

呼吸 · 快樂 在天華

暨善用公屋資源啟動禮

將自己的心帶回當下
吸氣呼氣，微笑放鬆
回到當下，快樂在天華

靜觀初體驗

呼吸微笑：正念親子工作坊 Breathe and Smile: Mindful Parenting Workshop

感恩能夠邀請「呼吸 · 微笑 身心正念中心」臨床心理學家陳燕妮女士及社工吳文潔女士，為天華邨居民舉行了「正念親子」及「正念生活」工作坊。透過活動讓參加者體驗如何運用正念呼吸平靜身心，從而提升親子關係、溝通及管教技巧。並在繁忙的生活中，體驗正念呼吸、正念步行、深度放鬆、茶禪等活動，讓身心回到當下，滋養內在的平靜和喜悅。

We are grateful to invite Ms. Jenny Chan, Clinical Psychologist, and Miss Jo Ng, Social Worker of the Breathe and Smile Mindbody Wellbeing Center to conduct a Mindful Parenting Workshop and a Mindful Living Workshop for the residents of Tin Wah Estate in Tin Shui Wai. The activities let the participants experience how to apply mindful breathing to calm the body and mind and also to improve parent-child relationship, communications and parenting skills. Through the practice of mindfulness (e.g., Mindful Breathing, Mindful Walking, Total Relaxation, Tea Meditation), the participants have experienced how to dwell in the present moment to nourish their peace and joy.



臨床心理學家陳燕妮女士為家長講解親子關係的重要性。
Ms. Jenny Chan, Clinical Psychologist, is explaining the importance of parent-child relationship.



透過不同的短片，讓家長了解如何建立具安全感的親子關係。
Explaining the importance of secure attachment in parent-child relationship with short videos



吸氣呼吸，觀察腳步提起和放下的感覺，一步一步，讓身心回復平靜。
Breathing in and out, let us be aware of every step and calm the mind.



聽到磬聲，讓我們停下腳步，吸氣呼氣，身心回到當下。
Listening to the bell, let us stop and enjoy our breathing at the present moment.



社工吳文潔女士向家長講解親子溝通的重要，教授使用「深度聆聽」和「愛語」等溝通方法，以增進親子感情。
Miss Jo Ng, Social Worker, is explaining the importance of practicing Deep Listening and Loving Speech to improve parent-child relationship.



活動完結前，大家以安靜微笑的心，「深度聆聽」別人的分享。
At the end, we listen deeply to the sharing of everyone with a peaceful and smiling heart.

呼吸、微笑 正念生活工作坊 Breathe and Smile Mindful Living Workshop



臨床心理學家陳燕妮女士為參加者解釋「正念」的意思及「正念修習」的益處。
Ms. Jenny Chan, Clinical Psychologist, is explaining the meaning of mindfulness and the benefits of practicing mindfulness.



吸進來，呼出去；參加者一起體驗「唱歌禪」為身心帶來的平靜。
Breathing in, breathing out.....Participants are enjoying the peace of practicing Singing Meditation.



吸氣呼氣，微笑放鬆；參加者一起體驗「十項正念動作」。
Breathing in, breathing out, smile, relax.....Participants are enjoying the 10 Mindful Movement.



用三分鐘時間體驗「茶禪」，靜心細味食物。一呼一吸，覺知我在進食。
Using 3 minutes to enjoy the cookies and tea with a peaceful heart during Tea Meditation. Breathing in, breathing out.....I know I am eating.



隨著輕柔的歌聲，專注觀察身體各部份，將壓力和緊張沈澱，把愛傳送到身體，讓身體好好休息。
Following the soft singing, be aware of different parts of the body, releasing the stress and tension, sending love to the body, letting the body rest deeply.



「深度聆聽」參加者分享感受，當下此刻令人感動。
The present moment is touching while listening deeply to a participant's sharing.



活動完結前，致送紀念品予「呼吸。微笑身心正念中心」以示感謝。
At the end, a souvenir is presented to express our gratitude to the Breathe and Smile Mindbody Wellbeing Center.

正念

呼吸、微笑 深度聆聽您的心聲

感受深刻令人有共鳴，很想再認識更多，覺得很有意思。
It is a deep experience with resonance. I wish to learn more. It is very meaningful.

活動中的唱歌禪很令我感動及可令我放鬆下來。
I am very touched by the Singing Meditation. It helps me to relax.

感恩可以呼吸，可以細味餅乾，感恩每一口食物入口前是很多人及大自然供應的成果，得來不易。
I am grateful that I can breathe and eat the cookies mindfully. I am grateful that every bite of the food is the treasurable gift from many people and nature.

感恩可覺察自己的呼吸及步伐，在深度放鬆練習更可仔細感受身體各部分的感覺，包括痛楚，令我更明白自己的狀態。
I am grateful that I could become aware of my breath and steps. I could be in touch with the feelings of different parts of the body, including pain, through the practice of Total Relaxation. It helps me understand my conditions more.

幫助我懂得深呼吸原來聆聽別人的說話和延展日常生活當中。
It helps me to use conscious breathing to listen to others and to apply it in daily life.

每天做家务及追巴士亦可留意自己的呼吸。不是要控制它，而是留意自己不同的情緒反應。自在原來就是這樣簡單。
Can become aware of my breathing while doing household chores and catching a bus; no need to control it and just become aware of my different emotional responses. It is simple to be free.

我以前不懂得與女兒溝通，但工作坊令我學會先留意自己的呼吸及情緒，讓自己可以「深度聆聽」，更加明白及包容女兒的感受。
I don't know how to communicate with my daughter in the past. The workshop helps me learn to become aware of my breathing so that I could listen deeply to better understand and accept her feelings.

一向處事快手快腳，突然慢下來真的不太習慣，但過程中學習留意自己的呼吸及情緒，發現無論快或慢也可以好自在及輕鬆。
I feel uneasy to slow down at the beginning as I used to be quick and fast. However, I found out that through observing my breathing and emotions, I could be free and relax no matter I am fast or slow.

因為本身是基督徒，初次參與總覺得格格不入，但明白後知道原來靜觀可以跨越宗教，是一個個人修習的方法及能夠穩定情緒。
I initially don't feel connected as I am a Christian. However, I now understand that people of all faiths could apply mindfulness practice to help regulate their emotions.

別人時常覺得我很慢，我亦覺得自己不合潮流。但擔任活動司儀時，工作人員建議我說話可以再放慢些，最後得到良好的反應。活動令我認識靜觀，現在我為我的慢生活感到自豪。
Others often find me very slow and I also find myself behind the trend. However, I have good performance when the staff suggested me to speak slower when I am acting as the Master of Ceremony. The workshop makes me understand what is mindfulness and I am now proud of my slow way of living.