

台湾精神科医生胡慧芳将在本月举行的亚太正念（静观）大会上主讲“生活的正念”，她通过电邮访问分享自己如何与正念结缘，并厘清常见误区——正念其实不是正面思考，不是宗教，也绝对不会高不可及；正念适合各年龄层，不仅可促进身心健康，亦有助加强情绪管理能力，改善人际关系。

陈映葵 / 报道

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胡慧芳医生是精神科医生，现任台湾台南市立医院身心科主任，专长之一是心理肿瘤学。她听说正念（mindfulness）可以帮助癌友，因此从2014年参与乔·卡巴金（Jon Kabat-Zinn）博士在台湾办理的演讲和工作坊开始，一路学习至今。

卡巴金创设的正念减压课程（Mindfulness-Based Stress Reduction, 简称MBSR）是当今应用最广泛，科研成果最多的正念课程。胡慧芳医生在早前其他访问提过，“念”是当下之心，“正念”是专注觉察身心此刻的状态。



研究发现，正念有助于增加大脑海马区的灰质密度（涉及学习和记忆），并降低杏仁核灰质密度（涉及焦虑与压力）。胡慧芳医生在公在私都善于利用正念，“个人生活上，我试着将不同长度的正念练习融入生活不同时刻，如规律的身体扫描或静坐等，培养正念的基本功。遇到日常生活起伏时，运用三步呼吸空间，稳定身心做善巧的选择。工作上，我运用正念认知疗法（MBCT）在忧郁焦虑患者和癌症身心适应的个案上。”

胡慧芳医生同时是英国牛津大学正念中心的伙伴教师、培训师，也是英国静观网络的督导，从事正念团体教学、正念老师的培训和督导工作。

她指出，正念训练近几年已逐渐进入台湾主流社会。民间成立了数个正念团体和机构推广正念，而且除了医疗机构、企业、学校、监狱等领域都推出各种正念训练课程，媒体也陆续报道，正念训练在台湾已经进入新学习风潮。

她说：“台湾初接触正念的人，对正念的普遍印象是正向思考，正面积极的思维，保持乐观或跟佛教有关的内容，一般倾向解读为让自己保持正向积极乐观的心态与习惯，或在身心灵得到成长等。”

这样的解读其实并不完全准确。

观察身心与外在环境变化

胡慧芳医生逐一厘清关于正念的常见误解，讲解正念的“四不”。

- ①正念不是正向思考，也不等于保持乐观或消除负面的想法与情绪。情绪有它的功能，无好坏之别，因此正念并非要对抗、去除或回避负面情绪。正念是如实客观地观察内在身心与外在环境的变化，帮助我们在当下做出善巧有智慧的选择。
- ②正念不是宗教，而是注意力与觉察力训练，培养自我觉察的能力。正念是一种可以清晰明晰地辨识心智的运作模式，所以也不同于激励课程或新时代心灵成长课程。至于呼吸、静坐和瑜伽伸展，这些都是人类早期各宗教或修行者在修习时所发展出来的古老智慧，只是培育正念的方法之一。
- ③正念不是放松练习或清空脑中



在冠病继续肆虐之际，疫情难测，正念练习有助安定心神，提升对内境和外境的觉察力及回应的智慧。（iStock图片）

不是正面思考 也不是宗教 正念的四不

想法，不是概念性的思维，而是探索当下内在的经验（身体感觉、情绪、想法），善巧明智地与之共处。放松和平静是练习后的副产品。

④正念不是万灵丹，是必须恒常练习，并成为生活的方式或态度，也不适合罹患身心重大疾病未痊愈的朋友。

平静的心与专注的大脑

不过，正念训练可以提升自我觉察能力，胡慧芳医生说：“遇到困难和挑战时可以拥有平静的心与专注的大脑，更有效率地在工作与生活的挑战中取得平衡。此外可以增进情绪管理能力与改善人际关系，自我了解与成长，促进身心健康，让自己更有自信与活力，进而提升生活质量与幸福感，生命也更丰盛。”

特别是身处冠病这场全球

大流行性疾病之际，正念训练的价值有增无减。胡慧芳医生说：“冠病继续肆虐，疫情难测，许多人都因此面对比以往更多的挑战和苦恼。在这个时候，正念练习有助安定心神，提升对内境和外境的觉察力及回应的智慧。”

不同年龄层练习法各不同

胡慧芳医生指出，正念适合各年龄层，但不同年龄层练习正念的方法有所不同。

“比如儿童、青少年专注的时间比较短，所以适合时间短、活泼有趣的活动。年长者或高龄者也须要根据身心状况调整练习的时间和选择合适的活动，所以各有不同的正念静观课程可以选择。”

她即将在亚太正念（静观）大会上主讲的是“生活的正念”（MBCT for Life），由英国牛津

大学正念中心植基于MBCT发展而成，适合一般大众。工作坊内容与牛津大学正念中心的Alison Yiangou和Ruth Baer两名老师开设的英语工作坊内容相同，但是胡慧芳医生会全程以华语讲解。

她说：“正念不是什么高不可及的目标。正念小练习，例如三步呼吸空间练习，是可以随身携带，随处可用的安神小工具，能帮助我们静心做出善巧的回应。”

亚太正念（静观）大会 线上举行

日期：8月14日至29日
部分研讨会与工作坊以华语进行
活动官网：
asiapacificmindfulnessconference.com/apmc2021-cnsg/

何谓三步呼吸空间？

正念有很多练习方法，牛津正念中心Mark Williams教授制定的“三步呼吸空间”（又称三分钟呼吸空间）是正念认知疗法中最简洁的练习之一。

简单地说，在一天里只要抽出三五分钟，就能透过这个练习让一直投注在外的注意力改变方向，重新关注自己的内在体验。三个步骤包括：

- ①觉知当下，留意并观察自己的感受和念头。
 - ②把所有觉知集中在呼吸，深深地吸气，深深地呼气。
 - ③把自己对于呼吸的觉知扩展开来，感受身体的整体感，以及任何可能存在的感受。
- 欲了解详细练习方法，请向正念导师求助，或上网检索“三步呼吸空间”/ Three-Minute Breathing Space。

4 NOs of Mindfulness

Zaobao, 10 Aug 2021 (English translation)

Taiwan psychologist Dr Debbie Hu Huifang will be giving the talk on “Mindfulness in Life” at the Asia Pacific Mindfulness Conference this month. She shared through email interview on her acquaintance with mindfulness and dispelled common misconceptions – mindfulness is not positive thinking, nor religion, nor unattainable. Mindfulness is suitable for all ages, and it can not only promote overall well-being and helps in emotional regulation and improves interpersonal relationships.

Dr Debbie Hu Huifang is the Chief of Psychiatry Department at the Tainan Municipal Hospital in Taiwan, specializing in psycho-oncology. She heard that mindfulness can support cancer patients and hence took part in Jon Kabat-Zinn’s mindfulness talks and workshops in Taiwan since 2014 and has been practising till now.

Mindfulness-Based Stress Reduction (MBSR) is currently the most widely practised and with the most research evidence mindfulness course. Dr Debbie Hu mentioned that mindfulness is focusing on the mind and body at the present moment. Research has shown that mindfulness helps in increasing the grey matter volume in the hippocampus of the brain (associated with learning and memory) and reduces activity in the default mode network (associated with anxiety and stress). Dr Debbie Hu practises mindfulness on her professional and personal fronts. “In my personal life, I tried to incorporate different durations of mindfulness at different times of the day eg. body scan, meditation, etc to build the foundation of mindfulness. When met with daily challenges, I use the 3-step breathing space to calm the mind and body to make the right decision. At work, I use mindfulness cognitive based therapy (MBCT) on depression and anxiety patients, and cancer patients for mind and body adjustment.”

Dr Debbie Hu is also a certified MBCT teacher and a trainer through the Oxford Mindfulness Center. She was trained to be a supervisor through the Mindfulness Networks UK.

She pointed out mindfulness has gradually become mainstream in Taiwan in recent years. Many mindfulness organisations have been set up to promote mindfulness. Besides hospitals, corporations and schools, prisons etc, introducing various mindfulness courses, media has also progressively reported mindfulness as a new learning trend in Taiwan.

She says, “When mindfulness was first introduced in Taiwan, the common perception is that mindfulness is positive thinking, maintaining optimism or related to Buddhism. Commonly interpreted as maintaining a positive, active and optimistic attitude and habit or spiritual growth.”

Such interpretations are not entirely correct.

Observing the mind and body with environmental changes

Dr Debbie Hu dispels common misconceptions of mindfulness.

1. Mindfulness is not positive thinking nor maintaining optimism or eliminating negative thinking or emotions. Emotions have their purpose, there is no good or bad. Mindfulness is not about facing, eliminating or avoiding negative emotions. It is objectively observing the changes of the mind and body with the environment, helping us to make wise options.

2. Mindfulness is not religion but training of concentration and observation, cultivating the ability of self-observation. Mindfulness can clearly and accurately pinpoint the workings of the mind and it is also different from motivational courses or new age personal development courses. As for breathing, meditation and yoga stretching, these are old age wisdom developed from early days of religion/practice and is only part of cultivating mindfulness practice.
3. Mindfulness is not relaxation exercise or clearing the mind of thoughts, nor conceptual thinking, But exploring the present experience and co-existing with your feelings, thoughts and emotions in a wise manner. Relaxation and calmness are by products of mindfulness.
4. Mindfulness is not an elixir but requires constant practice and adopting it as a lifestyle or attitude. It is not suitable for those with major illnesses.

Calm heart and a focused mind

But mindfulness training can raise one's observation ability. Dr Debbie Hu said: "Having a calm heart and focused mind when faced with difficulties and challenges, can effectively balance the challenges of work-life. In addition, it can improve emotional regulation and improve interpersonal relationships, understanding and developing oneself and promoting mind and body wellbeing. This will increase one's confidence and energy and improving their quality of life and happiness, allowing a richer life."

The benefits of mindfulness is increasing especially with the COVID-19 pandemic. Dr Debbie Hu says, "With the prolonged pandemic and its unpredictability nature, many faced more challenges and worries. Mindfulness helps to calm the mind and body and improves the observation and response to the external environment."

Practice varies with the different age groups

Dr Debbie Hu pointed out that mindfulness is suitable for all ages but the practice differs for the different age groups.

"For children and youths who have shorter attention span, they are suited for shorter and fun activities. Seniors have to practise based on their condition to adjust the practise duration and selecting suitable activities. So each has their options in the different mindfulness courses."

She will be speaking on MBCT for Life at the Asia Pacific Mindfulness Conference. The topic stems from Oxford Mindfulness Center and is suitable for the public. Workshop content is similar to the English's version by Alison Yiangou and Ruth Baer but Dr Debbie Hu will be conducting it in Chinese.

She says: "Mindfulness is not an unattainable goal. Small mindfulness practice such as 3-step breathing space can be practised anywhere and is a simple tool to help us calm the mind to make the wise response."

Asia Pacific Mindfulness Conference

Date: 14-29 August (Some of the webinars and workshops are conducted in Chinese)

Website: <https://asiapacificmindfulnessconference.com/apmc2021-cnsg/>

What is the 3-step breathing space?

There are many practices in mindfulness. The “3-step breathing space” by Prof Mark Williams of Oxford Mindfulness Center is one of the simplest techniques.

Simply put, in a day, set 3-5 minutes to practise this.

1. Attend to what is. The first step invites attending broadly to one’s experience, noting it, but without the need to change what is being observed.
2. Focus on the breath. The second step narrows the field of attention to a single, pointed focus on the breath in the body.
3. Attend to the body. The third step widens attention again to include the body as a whole and any sensations that are present.

To know more about the technique, please seek a mindfulness trainer or check out “Three-minute Breathing Space” online.