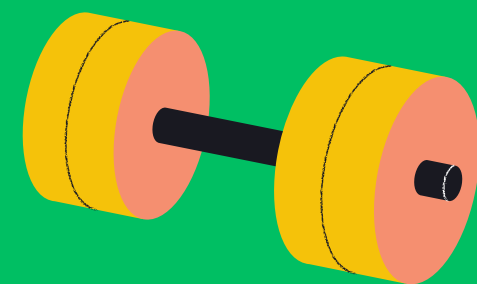




情緒健身房



自我覺察 (Self-Awareness)



Excited



Sad



Angry



Frustrated



Happy



Happy



Sad



Frustrated



Angry

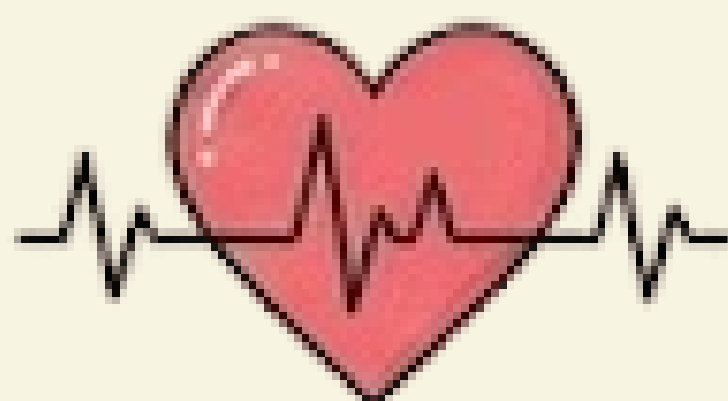


Excited

看見情緒，才能安頓情緒



1. 閉上眼睛，掃描身體



2. 心跳快嗎?

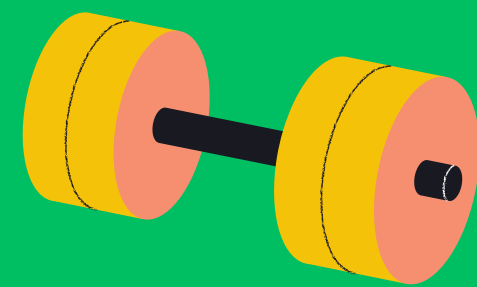


3. 貼上情緒標籤

Mood Check-in

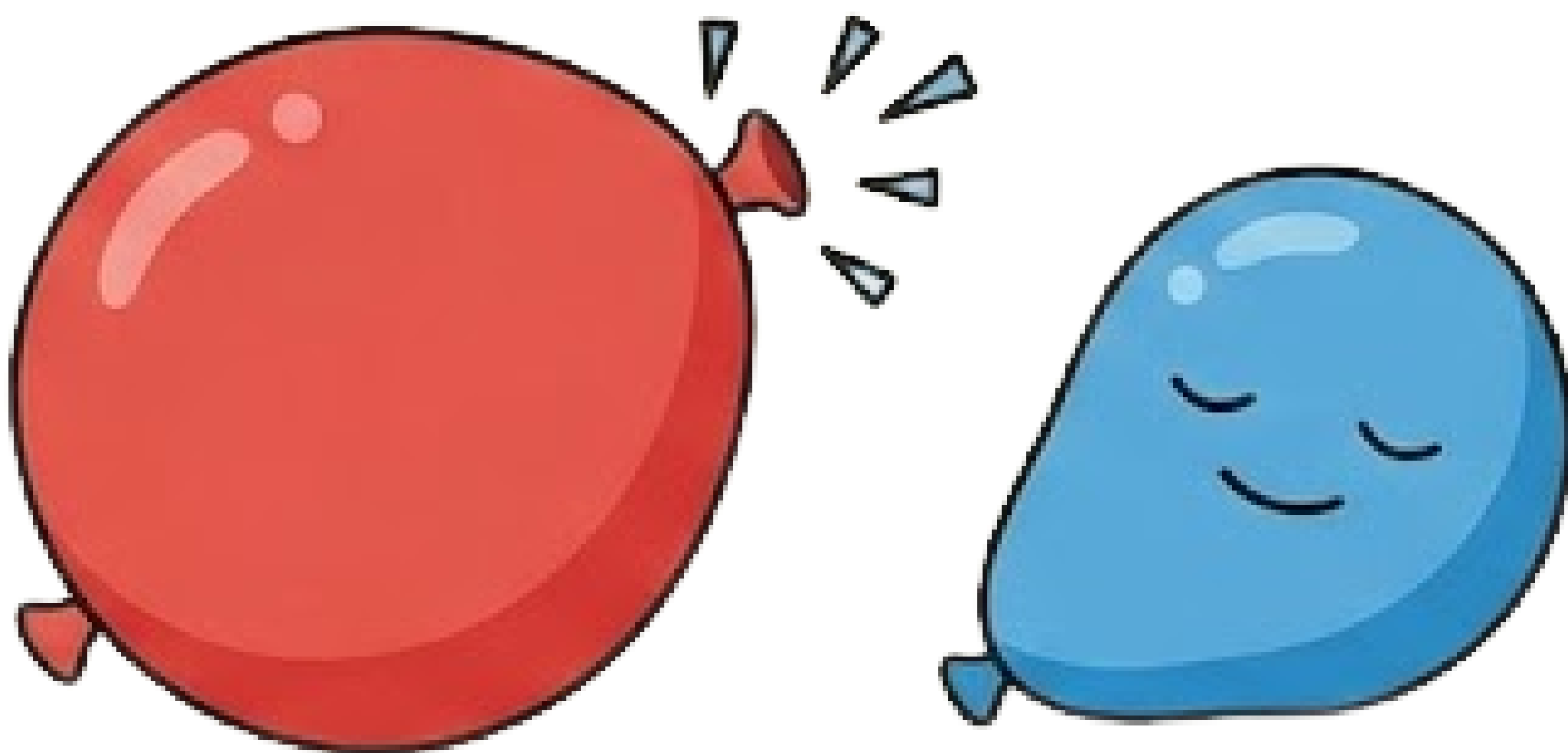


情緒健身房



自我管理 (Self-Management)

別讓自己「爆」了，
學會洩壓技巧

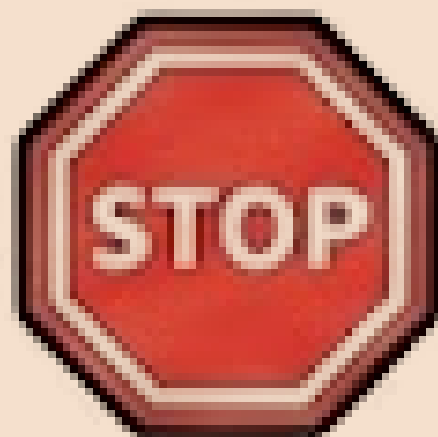
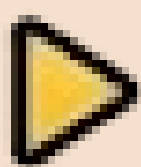


4-7-8呼吸法

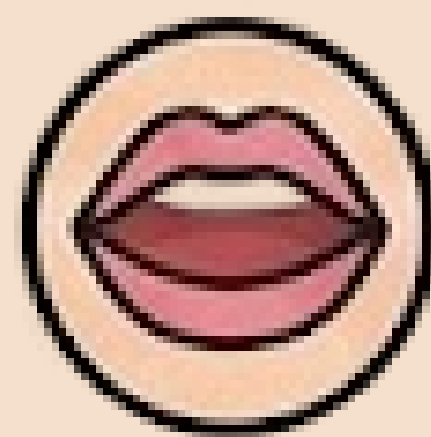
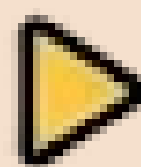
利用延長的呼氣來激活副交感神經，幫助
減輕壓力、焦慮，並快速入睡



吸氣4秒



屏息7秒

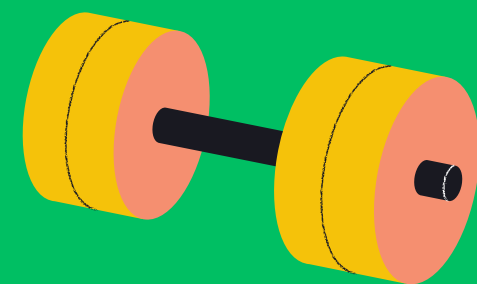


吐氣8秒

深呼吸，給心靈一個暫停鍵



情緒健身房



社會覺察 (Social Awareness)

換副眼鏡，世界會不一樣



戴上這副『同理濾鏡』，讓我們練習切換
POV (視角)，看見對方眼裡的風景

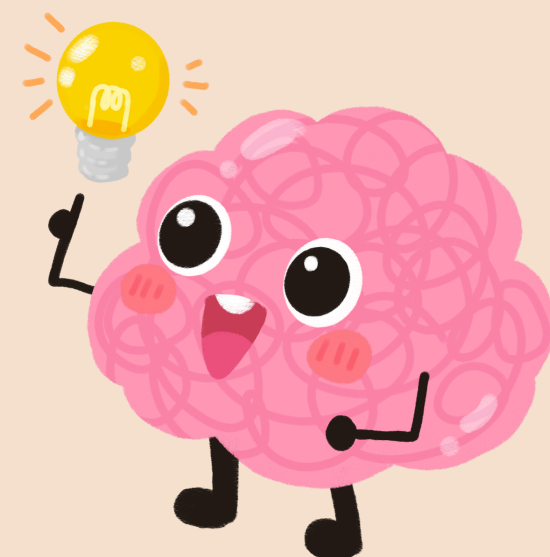
理解是人與人之間最溫柔的橋樑



1. 觀察表情



2. 傾聽不打斷

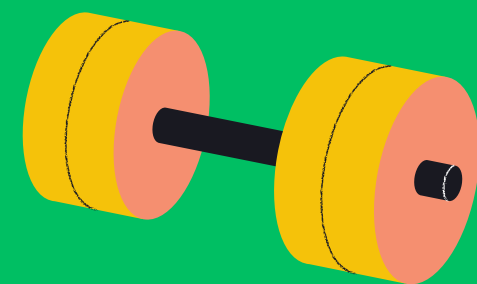


3. 換位思考

Mood Check-in



情緒健身房



人際技巧 (Relationship Skills)

好好說話，對方才聽得進去！



用我做開頭，讓溝通不再卡關

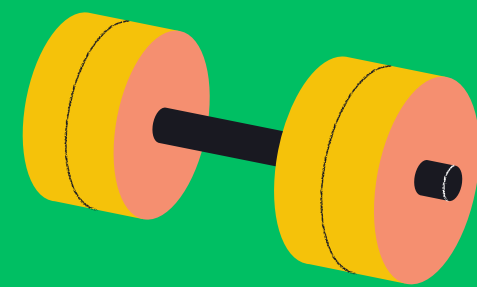
「我訊息」溝通公式（事實、感受、期待）



Mood Check-in



情緒健身房



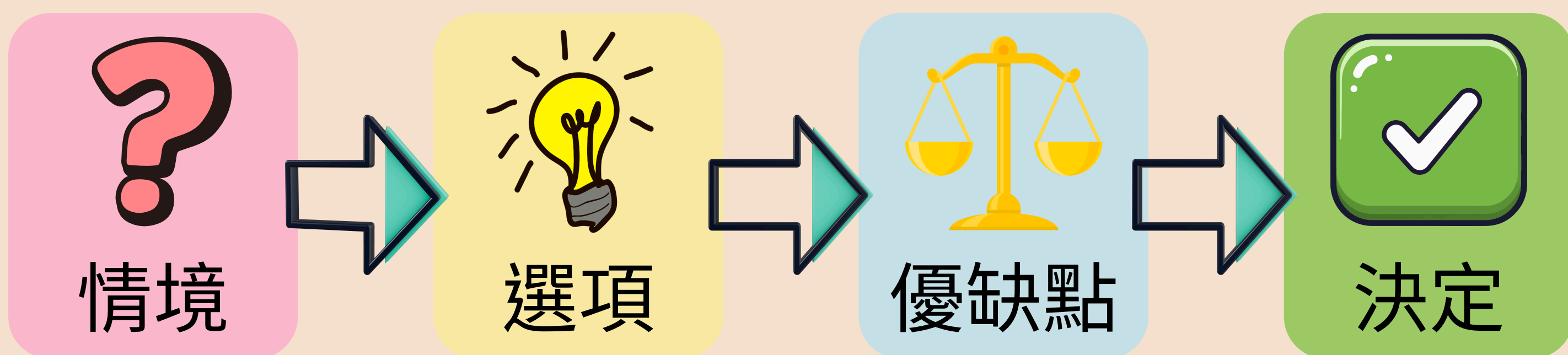
負責任決策 (Responsible Decision-Making)

停、看、聽，做自己的駕駛員



今天的抉擇，決定明天的你

SODAS 決策法步驟



Mood Check-in