探尋成就感前，先來看看兩則小故事吧！

故事一：近期一位作家的粉專有一則貼文，是關於小時候玩過的謎之遊戲一把湯上的浮油用筷子全部連在一起。一時之間串連起不少人的共鳴，有網友在留言區曬出全部連在一起形成大油圈的照片，其他人紛紛也跟著在下面回應，有些人覺得照片主人太強了！也有其他人覺得這人太閒，做這種沒意義的事。

故事二：有一回一群朋友聚在一起看大專盃排球聯賽冠軍戰，戰況激烈又膠著，攻防之間不斷聽到朋友們緊張抽氣的聲音，最後，大家偏好的隊伍贏得最後的冠軍，狂歡之餘，也開始回味剛才特別驚險的救球和扣殺，其中一位朋友突然說了一句「阿……這種國內的比賽打贏了也沒什麼用，以後找工作也不一定加分，打開心的而已」這麼一句話，讓熱烈的氣氛急轉直下，有人沉默有人緩頰，不一會兒大夥默默地把電視轉到其他節目去，結束這尷尬的歡慶時刻。

兩個小故事都和成就感有關，但是總覺得故事的重量不太一樣，多數人會認為重一點的是故事二，重在哪裡呢？有人會回應全國大賽冠軍很不容易，有人會覺得相比之下，合作取得成就的難度更高一點，也可能有人說遇到的機率高低，讓故事二的成就感更珍貴一些。

這些想法都指向兩件事情一成就的目的性和價值感，似乎目的性越強、價值感越強，就越有成就感！然而，如果換個方向來看，成就感等於強的目的性和價值感嗎？其實，從故事一就可以發現，成就感的出現，也可以是一件微小甚至有點小無聊的事！當去除目的性和價值感後，成就感的出現率轉眼大增，甚至日常生活裡滿滿都是成就感的來源呢！

可是，累積這種日常的成就感有什麼好處？稀少的果實才有價，隨手可得的東西有什麼好累積的？

1. 熟悉名為「成就感」的感受

成就感是一種滿足的感覺，當自我期待透過自己實踐轉為現實時，內心會感受到興奮、快樂。有些人對這樣的感受覺得遙遠，練習覺察成就感，當它來臨時，我們才不會錯過它！

2. 自我了解

四處摸索會帶來更多的可能性，小小的成果會帶來能力的肯定和了解，當小目標輕鬆自如的完成時，下次我們就會想辦法往上累加，直到觸及自己能力的極限，未來再遇到相似的事情時，我們就能知道自己可以掌握的有哪些，甚至和他人求助時，也可以更具體的描述，加速問題處理效能。

3. 創造完整的自我負責歷程

成就感來自於完成或實現目標，而再簡單的事情都需要開始和結束，成就感才會浮現出來，當我們完整走完歷程，會讓自己對於如何完成目標更具體的掌握，踏實之餘，就能把心力放在更需要解決的難題上。

4. 培養自信心

當自我了解和自我負責逐漸積累，我們對自己的評價會越來越正向，尤其遇到熟悉的問題挑戰來臨時，先前成就感帶來的經驗，會讓我們更有信心越過困境。

想要成就感，其實不需要越過高山大海，即使是陪伴路邊小花花開花落，也是個人獨有的成就感積累。讓日常生活的成就感帶來正向的循環，建立屬於自己的成就感吧！



Credit: Joseph Rosales