



心灵舒缓包

Self-Care Kit

把关怀握在自己手中

Care in Your Hands

这个心灵舒缓工具包旨在帮助你放慢脚步，通过五感重新与当下连接，用简单、具体的方式照顾自己的情绪与身心。它不是让你"修复"自己，而是学会觉察、安抚，并温柔地陪伴自己。

This Self-Care Kit is designed to help you slow down, reconnect with your senses, and care for your emotional wellbeing in simple, tangible ways. It's not about fixing yourself — it's about noticing, soothing, and gently supporting your mind and body.

包含内容

Inside the Kit

五感包

The Five-Senses Pack

五感包是一套帮助你在焦虑、紧张或情绪过载时，快速回到当下的安抚工具。它通过激活触觉、听觉、味觉、嗅觉与视觉这五种感官，重新建立"身心在场"的连接。

The Five-Senses Pack is a small grounding toolkit designed to help you return to the present moment when you feel anxious, overwhelmed, or emotionally flooded.



触觉
Touch



听觉
Sound



味觉
Taste



嗅觉
Smell



视觉
Sight

自助心理册

Mental Health Booklet

这本小册子将带你练习觉察情绪、反思思维与安抚自己的过程。

Guides you through emotional awareness, reflection, and self-soothing.



健康三角自测表
Health Triangle



情绪轮
Emotion Wheel



情绪阴晴表
Mood Meter



情绪日记
Emotion Journal



认知误区对照表
Cognitive Distortions



心理健康资源
Mental Health Resources

策划与设计 | Curated & Designed by

Echo Yu (小鱼饼)

灵感启发 | Inspired by

Hannah Bai, 灯塔的正念文创, INSEEL心灵岛屿

内容审核与建议 | Content Review & Feedback

Maggie Zhao, Joey Liang, Carmen Guo, Weiwei Chen

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本手册旨在提供日常自我照顾技巧, 不能替代专业的医疗建议、诊断或治疗。如果您正经历严重的心理困扰, 请务必寻求专业医生的帮助。

This kit is designed to provide self-care strategies and is not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please seek professional help immediately.

💡 使用小贴士 | Tip for Use

五感包里包含：清凉油鼻通，鼓励贴纸，正念进食练习，感官石，NFC 钥匙链（内含白噪音 / 轻音乐链接）

- 情绪紧绷时，任选一两种感官刺激即可
- 将五感物品放在随手可及的地方，如书桌、包包或床边

The Five-Senses Kit includes: Refreshing nasal inhaler, Visual stickers, Mindful eating instruction, Sensory stones, NFC keychain (with links to white noise and soothing music)

- Use one or two senses at a time when you feel tense.
- Keep your Five-Senses items somewhere accessible — your desk, bag, or bedside.

👅 味觉

Taste

鲜明的味觉刺激可唤醒感官，让注意力重新聚焦当下。

Strong or distinct flavors can activate the brain's sensory system and help you re-center.

- 酸糖果 Sour candy
- 薄荷 Mint
- 茶包 Tea bag

👃 嗅觉

Smell

嗅觉信号能直达大脑杏仁核，特定香味具有安抚情绪的功效。

Scent signals travel directly to the amygdala — certain aromas have natural calming effects.

- 精油 Essential oil
- 咖啡渣 Coffee beans
- 香氛袋 Scented sachet

👁️ 视觉

Sight

人脑超过 65% 的信息来自视觉输入，温柔或有秩序的画面能迅速减轻情绪反应。

Calm or aesthetically pleasing visuals can quickly ease emotional arousal.

- 照片/明信片 Photos or postcards
- 鼓励便利贴 Affirmation notes
- 正念卡 Mindfulness cards

✋ 触觉

Touch

触觉刺激（如揉捏、冰凉、柔软的质地）能迅速让身体落地、思绪安定。

Tactile stimulation, such as soft textures, cool surfaces, or squeezable materials, can quickly bring the mind back to the present.

- 毛绒玩具 Plush toy
- 橡皮泥、史莱姆 Putty / slime
- 冰袋 Ice pack
- 揉捏球 Stress ball

👂 听觉

Sound

悦耳或熟悉的声音可掩盖内心的负面杂音，帮助情绪恢复平衡。

Pleasant or familiar sounds can help mask internal noise and restore emotional balance.

- 轻音乐 Soft music
- 环境音 Ambient tracks
- 白噪音 White-noise tracks
- 播客 Podcast

正念进食练习

Mindful Eating Instruction

正念进食是最经典、最简单的正念训练之一。它邀请你调动5种感官，全身心地感受"吃"的过程

The mindful eating practice is one of the simplest and most classic mindfulness exercises. It invites you to engage all five senses to fully experience eating.

你可以选用任何一小块食物（例如葡萄干、坚果或糖果），用5-10分钟仔细观察它，感受它的质地、颜色和味道

You can use any small piece of food (such as a raisin, nut, or candy). Spend 5-10 minutes observing it carefully.

1 放松准备 | Prepare and Arrive

找一个舒适的坐姿，放松肩膀。缓慢地吸气、呼气，把注意力轻轻放在面前的食物上。

Take a comfortable position. Relax your shoulders and take slow breaths.

2 观察食物 | Observe the Food

想象你第一次看到这块食物。仔细观察它的颜色、形状、质感与表面细节。

Imagine seeing this food for the first time. Observe its color, shape, and texture.

3 触摸食物 | Feel the Food

轻轻拿起食物，用手指感受它的质地。它是柔软的、坚硬的、黏的还是干的？

Gently pick it up and explore its texture. Is it soft, firm, sticky, or dry?

4 闻食物的气味 | Smell the Food

把食物靠近鼻子，轻轻吸气。你闻到了什么气味？保持好奇与专注。

Bring the food close to your nose. What kind of scent do you notice?

5 将食物送入口中 | Bring It to Your Mouth

慢慢地将食物送向嘴边。注意身体的反应，在咬下前稍作停顿。

Slowly move the food toward your mouth. Notice your body's reactions.

6 品尝与体验 | Taste and Experience

轻轻咬下一小口，让食物停留在口中。感受最初的味道与口感。

Take a small bite. Notice the first flavors and textures.

7 回味与结束 | Reflect and Conclude

现在，食物已经咽下，但感受还在……感受口中是不是还有残留的味道？此刻你的身体感觉如何？

When the food is gone, notice the lingering taste or sensation. How does your body feel now?

温柔练习 Practice Mindfully

- 这个练习可以用任何食物来做
- 思绪游走了，温柔地带回来即可
- 长期练习帮助重建身体连接

- This practice can be done with any food
- Gently bring your attention back
- Reconnect with hunger and fullness cues

自助心理册 使用指南

Guide to Your Mental Health Booklet

包含内容 | Inside the Booklet

 健康三角自测表
Health Triangle Worksheet

 情绪识别工具
Emotion Identification Tools

 情绪日记
Mood Journal

 认知扭曲对照表
Cognitive Distortion Chart

 心理健康资源 & 紧急联系方式
Mental Health Resources & Emergency Contacts

如何搭配使用 | How to Use Them Together

 **场景一：定期自测**
Scenario 1: Regular Self-Check

使用 **健康三角** 检查身体、心理、社交是否平衡，根据结果制定下阶段小目标。

Use **Health Triangle** to check balance and set goals.

 **场景二：情绪来袭与日常记录（核心闭环）**
Scenario 2: Processing Emotions (Daily Loop)

什么时候：当你感到心情复杂、焦虑，或想记录美好瞬间时

When: When feeling complex emotions or capturing moments

识别 | Identify → 记录 | Journal → 复盘 | Reflect

① **识别：**感觉模糊？查阅 **情绪阴晴表 & 情绪轮** 找到精准词汇
① Identify: Use **Mood Meter & Feelings Wheel** for precise words

② **记录：**打开 **情绪日记**，记下时间、地点和引发情绪的事件
② Journal: Use **Mood Journal** to record time, place, and trigger events

③ **复盘：**对照 **认知扭曲表** 检查是否陷入思维陷阱，尝试 **解套思维** 的方法，换个角度
③ Reflect: Check **Distortion Chart** for thinking traps, try **Thinking Unhooks** to get new perspectives

 **场景三：寻求外部支持**
Scenario 3: Seeking Support

什么时候：当自我调节失效，或感到无法独自承受时

When: When self-regulation fails or feeling overwhelmed

非紧急：查阅 **心理健康资源** 页面获取专业支持信息

Non-emergency: Check **Mental Health Resources** page

⚠️ 紧急情况：如果情绪极度痛苦或感到不安全，请立即翻到最后一页使用 **紧急联系方式**
⚠️ Emergency: If in crisis or unsafe, go to last page for **Emergency Contacts**

健康三角自测表 Health Triangle Worksheet

需打印更多? 请扫第2页二维码
For printable PDF, scan QR code on Page 2

从身体、心理与社交三个方面进行自我健康评估

Self assessment of the three aspects of your health (physical, mental, and social)

Reference: www.mindmypeelings.com

1 评估你的健康状况 Assess your health

请对以下问题回答"是"或"否", 并统计"是"的总数。
Answer YES or NO to each question, and total the number of "YES"

身体健康

Physical

1. 我每天晚上能睡 7-9 小时
2. 我每天饮食均衡, 并吃早餐
3. 我每天保持身体清洁
4. 我每天至少运动 30 分钟
5. 我避免使用烟草和酒精
6. 我定期体检和看牙医

总计 Total: ___ / 6

心理健康

Mental

1. 我总体上对自己感觉良好
2. 我能清晰表达自己的情绪
3. 我能接受建设性的批评
4. 我有喜欢独处做的事情
5. 我能觉察自己的想法情绪
6. 我喜欢学习和培养新技能

总计 Total: ___ / 6

社交健康

Social

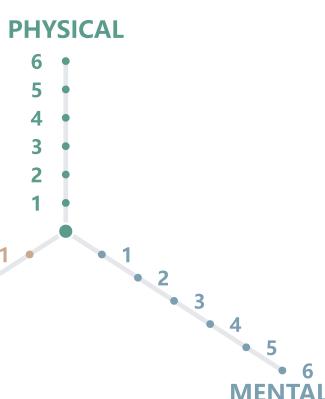
1. 我有保持联系的亲密朋友
2. 我尊重和关心家人朋友
3. 我能与他人意见不同而不生气
4. 我善于倾听也能清晰表达
5. 需要时能从他人获得支持
6. 不舒服时我能勇敢说"不"

总计 Total: ___ / 6

2 绘制三角形 Illustrate triangle

根据分数, 连接端点形成三角形。

Draw lines from center based on scores, connect endpoints.



3 分析结果 Analyze results

思考以下问题:

- 三角形是否平衡?
- 哪个方面最强?
- 哪个方面需要提升?

Think about and comment on the following:

- Does your health triangle have equal sides?
- Is there an area you are strong in?
- Is there an area you need to improve on?

4 优势与待成长领域 Strengths/Potential

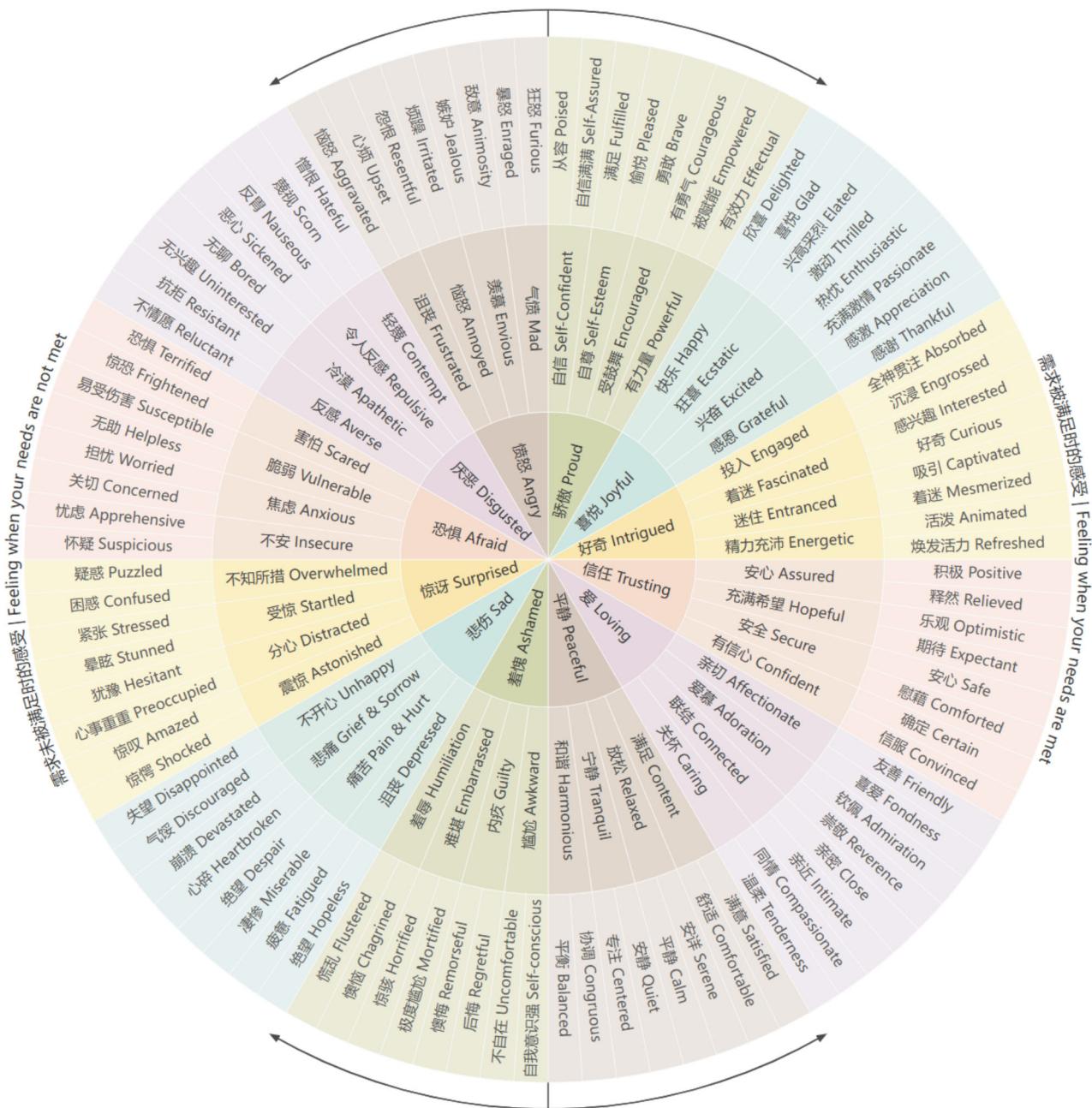
列出每个方面的优势和待成长领域, 以及改进行动。
List strengths and potential for each aspect. Identify how you can continue to maintain or improve.

	Health Triangle 身体/心理/社交	描述优势/不足 Description of strength/weakness	维持/改进的行动 Action to maintain or improve
优势 Strengths			
待成长领域 Potential			



“情绪之轮”将核心情绪延伸成多个层次的具体感受。当我们的情绪模糊、难以描述时，可以借助情绪之轮来识别、命名并理解自己正在经历的情绪。它能帮助我们提升情绪觉察力与情绪词汇量，让我们更容易表达并照顾自己的情绪。

The emotion wheel expands core emotions into multiple layers of specific words. When our feelings are vague or hard to describe, we can use the emotion wheel to help us identify and name the complex emotions we are experiencing, improving our emotional awareness and vocabulary.



如何使用 | How to Use

1. 从中心开始，选择最接近的核心情绪
2. 向外延伸，找到更具体的描述
3. 记录下来，帮助自己更好地理解情绪

1. Start from the center with a basic emotion
2. Move outward to find more specific words
3. Write it down to better understand yourself

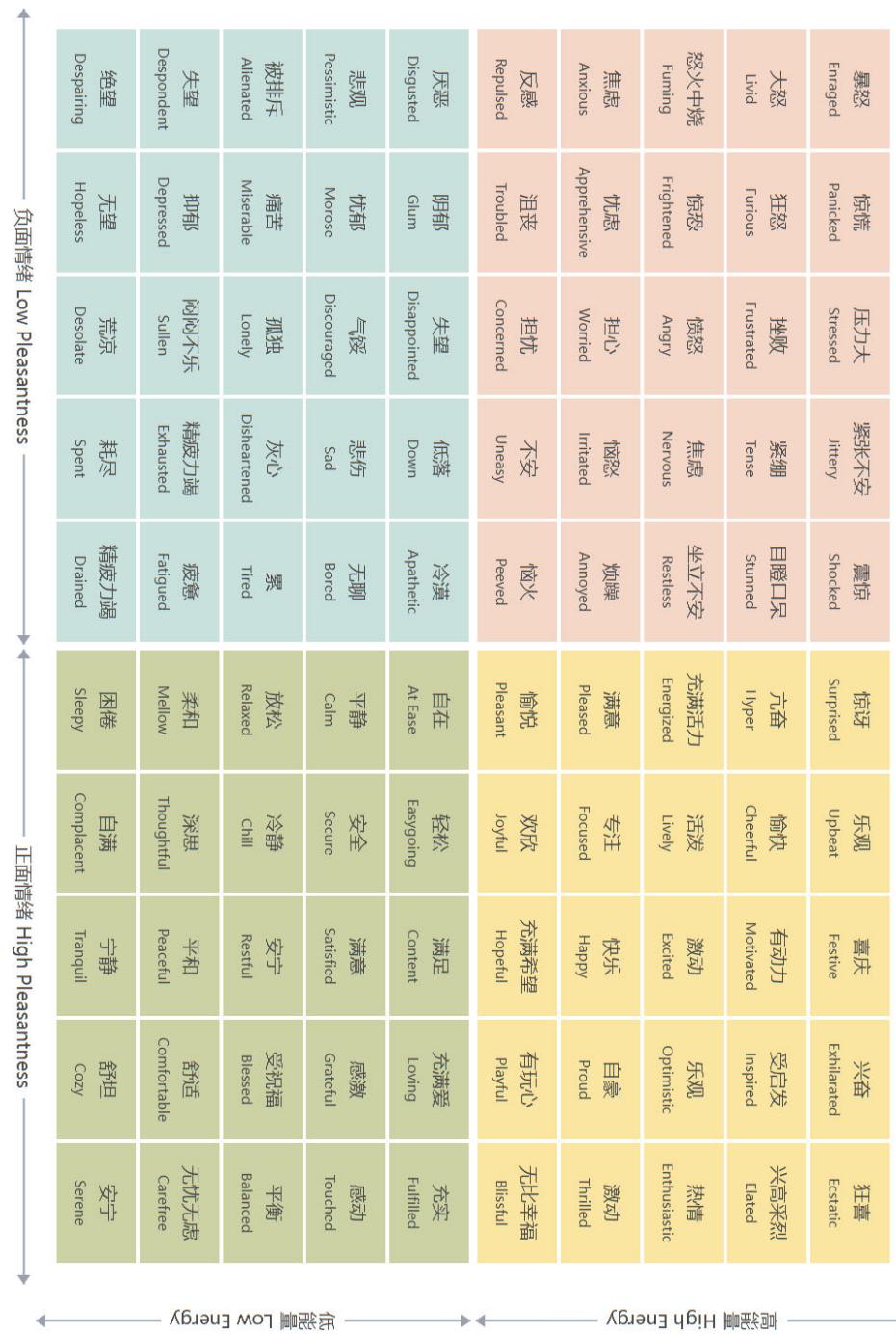
情绪阴晴表是一个简单而有效的情绪识别工具，它通过能量水平和愉快度两个维度，帮助我们更准确地识别和命名自己的情绪状态，从而提升情绪觉察能力和情绪管理能力。

The Mood Meter is a simple yet effective tool for emotional awareness. It uses two dimensions—energy level and pleasantness—to help us accurately identify and name our emotional states, improving our emotional intelligence.

如何使用 | How to Use

- 评估你的能量水平（高或低）
- 判断情绪是愉快的还是不愉快的
- 在表格中找到对应位置并命名情绪

- Assess your energy level (high or low)
- Identify if the emotion is pleasant or unpleasant
- Locate your position and name the emotion





记录情绪 Log your mood			消解情绪 Reflect & Release
时间 Time	地点 Place	人物 Who	为什么我会这样想? 这个想法是事实吗? (看看下一页, "我"有没有陷入什么认知误区?) What makes me think so? Fact or not? (Check the next page, Am I falling into any cognitive distortions?)
当时发生了什么事? What happened?			
当时的情绪感受/想法? I think...			如果今天别人发生这个事, 我会对ta说... If I'm someone else I would say...
当时生理上有什么感觉? I feel...			
当时的情绪强度 Severity (At the Time):			目前的情绪强度 Severity (Right Now): <div style="display: flex; justify-content: space-around; border: 1px solid black; width: 100%;"><div style="width: 25%; height: 1.2em; background-color: #ccc;"></div><div style="width: 25%; height: 1.2em; background-color: #ccc;"></div><div style="width: 25%; height: 1.2em; background-color: #ccc;"></div><div style="width: 25%; height: 1.2em; background-color: #ccc;"></div></div>
事情发生时我的反应/做了什么? What's my reaction?			如果下次发生类似的事, 我可以怎么做? Next time I could...
出现这个情绪是因为我有什么需求? What exactly do I need?			



认知扭曲对照表

Cognitive Distortions

认知扭曲是指，那些在脑海里自动跳出来、却不太准确的想法。这些想法可能让我们把事情看得比实际更糟，也会影响情绪和决定。

Cognitive distortions are automatic thoughts that show up in our mind but don't always reflect reality. They can make situations feel worse than they are and shape our emotions and actions.

夸大化与最小化 Magnification & Minimization	夸大负面事件的重要性，或贬低、忽视自己的成就与积极面 Exaggerating negative details or minimizing positive qualities and achievements.	"这次我犯了一个小错误，说明我真的很没用" "I made one small mistake, which proves I'm completely incompetent."
灾难化思维 Catastrophizing	自动假设事情会往最坏的方向发展 Assuming the worst possible outcome will happen.	"如果我这次考试没考好，我的人生就完了" "If I fail this exam, my entire future is ruined."
过度概括化 Overgeneralization	将一次事件推论成"总是这样" Drawing broad negative conclusions from a single event or limited evidence.	"我这次面试紧张了，说明我永远都不适合工作" "I felt awkward in this interview, so I'll never succeed at any job."
神奇化思维 Magical Thinking	认为思想或情绪可以直接影响不相关的外部事件 Believing that thoughts or feelings directly cause unrelated events.	"如果我刚刚没想到不好的事，ta就不会出意外了" "If I hadn't had that bad thought, the accident wouldn't have happened."
个人化 Personalization	把不在自己控制范围内发生的事归因于自己 Believing that you are responsible for events outside your control.	"她今天心情不好，一定是我哪里做错了" "She's upset today — it must be because of something I did."
情绪化推理 Emotional Reasoning	把情绪当成事实，因为"感觉是真的"，就认为事情一定是真的 Believing that feelings reflect objective facts.	"我感觉自己是个失败者，所以我一定就是" "I feel like a failure, therefore I must be one."
否定积极 Disqualifying the Positive	拒绝承认正面经历与反馈，只关注负面部分 Ignoring positive experiences and focusing solely on the negative.	"他们只是客套夸夸，其实我没什么好的" "They were just being polite — I'm not actually that good."
"应该"思维 "Should" Statements	用"应该、必须、一切都要对"等标准苛责自己或他人 Using rigid rules about how you or others "should" behave.	"我不应该感到难过，我必须一直很坚强" "I shouldn't feel sad. I must always be strong."
非黑即白思维 All-or-nothing Thinking	用极端方式看问题：要么完美，要么彻底失败 Seeing things in absolute, extreme categories.	"这件事没做到完美，说明我完全失败了" "If it's not perfect, then it's a total failure."
跳结论 - 读心术 Jumping to Conclusions - Mind Reading	在缺乏足够证据的情况下迅速下结论。自以为知道他人心中所想 Making judgments without sufficient evidence. Assuming what other people are thinking.	"她没回复我消息，一定是觉得我很烦" "She didn't reply — she must dislike me."
跳结论 - 预演未来 Jumping to Conclusions - Fortune Telling	在没有证据的情况下预言未来一定会变糟 Making predictions about the future (usually negative).	"我明天的汇报一定会失败" "My presentation tomorrow is definitely going to fail."



解套思维指的是，当我们被负面想法困住时，用一些简单、实用的方法帮自己松绑，让大脑重新回到更清晰、更现实的位置。这不是要强迫自己“想开一点”，而是学习用更客观、友善的方式看待事情，让情绪不再被自动化的想法牵着走。

“Thinking Unhooks” are practical tools you can use when your mind feels stuck in negative thoughts. These strategies help you step back, look at things more clearly, and shift from emotional reactions to a more grounded perspective. It's not about forcing yourself to “think positive,” but learning to view situations in a more balanced and kind way.

识别认知扭曲

Identify the Distortion

看见并命名思维陷阱，让它与你保持距离。

Name your thinking trap so you can step back from it.

① 写下当时跑出来的那个想法

① Write down the thought that popped into your mind

② 对照扭曲类型，看看它像哪一种

② Look at the list of distortions and see which one it matches

③ 给这个想法贴个标签（比如：灾难化、读心术）

③ Put a label on it (e.g., catastrophizing, mind-reading)

重新归因

Re-attribution

比起责怪自己，先停下来看看：这件事的发生，除了你以外，还有哪些因素在影响？

Stop putting all the blame on yourself. Take a moment to notice what other factors might have played a part.

① 写下你在怪自己的那件事

① Write down what you're blaming yourself for

② 想想还有哪些环境、时间、他人、资源等因素

② Think about other factors — timing, people, stress, resources, environment

③ 再决定：这件事真的有多少比例是“完全你的责任”？

③ Ask yourself: "How much of this is actually on me?"

双重标准法

Double-Standard Method

像对朋友一样，温柔、公正地对自己说话。

Talk to yourself the way you'd talk to a friend.

① 想象朋友遇到同样的问题

① Imagine a friend in same situation

② 写你会对ta说什么

② Write what you'd say to them

③ 把话对自己说

③ Say those same words to yourself

检查证据

Examine the Evidence

别急着把感觉当成事实，先看看现实里有没有支持它的证据。

Don't treat your feelings as facts—look for real evidence that supports or challenges the thought.

① 把你担心的那个想法写下来

① Write down the thought that worries you

② 想想：真的有什么证据支持这个想法吗？写出来

② Ask: "What proof do I have that this is true?" Write it down

③ 再想想：有哪些事实其实不支持它？也写下来

③ Ask: "What facts show it might NOT be true?" Write those too

④ 根据两边的证据，写一句更合理、不过度的想法

④ Based on both sides, write a more balanced, realistic version of the thought

灰色地带思考

Thinking in Shades of Grey

除了非黑即白的评断，我们也可以看看“中间值”：事情可能做到了一部分。

Instead of seeing things as either perfect or terrible, think in "in-betweens." You probably did some things well, even if it wasn't perfect.

① 想一想：我是不是又把事情分成“好”或“坏”了？

① Notice if you're seeing the situation as "good or bad."

② 找找看：有哪些部分其实做得还不错？（哪怕只有一点点）

② Ask yourself: "What parts did I actually do okay, even a little?"

③ 把事情放在 0-100 的程度上，而不是“成功 / 失败”

③ Put it on a scale (0-100) instead of labeling it success or failure.

④ 问自己：如果 100 分是完美，那我现实中大概在哪？

④ Ask yourself: "If 100 is perfect, where am I really at?"

加拿大心理健康协会
Canadian Mental Health Association
<http://www.toronto.cmha.ca/>
Information and links to community resources for all mental health issues.

多伦多危机中心
Toronto Distress Centre
<https://www.dcopt.com/>
Emotional support, crisis intervention, and suicide prevention.

成瘾与心理健康中心 (CAMH)
Centre for Addiction and Mental Health (CAMH)
<https://www.camh.ca/>
Canada's largest mental health teaching hospital. Resources and research hub.

加拿大国际心理协会 (IPAC)
International Psychology Association of Canada (IPAC)
<https://www.ipaccanada.org/>
加拿大国际心理协会成立于2020年，致力于在华人社区中提高心理健康意识。
If there is anything else we can assist you, please feel free to contact us.

如果您的生命安全受到威胁, 请立即拨打 9-1-1
If your safety is at risk, call 9-1-1 right away.

自杀危机求助热线
Suicide Crisis Helpline
<https://988.ca/>
Also available through online chat.

多伦多危机中心
Toronto Distress Centre
<https://www.dcopt.com/>
Need help now? Call Crisis Line for immediate access to support.

310-COPE 危机热线
310-COPE Crisis
Community Crisis Response Service for depression, distress, loneliness, anxiety.
<https://yssn.ca/crisis-services/310-cope/>
Available in York Region, South Simcoe and North York
Also available through online chat.

请记住 Remember

感到不适是正常的
It's okay to not be okay.

寻求帮助是勇气的体现, 您值得获得支持和关爱
Seeking help is a sign of strength.

请将这些资源放在触手可及的地方
Keep these resources accessible.

你的健康很重要
Your well-being matters.

你并不孤单

You are not alone.

您的反馈能温暖更多人 | Your feedback matters



仅需 1-2 分钟 · 匿名填写
Takes 1-2 mins · Anonymous