

## It's (Always) Time to Work on Mental Health

### 心理健康，隨時都要保持

#### Simple everyday practices to boost mental wellbeing

We ask a lot of our minds. They're running constantly to sift through thousands of bits of input and info; categorize concepts, thoughts, and feelings; and keep us focused and moving forward.

The human mind is truly a powerful and miraculous thing. We rely on it for absolutely everything we are, yet we tend to take it for granted. Maybe because it's, well, mindboggling, to try to understand and appreciate everything it does.

#### Keeping The System Running

Imagine if we treated other complex systems or machinery the way we treat our minds.

What would happen if we got in a car, started it moving and then left it to run indefinitely, doing only the bare minimum to fill the tank? The engine would overheat and eventually wear out or blow up is what. That's assuming we didn't fall asleep and let the car crash first.

Even supercomputers—the closest mechanical system to a human mind—need some tending to run 24/7. If they get too hot, or the power that feeds them fluctuates too much, or they receive an overwhelming amount of data all at once, they just stop. As with any system, our minds need proper maintenance and attention to run smoothly and prevent potential issues or breakdowns. That's where mental wellbeing comes in.

#### It's About Maintenance

Good mental health—or mental wellbeing— isn't about being perfectly happy all the time. Rather, it's about doing what we can to keep our minds running smoothly so that we can function day to day, and:

#### 提升心理健康的簡單日常習慣

我們對心智的要求很高。它們不停地運轉，篩選成千上萬條信息；對概念、想法和感受進行分類；並保持我們的專注和前進的動力。

人類的心智確實是一個強大而奇妙的東西。我們完全依賴它來成就我們的一切，然而我們往往把它視為理所當然。也許是因為要理解和欣賞它所做的一切，實在不是一件很容易的事。

#### 維持系統運轉

想像一下，如果我們對心智像對待其他複雜系統或機器，會發生什麼樣的問題？

如果我們進入一輛車，啟動後讓它無限期地運行，只做最低限度的加油工作，會怎麼樣？引擎會過熱，最終磨損或爆炸。這還是假設我們不會睡著並讓車子先撞車的情況。

即使是跟人腦最接近的機械系統的超級電腦，也需要一些維護才能24/7運行。要是機器過熱，或著供電能源變動太大，或者一次性接收了過多的數據，它們就會停止運行。和任何系統一樣，我們的心智需要適當的維護和關注才能順利運行，並防止潛在問題或故障的發生。這就是心理健康的重要性所在。

#### 關於維護

良好的心理健康、心理幸福感，並不是指隨時隨地都要感到完全快樂。其實，這指的是我們保持的心智順暢運行，讓我們能夠日常運作，這也包括：

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- Pursue activities that we enjoy.
- Nurture healthy relationships with people who matter to us.
- Build the resilience we need to deal with life's ups and downs.

Mental and emotional challenges are unavoidable, but when we pay proper attention to our mental well-being, we're better equipped to deal with them when they happen.

To return to the car analogy – No one wants to be that driver who throws a rod because they didn't check their oil. Neglecting simple maintenance can cause big problems, while thoughtful maintenance can keep things humming along.

### Minding Mental Well-being

Unlike checking or changing motor oil, mental maintenance doesn't require you to get your hands dirty. It also doesn't have to be overly complicated. Here are some simple tips to try that can help boost mental well-being.

**Pay Attention to Your Posture.** We know that facial expressions can affect our emotional state, but research has found that, surprisingly, body posture plays a role too. Studies indicate that slouching can heighten self-consciousness and worsen symptoms of depression. Conversely, sitting or standing upright improves self-esteem and mood while reducing negative thought patterns and fatigue. Put a post-it on your monitor to remind you to sit up straight as you work. Walk tall and proud wherever you go and watch how your mood matches!

**Try Some Movement Medicine.** Movement is one of the most accessible and powerful tools for boosting both physical and mental well-being. You don't have to run a marathon to reap the benefits either. Just move more. Try for consistency over intensity. For a bonus, get moving outside for an extra endorphin boost from nature.

- 做我們喜歡的活動。
- 跟對我們重要的人培養出健康的關係。
- 建立我們面對悲歡起落所需要的堅強力。

心理和情緒上的挑戰是沒辦法避免的，但如果我們好好的注意心理健康，我們就能更好地應對它們的發生。

回到汽車的比喻——沒有人想成為那個因為沒有檢查機油而損壞引擎的司機。忽視簡單的維護會引發大問題，而細心的維護則能保持一切順利運行。

### 關注心理健康

與檢查或更換機油不同，心理維護不需要你弄髒雙手。它也不需要過於複雜。以下是一些簡單的建議，可以幫助提升心理健康。

**注意姿勢。**我們知道面部表情可以影響我們的情緒狀態，但研究發現，令人驚訝的是，身體姿勢也有同樣的影響。研究表明，駝背可能會加重自我意識和憂鬱症狀。相反地，坐直或站直可以提升自尊和情緒，同時減少負面思考和疲倦。在你的電腦螢幕上貼個便條，提醒自己在工作時坐直。無論走到哪裡，都要昂首闊步，觀察一下你的情緒如何隨之變化！

**試一些運動療法。**運動是提升身體和心理健康的最最容易獲得且最強大的工具之一。你不必跑馬拉松才能獲得好處。只要多做運動。追求一致性而非強度。額外的好處是，去戶外活動還能獲得大量來自大自然的安多芬。

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**Eat to Live (Better).** When we eat certain foods, it can be immediately comforting or uplifting, but leave us feeling down, regretful, or queasy fifteen minutes later. Rather than living to eat, learn to eat to live by focusing most often on choices that support body and brain health, saving comfort and empty-calorie foods for special occasions only.

**Live in the Moment.** A little daydreaming can be a kind of break, but too much can lead us down unhappy or unhelpful paths. Learning to focus a wandering mind and remain present is a powerful way to build mental well-being, lift your mood, and learn to better enjoy life.

**Be Intentional with Breaks.** Stopping to take breaks is important for mental well-being— especially when things start to feel too busy or overwhelming. The kind and quality of the break matters as much as the stopping part, though. So, instead of using breaks to doom scroll, limit social media use, and go old school. Read a few chapters of an engaging book or pick up the knitting needles. If you're going to be online at break time, be intentional about it. Search for new healthy recipes to try. Learn a new skill to improve your favorite hobby. To boost your break benefits, check out this content on deep leisure.

**吃得好，活得好。** 當我們吃某些食物時，可能會立刻感到滿足或愉快，但過了十五分鐘後可能會感到沮喪、後悔或噁心。與其活著是為了吃，不如換個想法，為了健康而吃，專注在於那些對身體和大腦有益的健康食物，將慰藉食品 and 無營養食物留待特殊場合

**活在當下。** 稍微做些白日夢算是一種休息，但做多了則會讓我們走上不快樂或不切實際的道路。學會當下保持高度注意力，是提升心理幸福感、改善情緒和享受更好生活的有效方法。

**有意識地休息。** 當事情開始變得忙碌或令人感到壓抑時，適當地停下來休息對心理健康很重要。然而，高品質的休息方式與適當停下來的過程一樣重要。因此，與其在休息時盲無目的地刷屏，不如限制社交媒體使用，回歸無電子用品時代。閱讀幾本吸引人的書籍，亦或重拾針織毛線興趣。若在休息時間上網，要有目的性地進行，例如尋找新的健康食譜，亦或學習一項新技能來提升你的喜好。為了提升休息效率，可以試著查看休閒娛樂的內容。