

# 允許自己・喘口氣

## ALLOW YOURSELF TO TAKE A BREATH

忙碌的學期即將結束

As the busy semester comes to the end.

別忘記對自己說聲辛苦了

Don't forget to acknowledge your hard work.

你可以允許自己放慢腳步，喘口氣

You can allow yourself to slow down and take a breath .

閱讀本月精選好文，學習如何照顧自己吧!

Read the selected articles to learn how to take care of yourself.

- 1.孤獨，不孤單-練習健康獨處/陳禹馨
- 2.創造小確幸的藝術/洪瑞謙
- 3.成功的最後一塊拼圖-談自我慈悲/盧憶
- 4.別當大忙人/李岳烜
- 5.紓壓了沒\_淺談壓力調適/邱苡涵
- 6.與疾病共舞之疾病中的自我照顧/龔蕾
- 7.怎樣才能睡得更好？/朱浚溢
- 8.好好愛自己-10個讓心靈自在的練習/田怡芬
- 9.擁抱自己與內在的自己對話/戴珊珊
- 10.設立情緒界線，關照關係中的自己/張君若



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閱讀這10篇精選好文

