

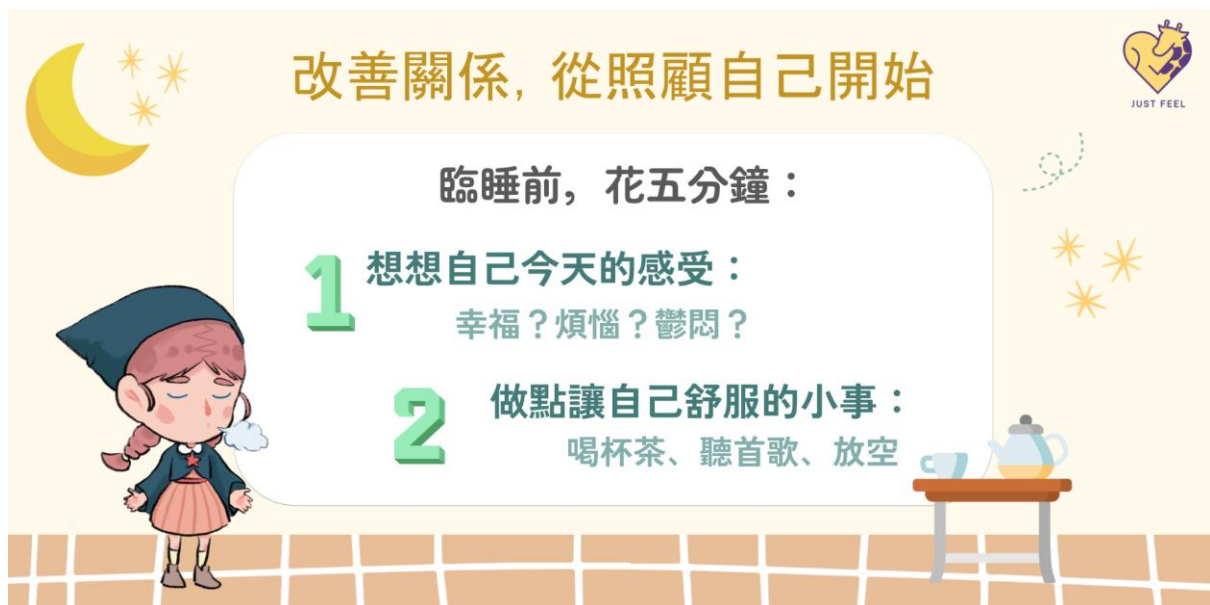
《改善關係，從照顧自己開始》

開學一個多月了，你的感覺如何？

適應開學、照顧家庭、處理工作，事情一窩蜂而來，讓我們感到窒息、疲乏。

在匆忙的生活中，我們總忘卻**照顧自己**。

當我們的身心有充分休息，我們更能夠聽見彼此的心聲和需要，減少矛盾和衝突。如果你希望改善與他人的相處，鼓勵你先從照顧自己開始！



You Matter: Strengthening Bonds Through Self-Care

As parents, we have multiple identities: an employer, a caregiver, and even a homemaker. Balancing all these responsibilities at the same time can be challenging, it's natural to feel overwhelmed and exhausted sometimes.

In the midst of taking care of everyone else, it's easy to forget about taking care of yourself. It is essential to remember when you are well-rested and feeling good, you are better able to understand and connect with your loved ones.

If you're hoping to strengthen your relationships with others, why not start by giving yourself a little love and care?

