

## 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.



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