主題：我的自我關懷計劃

A. 內容撮要

這部由協青社清聆心理服務製作的短片，主要圍繞以下 4 個核心內容：

- **推廣自我關懷**：引導大眾在日常生活中學習如何好好照顧自己的身心靈需要。
- **建立個人化計劃**：鼓勵保持開放與耐性，透過嘗試不同活動來訂立最適合自己的關懷計劃。
- **介紹青年精神健康計劃**：宣傳由香港賽馬會慈善信託基金捐助的「賽馬會《尋·覓》青年計劃」，提高社區求助意識。
- **提供專業支援渠道**：宣傳一站式精神健康服務，由臨床心理學家及社工團隊為青年提供免費介入與支援。

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B. 家長反思題：

1. 在每天忙於照顧子女和家庭的過程中，我今天有沒有留出哪怕 5 到 10 分鐘的時間，單純用來關心和照顧自己的身心靈需要？
2. 當子女感到壓力和情緒困擾時，我是用自己認為有效的方法去強加在他們身上，還是有保持開放的心態和耐性，陪伴他們尋找真正適合他們自己的減壓與關懷方式？

影片連結：

https://www.youtube.com/watch?v=owEebG4Y7iI&t=23s

Topic: My Self-Care Plan

A. Content Summary:

Produced by Youth Outreach Clinical Psychological Service, this short video focuses on four core areas:

- **Promoting Self-Care**: Guiding the public to learn how to nurture their physical, mental, and spiritual needs in daily life.
- **Creating Personalized Plans**: Encouraging openness and patience to discover the most suitable self-care plan by trying different activities.
- **Introducing Youth Mental Health Initiatives**: Promoting the "Jockey Club 'Seek and Find' Youth Project", funded by The Hong Kong Jockey Club Charities Trust, to raise community help-seeking awareness.
- **Providing Professional Support Channels**: Publicizing a one-stop mental health service where clinical psychologists and social workers offer free intervention and support for youth.

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B. Parent Reflection Questions:

1. Amidst the daily busyness of taking care of my children and family, have I set aside even 5 to 10 minutes today solely to care for my own physical, mental, and spiritual needs?
2. When my children experience stress and emotional distress, do I impose methods I believe are effective on them, or do I maintain an open mind and patience to accompany them in finding their own suitable ways to decompress and practice self-care?

Video link:
https://www.youtube.com/watch?v=owEebG4Y7iI&t=23s