身安・心定
防疫不只是要保護身體健康，更重要的是要保持心情平靜，讓我們一起看看有哪些關照自己的小撇步吧！

國立成功大學學生事務處，心理健康與諮商輔導組，關心你～

照顧自己的身體
正常作息、適量運動，營養均衡
做好個人衛生防護

減少接觸引發焦慮的事物
透過正確管道接收資訊
避免前往人潮擁擠的公共場所

創造快樂感受
做可以讓自己覺得愉快、放鬆、轉移注意力的事情

抒解情緒
感想要講出來
想法要寫出來
閉上眼睛，放慢呼吸

對自己說好言好語
疫情發展雖然讓人緊張，但是我可以選擇讓自己放鬆，練習在不安中找到平靜

心輔組安心專線
06-2757575
分機50328或50334
em50320@email.ncku.edu.tw
Staying Peaceful and Healthy

Fighting against novel coronavirus infection is not only about protecting your physical health, but also mental health. Take a look at the tips for building mental health!

- **Take Care of Your Physical Health**
  - Maintain daily routines.
  - Suitable exercise with balanced diet.
  - Good personal hygiene.

- **Reduce Exposure to Anxiety-provoking Things**
  - Get your correct information from official sources.
  - Avoid crowded public places.

- **Create Happy Feelings**
  - Engage in activities that make you feel happy and relaxed, and distract you from rumination.

- **Express Emotions**
  - Speak out your feelings.
  - Write down your thoughts.
  - Close your eyes and take a deep breath.

- **Cheer Yourself Up**
  - Although the novel coronavirus infection outbreak makes us worry, you can choose to relax and practice to find peace in mind.

Counseling and Wellness Services

06-2757575 extension 50328 or 50334
em50320@email.ncku.edu.tw

Online Questionnaire for your mental health:
- [International students](https://happiness.osa.ncku.edu.tw/cs_ncku/index.aspx)