

Mindfulness and Emotional Intelligence

正念與情商

Research is helping us appreciate the benefits of the ancient practice of mindfulness—a form of meditation that emphasizes presence of mind and focus. Simply put, mindfulness is awareness that arises through paying attention to what’s going on around you, on purpose, in the present moment, without judgment. Mindfulness is a skill that anyone can develop, and one that has proven health benefits. For example, it has been shown to help reduce stress, boost moods, and contribute to overall health and wellbeing.

By exercising our attention through regular mindfulness practice, we can also train the brain to become more emotionally in tune. When we can understand and manage emotions in ourselves—including feelings of sadness, anger, or fear—we are said to have emotional intelligence (EQ). EQ is applicable to every human interaction because it influences behavior. A high EQ helps us communicate better, improve relationships, and empathize with others.

越來越多研究讓我們體會到，古老的正念修習所帶來的好處，正念（mindfulness）是一種強調對當下保持覺察和專注的靜坐方式。簡單地說，正念是留意您周遭的事物、有意識地、專注當下且不加論斷，所帶來的覺知。正念是每個人都能學習的技巧，而且證實對健康有益，例如可以減輕壓力、提振心情，對整體的身心健康都有幫助。

透過經常性的正念練習，鍛鍊我們的專注力，還可以訓練我們的大腦，讓情緒更加平衡。當我們可以了解並且管理自己的情緒，包括悲傷、生氣、或恐懼的感覺，我們便擁有了所謂的情緒智商（EQ）。情商（EQ）因為能影響行為，可以運用於所有人類的互動。高情商可以幫助我們更好地溝通、改善關係、以及同理他人。



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Finding Mindfulness in Surprising Places. It's Not Just About Meditation

Focus on the Everyday

How often do we think we're in control of our attention when it's the other way around? We want to focus during lunch with a friend, but our attention wants to think about what to prepare for dinner. We want to listen intently to what our loved one is saying, but our attention wants to drag up an unrelated emotional hurt from a years-old conversation.

A little mind-wandering is natural, but when it gets in the way of everyday functioning it can distract us and even drive down happiness levels. The practice of mindfulness can be an effective tool for helping us to focus our wandering minds.

Mindfulness can be defined as observing a given moment without judgment or reaction. You might think of it as choosing to pay attention. Really paying attention, that is.

With practice, it becomes easier to recognize when our mind starts to wander and gently guide it back to the moment at hand. The most common tool used to build this skill is a mindfulness meditation. Most of the time when we hear the word meditation, we think of the formal practice. Sitting quietly, breathing deeply and focusing inward. This method is powerful, but it's not always practical. That's when it's helpful to find mindfulness opportunities in everyday activities.

正念不僅是靜坐，在意想不到的地方也能練習

專注在每一天

我們常以為可以控制自己的注意力，而事實正好相反。我們想專心和朋友吃午餐，但思緒卻跑到晚餐要準備什麼菜。我們想要用心聆聽家人在說什麼，但注意力卻被拉去多年前不相干的一句話造成的創傷。

偶爾的心不在焉難免，但當心神渙散影響日常功能時，會使我們分心，甚至讓快樂指數下降。練習正念是幫助我們集中發散心思的有效工具。

正念可以定義為，全心全意去覺察某個片刻，不做評斷或反應。您可以把它想成主動選擇關注，真正地把注意力放在上面。

經過練習，我們會越來越能分辨什麼時候心神開始游移，並能輕輕地把注意力轉回當下。最常用來學習這個技巧的方式是透過靜坐。通常我們聽到靜坐這個名詞，會想成一種正式的操作，端坐不語、深呼吸、向內覺察。這個做法很有效果但不太實際。所以在日常生活中，找出練習正念的機會，會很有幫助。

想想看我們多麼常做事心不在焉。您是不是曾經喝完一杯茶，但不記得有喝過？有沒有把車停在家門前或雜貨店停車場，事後卻想不起這回事？

選擇把更多注意力放在這些活動上，我們便有機會來練習正念。而且，因為我們專注於已經在做的事，便不需要撥出額外的時間來練習！以下是一些範例，您可以用來嘗試在日常活動中融入正念練習。

Think about how often we do things in distraction. Have you ever finished a cup of tea but don't remember drinking it? Have you ever parked in your driveway, but don't recall the commute?

By choosing to pay closer attention to these activities, we have an opportunity to practice mindfulness. Since we're focusing on stuff we're already doing, we don't have to find extra time to practice! Here are examples you can try for bringing a mindful focus to daily activities.

Make a cup of tea – This common ritual provides an accessible way to learn to direct focus on the present moment. Try following these steps and guiding your attention back any time it wanders.

1. Listen and watch as the water boils, observe the bubbles and steam.
2. Listen to the sound of the water as you pour it into the cup.
3. Feel the warmth of the cup.
4. Watch the water change color as it infuses with tea.
5. Savor and observe the taste of the tea as you drink it vs. absentmindedly swallowing.

Mindful Listening – Sound is almost always around us, so it can be a reliable cue to anchor ourselves in the here and now.

1. **Listen to Others** – Give the gift of attention. Put down devices, breathe naturally and listen without trying to formulate responses about what your partner says. Listen for meaning, not just words.
2. **Listen to Music Mindfully** As you listen, notice not just the sound but the vibration of the music and practice moving your focus between the sound, the vibration, and how the music makes you feel.
3. **Wake up Listening** – Instead of hopping out of bed in the morning, be still and listen and mindfully identify all you hear, trying to keep your focus on that sound until it naturally fades away.

煮一杯茶 – 這項日常儀式可以作為把專注導向當下的可行方式，試著按照下面的步驟，並且在每次注意力溜走時，輕輕地把它繞回來。

1. 注意聽和看著水燒開，觀察冒出來的泡泡和蒸氣。
2. 聆聽開水倒入杯中發出的聲音。
3. 感覺茶杯在手裡的溫度。
4. 看著茶葉泡開時，水的顏色變化。
5. 在喝茶時細細品味和感受茶的滋味，而不要一邊牛飲一邊做別的事。

專注傾聽 – 我們周遭充斥著聲音，是可以用來練習專注當下的可靠素材。聲音也可以幫助我們將注意力從內在對話轉移到外部的動靜。

1. **傾聽他人談話** – 把寶貴的注意力送給您身邊重要的人，放下手中物件或離開螢幕，平心靜氣並單純地傾聽，不要嘗試回應或評論對方說的話。傾聽對話的意涵，而不只是表面的語言。
2. **專注聆聽音樂** – 當您聽音樂時，不要只聽到樂音，還要感受它的共振，練習把注意力在聲音、音波共振、以及音樂帶給您的感受之間移轉。
3. **起床醒來的聆聽** – 與其早晨急匆匆跳下床，不如靜靜躺一下，聆聽 — 專心察覺您聽到的所有聲音，把注意力放在聲音上，直到它自然消失。

從日常事物中找到正念的機會，可以讓您更容易練習，而且幫助您的專注力和耐力。您是否能想到還有什麼日常活動，可以轉化為小小的正念習慣呢