

房協之友通訊第五十三期

健康家居身心靈

面對持續近 5 個月的新型冠狀病毒疫情，身體健康受到威脅，社交活動受到阻隔，就連日常生活亦受影響。當各專家都力勸大家對抗疫措施不能鬆懈時，面對未見終點的疫情，負能量難免積聚。呆在斗室內，保持家居衛生，身心靈健康，才是抗疫的必勝秘訣。

在家中「動」比在家中發呆更能讓身心保持正能量。如果我們懂得善用時間及空間，就會發現原來在家「動」的可能性很大呢！所指的「動」，不限於身體上的動，也可是腦筋及心靈的「動」。房協之友的恆常興趣班，教授了不少在家中「動」的秘訣。下列有房協之友「動」起來的建議，不妨試試喔！

打掃家居

家居乾淨，細菌就無得留低。

收拾雜物

買回來十年都沒用過的東西，是細菌的溫床，不如趁機會大掃除，隨時找回失散多年的心頭好。

廁所大檢閱

檢查洗碗盆、洗手盆、廁所等的去水喉是否暢通，細菌就無地方匿啦！

唱歌

房協之友在出租屋邨舉辦的歌詠興趣班及粵劇曲藝興趣班，教授了不少經典金曲。除了教授唱歌技巧外，學員們更學到了讀譜。在家中除了可重溫班上教授的歌曲外，更可在網上搜尋新歌譜，看譜視唱，強化課堂的知識之餘，又可自娛一番。但記住唔好唱得太大聲，影響鄰居呀！

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運動

有跳舞底子的人，不妨每天都在家中上演單人舞蹈表演。部份社交舞的佔用空間不大，但消耗的體力、運用的筋骨和肌肉卻不少，是很適合的在家運動。房協之友跳舞班學員一定能深切體會，每次上完 90 分鐘的舞運動興趣班都汗流狹背、心跳加速，笑著說「好劬，但好好玩」。他們的跳舞知識，在這段期間大派用場，每天跟著音樂練習幾個舞步，可訓練筋骨、心肺功能，專注練習更可讓腦袋清空，尋回心靈的平靜。

Healthy Living Body· Heart ·Soul

In encountering the coronavirus pandemic, our health are endangered, while social distancing is recommended, daily life is being affected. To fight a long-term war to combat the pandemic, to maintain a clean house, healthy body and mind would be the best tactic.

Move at home makes used on building up positive atmosphere. Most of the public activities are suspended during the epidemic, we could make good use of our place and time. "Move" is not only in term of physical aspect, but also mental. HSC's regular interest class taught us the tips of "Moving" at home.

Household cleansing

Keep living environment clean and no chance for virus to hide.

Tidy up

Tidy up living place, get rid of the stack not use in ages. May be you can find hidden treasures.

Kitchen and toilet

Inspect drainage of sink, wash basin, toilet, etc. to ensure they work properly as these are virus transmission path.

Singing

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HSC Choir interest class and Chinese Opera interest class, where residents receive vocal skills, music score reading training, are useful during this period. Practising at home to improve technique as well as to boost spirit and lung health. But remember not to disturb neighbours while practising.

Exercising

Dance is an excellent exercise at home to strengthen muscle and bones. Some social dance steps (e.g. Jive) are suitable to practice in confined space. Participants of HSC Dance Exercise have the experience. While practise makes good, residents are encouraged to exercise at home to keep in good shape.

健康身心靈

受新冠肺炎疫情影響，人難免感到慌亂、無助。但面對傳播力高的病毒，我們只好留家隔離，減少與人接觸。這更令不安及孤獨感增加，負能量的積聚，有機會影響身心健康。面對這個狀況，我們最需要的，正是朋友及親人的支持，家人鄰舍更加要互相扶持，調整心情，才能對抗疫情。

眼望前方，雙手手指反扣，向頭頂方向拉，背挺直。

左手伸直，舉高，另一隻手輕輕放大腿上，換手再做。

左右腿輪流伸直，用手承托，換腿再做。

感受自己的身體

在留家抗疫期間，造就了很多面對自己的時間。留在家中除了看電視、上網、打機，我們還可以真正停下來，跟自己的身體對話。很久沒有留意自己雙臂的你，是否發現她們已經沒有像從前般柔軟？還是變得更強壯有力了。我們不妨用自己溫暖的雙手輕輕拍打雙臂、雙肩及身體各部位，感受一下自己的身體，亦可促進血液循環，讓他們重新獲得力量。

讓自己停下來，用你的手溫柔有力地慢慢按壓身體不同肌肉（大約3秒），留意按摩時的感覺。

將雙手輕輕放在肋骨兩側最低的地方，用數分鐘感覺吸氣時雙手向外推，呼氣時回復的移動，膊頭保持下沉放鬆。這方法也可幫助我們深呼吸，穩定情緒。

將雙手手掌放在背脊的肌肉上，輕輕將身體靠後，感受雙手支撐着自己的背部。

資料來源:社會福利署 疫境舒「情」篇

伸展身體

終日 hea 在家的生活，使人頹廢，做什麼事都提不起勁來。除了影響身體健康，亦影響心靈健康。拉筋、伸展運動，有助將沉睡了的筋骨喚醒。房協之友坐式體操透過坐式及站式舒緩及伸展運動，訓練身體不同部位的肌肉，強化腰腹及主要關節，改善身體柔軟度。如配合音樂節奏，數著拍子，更可強化心肺，大家不妨在家試試。

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讓自己快樂滿足

防疫資源短缺，無力感亦逐漸增加。當負面情緒積累，社交隔離又使我們釋放情緒的途徑減少，讓自己抽離及放空一下，是個不錯的「佛系」抗疫方法。我們亦可抽時間做些要求高度專注力的小手工，如穿珠藝術，分散一下自己對負面消息的注意力，亦可享受製成品帶來的滿足。

Maintain Mental and Physical Health

In facing the coronavirus pandemic, one feels frustrated and helpless. Under the threat of a highly infective virus, stay home is one of the safety measure to keep one away from the virus. Social distancing makes one feel isolated so as infused negative mindful energy. Support and care from family and friends are most desirable. To get rid of the pandemic, healthy body and attitude are the only effective measures.

Interlock your fingers and stretch both arms to the top (above head). Sit straight. Stretch left arm to the top and hold. Repeat with the other hand. Lift your leg one by one. Hold the ankle with hand. Repeat with the other leg.

Sense your body

During the coronavirus epidemic, we spend lots of time at home. It is a perfect moment that we could precisely talk to and sense our body. Do you ever know how elastic of your muscle is? Do they get stronger? Let's use our hands slap on your shoulder, arms, and the rest. That helps on improving blood circulation, and get you recharged.

Slowdown. Use your hand to massage every parts of your body (3 seconds). Sense the feeling.

Put your hands on the bottom part of the ribs. Feel the movement of your hands when having a deep breathe. It helps to relax your mind.

Put your hand on the back. Lean your back slightly backward. Feel your hands' support on your back.

Source: Social Welfare Depart

Stretch up

Daze at home for a long period of time causes negative impact not only physically, but also mentally. Stretching exercise helps improving the elasticity of muscle and bones.

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HSC Exercise with Chair interest class teaches strengthening different part of muscle and joints through stretching. You could try to do it at home with music and beats!

Make your own happiness

When negative emotion accumulated, it is time for us to empty yourself and do some meditation. Other than that, we could make some high-focusing crafts. For example, beading art, it helps to distract the attention on the epidemic, and brings self-satisfaction.

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縱隔離 不疏離

在持續數個月的新冠肺炎疫情下，我們的生活確實起了變化。生活範圍縮減了，對衛生要求高了，人與人的距離大了。縱然我們與世界、與人的距離似因為這疫情變得更遠，幸得科技發展的配合，把我們的再一次連接。

今年的母親節、父親節，不如就趁著節日用視像通話，跟我們的父母、子女、孫兒深情對話，關切問候對方。除了視像問候，平日在家我們亦可自製創新菜式，拍照分享給家人、朋友，交流烹飪技巧。又或者用網上會議科技，相約一起在家做運動，靜態(例如: 瑜珈)或高強度運動亦可，互相激勵一番，拉近彼此距離。

房協之友在疫情期間，與不同機構合作，透過熱心的房協屋邨義工，陸續將抗疫心意包於各出租屋邨派發，為居民送上關切問候。

有謂患難見真情，經此一疫，我們應更珍惜身邊的家人、朋友及鄰里。希望在不久的日子，大家可以享受房協之友舉辦的多元化社區活動，重新拉近彼此距離。

此外，如因疫情面臨經濟困難的住戶，請向有關服務機構積極求助，包括申領緊急援助基金、抗疫物資，適時紓緩困難，接受關懷支援。縱使這段時間要與世界隔離，但我們從未遠離。

鳴謝各單位送贈抗疫物資予房協出租屋邨基層家庭，由房協之友及服務協調主任協調派送。名單如下(排名不分先後，如有遺漏，敬希賜教): 555 旅遊優惠情報、九龍樂善堂、香港公開大學、國際扶輪 3450 地區、源吉林源廣和有限公司、點滴是生命

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Though we are apart We never depart

Our life is changing under the coronavirus pandemic, our living space is getting limited, needs of hygiene is higher, social distance is lasting. Though we live like isolated, with the wide used of technology, we are connected.

Why don't we make a video call to our parents, son, daughter and in-laws, to deliver our love and care during the parents' day? Besides video call, we could share new recipe, make video conference, and do group exercises via internet, to re-connect.

HSC call out volunteer to distribute anti-pandemic packs and caring to the HS residents.

Love irons out adversity, we should cherish our family, friends, and neighbours, and get ourselves connected.

Besides, for those who are having financial difficulties, helping hands are in the community, reach out to the related organizations for the anti-pandemic fund and available subsidies to ease off.

Special thanks to the donation of anti-pandemic pack by the listed organizations. Acknowledgement (in arbitrary order): fly5fly.com, The Lok Sin Tong Benevolent Society, Kowloon, The Open University of Hong Kong, Rotary District 3450, Yuen Kut Lam Yuen Kwong Wo Company Limited, A Drop of Life

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抗疫亦要環保

善待大自然

為避開人潮，遠離人群，不少人投向大自然，走上香港各處山頭，希望呼吸新鮮空氣。

但最近有不少行山者發現，山徑路上發現不少用過的口罩及其他物件被棄置山野，污染環境之餘，更有機會散播病菌。漁農自然護理署推動「自己垃圾自己帶走」，鼓勵大家好好珍惜大自然，不在山上留下垃圾，將帶上山的垃圾帶走。

即棄口罩勿放回收箱

新型冠狀病毒的出現，大家都須戴口罩以作保護，個別自私的市民將使用過的口罩隨處棄置，實為不妥。一次性使用的口罩，含有難以分解的不織布塑料，並不可以回收。當大家要棄置時，應先將口罩包好，棄置於有蓋垃圾桶，以免散播病毒，影響衛生，更污染環境，謹記切勿放入任何的回收桶內。

環保行山小貼士

1. 使用可重用的物件取代即棄品，自備樽裝水、食物盒、毛巾等物品
2. 攜帶適量、輕便、簡單的食物，切勿將食物殘渣、果皮或骨頭棄置於山野
3. 額外攜帶盒/袋，或使用本身的食物包裝將在登山時所製造的垃圾裝好後帶落山

享用郊野公園為自己叉電，謹記要保持郊野公園美麗的自然景致，一定要「自己垃圾自己帶走」，口罩、紙巾、食物包裝等等都不是山野應有的風景，大家一同珍惜和保護我們的大自然，才可以再次呼吸大自然的新鮮空氣!

Environmental anti-pandemic

Be good to the nature

People escape into nature and walk up hills for fresh air. Hikers have recently discovered that used masks and rubbish were found on foot path and hill slope. The Agriculture, Fisheries and Conservation Department promotes "Take Your Litter Home" while everyone should be responsible to cherish the nature and "Take Your Litter Home" in order not to pollute and contaminate the environment.

DO NOT litter used mask into recycle bin

With the emergence of coronavirus pandemic, wearing of mask is for health protection. But a selfish few discard the used masks improperly causing environmental pollution and health risk. Masks contain non-woven plastic that is difficult to decompose and cannot be recycled. The best way to dispose of used mask is wrapping it up inside out and throw it into rubbish bin.

Green Hiking Tips

1. Replace disposable items with reusable items, bring your own water bottles, food boxes, towels, etc.;
2. Bring appropriate amount of light and simple food, and do not discard food residues, peels or bones during picnic and hiking;
3. Take extra boxes/ bags, or use the food packaging to pack the garbage and "Take Your Litter Home".

Used face masks, tissues, sanitizers, food packaging, etc. are pollutants to nature, be responsible to protect the beauty of nature in the country park, and "Take Your Litter Home".

布口罩

港人的抗疫意識強，著重個人衛生，出入公共場所都配戴口罩。換句話說，口罩已成為生活必需品。

不受制於口罩價格、可重用的布口罩愈見普及，加入濾芯使用，保護性絕不比外科口罩弱。

有效的布口罩具有阻擋飛沫的效果，對於一般健康良好的人，在通風環境或開放空間，及與人距離 1.5 米以上時，其實已具備足夠防護力。而在挑選布口罩時，必需選擇至少有 3 層結構、外層材質透氣防水或防水、中間層是不織布材質、內層要柔軟透氣的口罩。而且，布口罩必需天天清洗，濾材要常更換，而進出醫療院所、高傳染風險環境，還是要使用外科口罩。

除了購買，現在也有人自製「可換濾材布口罩」，網上有大量紙樣下載，使用時在中間放入濾芯，便能達到吸附飛沫、過濾的效果。

Reusable Cloth Mask

Mask is still the most desirable anti-pandemic necessity to combat virus and protect our health.

Why not consider to DIY reusable cloth mask.

A qualified reusable cloth mask can be as protective as a disposable medical mask. In an open ventilation area, keeping social distance in 1.5m or above, cloth mask is good enough to protect you from disease. Cloth mask should contain at least 3 layers. Outer layer should use water-repellent materials, the inner layer should be high air permeability. A disposable middle layer filter is sandwiched by a cloth mask as the outer and inner layers. Cloth mask should be washed every day, while the filter should be usually replaced. And we should use medical disposable mask in the hospital and high risk premises. Besides purchasing from shops, you could also search for the DIY cloth mask material from the internet.