

得力在乎安穩

平靜安穩的生活是人所嚮往的，現今看到有些國家在戰亂中，就更珍惜太平和平穩的生活。香港經歷過去的動亂，及三年多以來「新冠肺炎」的煎熬，很不容易才捱過。所以現在雖然仍有流感，但許多人都認為困難的日子已過，只盼望經濟盡早復甦，重過以往繁榮的日子。

香港人的適應能力很強，常用「獅子山精神」作勉勵，使在困苦的日子仍能迎難而上。這不是一種自我安慰，乃是為自己注入正能量。人有正面的思想和態度，才有信心面對困境。原因是正面的思想能發出正能量，有正能量才有能力，不致低沉和乏力。有能力才可以抵擋困局，不被面前的環境所嚇怕。

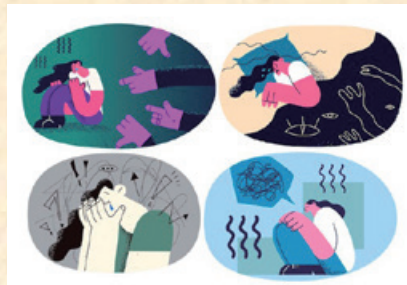
最近，我和太太參加了一個往「九寨溝」的旅行團。由於我曾做過「通波仔的手術」，出發前，我認識的一位心臟科醫生知道這旅程包括去「黃龍」，而這地方的景區最高海拔 5000 米以上。他提醒我不要去這地方觀光，恐怕有「高山反應」。但不到這地方遊覽，我心感不安。當到山下時，有當地的醫師向我們講解「高山反應」的徵狀及需要的配備。我當時心感平安，便不購買任何配備，只按上帝給我的力量而為，登得多高就多高。最後，我到達海拔約 3300 米的「盆景池」。雖然沒有時間再繼續向更高處行，但已心感意足。因為這是上帝賜我的能力，並使我心裡安穩地欣賞自然的景色，知道這一切都是祂的恩典。如經上說：「主耶和華以色列的聖者曾如此說：「你們得救在乎歸回安息，你們得力在乎平靜安穩。」（以賽亞書 30 章 15 節）

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Navigating Youth Mental Health Challenges After COVID-19: Building Resilience and Seeking Support

The COVID-19 pandemic has left an indelible mark on global mental health. As we move beyond the acute phase of the crisis, it is crucial to address the long-lasting mental health challenges that individuals may face in the aftermath of COVID-19. The pandemic has taken a toll on people's psychological well-being, especially young adults, with increased levels of stress, anxiety, depression, and post-traumatic stress disorder (PTSD) being reported worldwide.



The prolonged isolation, fear of infection, grief and loss, financial hardships, and disruptions in daily life have contributed to this psychological impact. However, there are strategies that individuals can employ to navigate these challenges and foster mental well-being. Building resilience is paramount in the post-pandemic era. Engaging in self-care activities such as exercise, maintaining a healthy lifestyle, and practising relaxation techniques can help individuals cope with stress and anxiety. Prioritizing one's mental health by setting boundaries, establishing routines, and incorporating activities that bring joy and relaxation can also be beneficial.

Seeking support is equally important. It is crucial to break the stigma surrounding mental health and encourage open conversations. Teenagers should contact friends, family, or mental health professionals for support. Online platforms and telehealth services have become increasingly accessible, providing remote counselling and therapy options. Regarding the workplace, encouraging open communication and fostering a supportive work environment can contribute to a healthier post-pandemic workforce.

In conclusion, the mental health challenges brought about by COVID-19 extend far beyond the physical impact of the virus. Navigating the aftermath requires individuals to build resilience, seek support, and foster a culture that encourages open dialogue and understanding. By prioritising mental health, we can emerge from this crisis more substantially and be equipped to face future challenges. Remember, seeking help is a sign of strength, and together, we can overcome the mental health challenges this unprecedented crisis brings.