照顧你的身心靈
Take Care of Your Well-being

運動、繪畫或其他視覺藝術、書法、舞蹈、聽音樂、彈奏音樂、下棋
Sports, chess playing, painting, music listening, dancing, calligraphy, music making, visual arts

善待身體
Be kind to your body

做一些讓身體感覺舒適的活動
讓心情平靜下來
例如：洗熱水澡
Do activities that calm your mind and make you feel comfortable
E.g. Take a hot bath

與喜歡的人談天
Talk to someone you like

閱讀能帶來愉悅感的書籍
Read books

觀看喜劇
Watch comedy

愉悅活動
Pleasant Activity

按照個人喜好，做一些能即時感到愉快的活動
Try activities that make you feel happy

運用五感
Use the Five Senses

投入一些能運用五官感覺的活動
Invest in activities that use the five senses

視覺
Vision

觀賞一朵鮮花
Flower viewing

凝視蠟燭的燭光
Gaze the candlelight

細看窗外自然的景觀
Enjoy the beautiful scenery

等等 etc.

聽覺
Hearing

哼唱一首令您
感到平靜的曲調
Sing a song that makes you feel calm

聆聽周遭大自然的聲音
Listen to the sound of nature

等等 etc.

吃喜歡的食物
Eat favourite foods

味覺
Taste

觸覺
Sensation

為自己按摩
Massage yourself

用暖水浸泡雙腳
Soak your feet in warm water

抱抱心愛的寵物
Hug your beloved pet

等等 etc.

做一些能提昇掌控感的事情
Do something that will increase your sense of control

清理櫥櫃內的物品、
執拾衣櫃等
Clean items in the cabinets,
tidy up the closets, etc.

嗅覺
Smell

燃點香薰
Aromatherapy

烤焗曲奇
Baking

洗澡時使用喜歡的梘液
A nice shower with your favorite
scented bath products

等等 etc.

在每完成一個步驟就停下來，
欣賞自己的成果，同時讚賞自己付出的努力，
感受過程中的成功感及滿足感
Take a break after you completed a step
and then appreciate your achievements and efforts.
Feel the sense of success and satisfaction
derived from the process.

Organised by Counselling Service (CS)
Student Development Services