

A05 《認識需要：擁抱自在生活》

在忙碌的生活中，大家是如何照顧自己？

認識「需要」，幫助我們了解自己，從而更有效地照顧自己！

「需要」是我們當下重視的價值，並會隨經歷和時間改變：有時，我們渴望與他人連結；有時卻希望有寧靜休閒的時間。

鼓勵大家了解自己感受背後的需要，嘗試以不同的方法滿足它，讓我們活出更自在和滿足的生活。



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Embrace Your Needs: A Guide to Inner Peace

In the hustle and bustle of daily life, have you considered how you take care of yourself?

By tuning into your "needs," you gain a deeper understanding of yourself, which enables you to nurture your well-being more effectively.

"Needs" represent the values we prioritize at the moment, and they are ever-changing and evolve with our experiences and the passage of time—sometimes we yearn for "connection" with others, while at other times, we seek solitude and relaxation.

Take a moment to delve into the needs that lie behind your feelings, and explore different ways to satisfy them. This journey can lead you to a life of peace and fulfillment.

What are your needs for this week?

尊重 Respect	合作 Cooperation	休息 Rest	學習 Learning	被理解 Being understood	玩耍 Play
自己決定 Autonomy	支持 Support	關心 Care	聽我說話 Listening to me	美 Beauty	和諧 Harmony

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