

升
地風升



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「上昇發展，拾級而上」

— 成長與進步的大好時機

「升」是上昇，象徵萬物拾級而上地發展。萬事萬物，無論是成長抑或是發展，也有其自然的規律與歷程。可惜，人往往會因急進與貪欲扭曲自然的節奏與進度。這種強加干預與揠苗助長的行為，最後只會適得其反。「升」是成長與進步的大好時機，不必憂慮，只要正大光明，一步步朝目標拾級而上，定必會有成果。



畫作人感想

還未到 30 歲的我是一個精神病康復者，日常的我喜愛畫畫創作。

參加機構：**香港心理衛生會** The Mental Health Association of Hong Kong

為一間政府資助之社會服務志願機構，宗旨在推廣心理衛生教育及提供康復服務予精神病康復者及弱智人士。開辦中途宿舍為工作重點之一；希望透過支援性的環境，協助精神病康復者在社區生活，學習適應及培養獨立生活技能。

畫作者：**Mitsuki Chung** – 精神病康復者



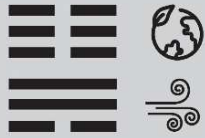
姓名 Name : _____

日期 Date : _____

感想 Reflection : _____

* 把完成填色的畫作給寫上感想，掃描QR Code 填好小問卷，然後電郵畫作到info@designerworkshop.com.hk 給我們，就可免費提取「易圖思」靜觀圖畫冊一本。





“Upward development, Stepping forward” – *Great Opportunities for Growth and Progress*

“Advance” means ascending, symbolising upward development of all things in a step-by-step manner. Everything whether in a growth or developmental stage, has its own natural rhythms and processes. Unfortunately, the natural rhythm and progress is often distorted by man's eagerness and greed. This kind of forced intervention and over-ambition will only be backfired at the end. “Advance” indicates now is the best timing and or opportunities for growth and improvement without worries. If we are open and honest to work step by step towards our goals, we will surely see fruitful results.

Artist reflection

I am a recovered psychiatric patient under 30 years old, my favourite daily activity is to draw and paint.

Participating NGO: The Mental Health Association of Hong Kong is a government-funded voluntary social service organisation which aims to promote mental health education and provide rehabilitation services to ex-mentally ill and mentally handicapped persons. One of the main focuses of the organisation is the provision of halfway houses, which provide a supportive environment to help ex-mentally ill persons to live in the community, to learn to adapt, and develop independent living skills.

Artist profile

Mistsuki Chung - Ex-mentally ill person

