



身心社健康修復練習工具包

共同療癒，重建更堅強的健康、安全和希望

Mind, Body, and Relational Recovery Toolkit

Healing Together, Building Back Stronger
Our Health, Safety, and Hope



身心社健康修復

Mind, Body, and Relational Recovery

你是安全且被愛的 You are safe and loved

在困難事件發生之後，即使危險已經過去，感到困惑、害怕、憤怒、疲憊、麻木、悲傷或任何其他情緒都是很自然的。所有的情緒都是可以被接納的。你的神經系統可能仍處於緊張狀態，正在對事件作出反應並試圖保護你。隨著時間的流逝、練習、支持，以及在需要時接受專業照護，你會再次感到安全與健康。

這套工具包是為我們的社區成員——尤其是兒童及其照顧者——所準備的，幫助你在身體、心理與關係健康上恢復。

你的復原之路並不孤單，我們會在這裡支持你。按照自己的步伐慢慢來就好。

After a difficult event, even when the danger has passed, it is natural to feel confused, scared, angry, overwhelmed, numb, grief or any other feelings. **All feelings are ok.** Your nervous system may be stressed as it is still responding to the event and trying to protect you. With time, practice, support, and, if needed, professional care, **you will feel safe and healthy again.**

This toolkit is for our community members, especially children and their caregivers, to support your recovery in mind, body, and relational health.

You are not alone in your recovery journey. We are here to support you. Take as much time as you need.

關於這個工具包 About this Toolkit

Be Priceless 提供以兒童及家庭為本的健康教育，旨在提升他們的保護、身心健康、堅韌與關係。考量到在困難時期面臨的挑戰，這份工具包整合了在醫學、公共衛生及減災領域中以實證為本的專業知識，幫助兒童及其家庭恢復和提高整體身心健康及堅韌。如需更多全面的災難應變培訓和其他工具包，請瀏覽 www.bepriceless.org。

Be Priceless provides health education to children and families that aims to enhance their protection, well-being, resilience, and relationships. Recognizing the challenges faced during difficult times, we have combined evidence-based expertise in medicine, public health, and disaster risk reduction in this toolkit to help children and their families to recover, improve overall well-being and foster resilience.

For more comprehensive disaster preparedness training and additional toolkits, please visit www.bepriceless.org.