

放鬆小TIPS RELAXATION TIPS



1. 深呼吸 Deep Breathing

可以嘗試想像吹氣球的練習
Imagine blowing up a balloon



吸氣
IN



4秒
4Sec



屏住
HOLD

4秒
4Sec

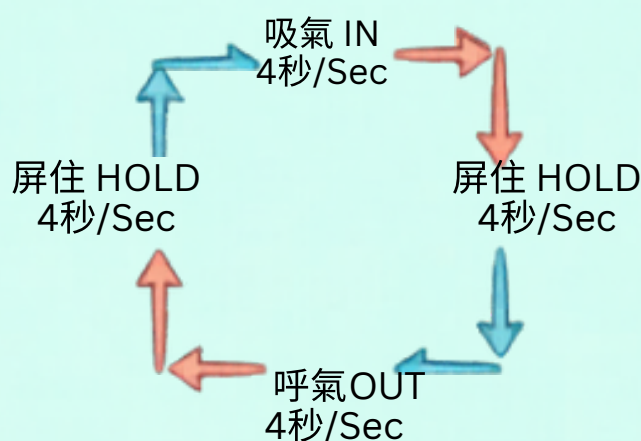


呼氣
OUT



4秒
4Sec

盒子呼吸法 Box Breathing



五指呼吸法 Five-Finger Breathing



2 引導式想像 Guided Imagery

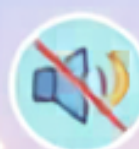
「想像你最喜歡的快樂地方」或
「想想你在公園玩耍時的快樂情境」
Imagine your favorite happy
place or a fun park

- 1) 合上眼睛 Close your eyes
- 2) 想像一個平靜喜悅的地方 Imagine a place that is full of calm and joy.
- 3) 想像那地方的氣味，聲音和場景
Imagine the smells, sounds, and scenery of that place.
- 4) 在喜悅的地方慢慢呼吸 Breathe slowly while in this joyful place.



3. 靜觀 MINDFULNESS

一種源自冥想的現代減壓方式
Modern way to reduce stress



找個安靜的地方
Find a quiet space



放鬆肩膀
雙手自然放在身旁
Relax shoulders,
Hands gently by your side



專注呼吸，感受氣息進出
Focus on breathing,
feel air in and out

每天練習3-5分鐘
Practice 3-5 minutes daily.

