

English	Simplified Chinese (Mandarin) / 简体中文
<p>Mind to Mind</p> <p>Positive mental wellbeing means feeling good about ourselves, the world around us and being able to get on with life in the way we want.</p> <p>Research evidence shows us there are 5 key things we can do to help improve our mental wellbeing.</p>	<p>以心印心</p> <p>积极的心理健康是指我们对自己、对我们身边的世界感觉良好，能够以我们想要的方式生活。</p> <p>研究证据显示，我们可以从 5 个重要方面着手，帮助改善自己的心理健康。</p>
<p>1. Connect with other people</p> <p>Humans are social beings, so having good relationships with people around us is important for our mental wellbeing. Reaching out and building stronger relationships with others, whether that's with friends, family, neighbours, colleagues or people in our communities, can help us to share our feelings and gain emotional support.</p>	<p>1. 与他人联系</p> <p>人类是社会性的存在，与我们周围的人建立良好的关系，对我们的心理健康至关重要。与朋友、家人、邻居、同事、社区居民或其他人接触，建立更牢固的关系，可以帮助我们分享自己的感受，获得情感上的支持。</p>

<p>2. Take notice</p> <p>Being more aware of what is happening in the present moment, of our thoughts, feelings and of the world around us, enhances our wellbeing. This is also known as ‘mindfulness’. Taking time to notice the moment, environment and nature around us can help us enjoy life more and understand ourselves better.</p>	<p>2. 用心察觉</p> <p>多关注当下发生的事情，多察觉我们的想法、感受和我们身边的世界，可以提升我们的幸福感。这也称为“正念”。花些时间关注我们所处的当下、环境和自然，有助于我们更尽情地享受生活，更好地了解自己。</p>
<p>3. Be active</p> <p>Being active is good for our physical health but it can also help improve our mental wellbeing. It’s best to find enjoyable activities that you can build into a routine. This could be anything from slow, gentle activities such as stretching exercises, to faster, more intense activities such as jogging.</p>	<p>3. 积极主动</p> <p>积极主动有益于身体健康，并且也有助于改善我们的心理健康。最好是挖掘一些有趣的活动，将它们融入日常生活。这些活动可以是缓慢、温和的活动，例如伸展运动，也可以是较快、较强烈的□□□□□□□□</p>
<p>4. Help others</p> <p>Doing nice things for others, whether small or large, can help you and them feel more positive. Small acts of kindness towards other people,</p>	<p>4. 乐于助人</p> <p>为他人做好事，不分大小，都有助于您和他人变得更加积极、主动。不论是说声“谢谢”、给某人泡杯茶、称赞某人之类的小善举，还是当志</p>

<p>such as saying “thank you”, making someone a cup of tea or paying someone a compliment, or larger ones like volunteering, can help us feel happier, give us a sense of purpose and connect with others.</p>	<p>愿者之类的大善举，都会让我们感觉更快乐，觉得自己很有用，并帮助我们与他人建立联系。</p>
<p>5. Learn new skills</p> <p>Learning new skills that we enjoy can boost our self-esteem and confidence. These can be small things, such as cooking something new, trying a new hobby or, taking on a DIY project, or they can be bigger things, such as signing up to course, or taking on a new task at work.</p>	<p>5. 学习新技能</p> <p>学一些自己喜欢的新技能，可以增强我们的自尊和自信。新技能可以是做一些小事情，例如做一道新的美食，尝试一种新的爱好，或开始一个 DIY 项目，也可以是完成一些较大的事情，例如报名参加某项课程，或在工作中接受新的任务。</p>
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