《如何帶著善意祝賀彼此？》

又到與家人團聚、拜年的日子，不知道大家的心情如何？

我們常以為向對方分享自己的想法沒甚麼大不了，但原來有時聽起來會讓我們**難以感到關愛，甚至抗拒表達，不願對話。**

如果大家希望可以與家人建立更親密的關係，嘗試在拜年時 **多關心彼此的心情，減少評價或比較。**

祝願大家身心健康，先處理心情，再處理事情！

How to Greet with Care in New Year?

It is that time of the year when families reunite and greet each other! How is everyone feeling about it? Excited? Looking forward to it? Or feeling weary or nervous?

We often share thoughts to express ourselves. However, some expressions could hinder connection between people, creating barriers to feel our love and care.

If you wish to build more intimate relationships with your families and friends, try to avoid giving comments and comparisons in greetings. Instead, seek to focus on and understand more about each others' feelings.

Wish everyone good health and a year of fulfillment! Connection Before Solution!