

**爸媽 請你也保重**  
**Self-care for parents**

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## 壓力處理的方式

### Ways to handle stress

- 改變負面的應對模式  
*Changing negative ways of coping*
- 平衡飲食及生活習慣  
*Balance your diets and lifestyle*
- 良好生活態度與目標  
*Build a positive attitude and life goals*
- 學習不同的放鬆的方式  
*Learn different ways to relax*

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## 壓力來源 Sources of Stress

- 孩子的特殊需要 (不同階段) The unique needs of the children at different developmental stages
- 現實生活的壓力 (家庭平衡) The external stress from reality, such as financial need & family dynamic
- 自我期許 (自責感, 比較心理) Unrealistic expectation on the self led to guilty feeling and comparison
- 社會的眼光 (耻感) Stigma and shame from the society
- 對未來未知的擔心 The uncertainties of future

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## 有益身心的習慣

### Good habits and interests

- 運動 Exercises
- 音樂 Music
- 旅行 Travelling
- 陽光 Sunlight
- 營養品 Vitamins
- 放鬆法 Relaxation
- 默想 Meditation
- 寫日記 Diaries
- 閱讀自我成長書籍 Reading
- 參與宗教活動 Religious affiliation
- 正向的信仰力量 Faith

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You can't control the sources of stressors, but you can **CHOOSE** how to respond and handle them

**壓力源是不可控制, 但壓力反應是可以妥善處理**

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## 自我照顧的重要

### The importance of self-care

- 允許你自己去照顧自己 (非理性思考--“別人的需要比我重要”) Allowing yourself to be taken care of, dispute the irrational thought—others are more important than me
  - 靈性的需要 the spiritual need
  - 理性的需要 the rational need
  - 情感的需要 the emotional need
  - 身體的需要 the physical need
  - 關係的需要 the relational need

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## Q & A 有沒有其他問題?

- 休息,是為了走更長遠的路 Resting , is for the journey ahead
- 用心作每一件事,活在當下,學習放下 Be mindful of everything you do, live in the present, learning to let go
- 止可止之憂, 不止不可止之憂 Stop worrying what can be stopped, do not worry what can't be stopped.