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水天需



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## 「天雨路險，靜候朗晴」

### — 明白飲食宴樂之道

「需」是等待的意思，正如因天雨而無法出門，須耐心等待雨過天晴。生活中，當我們明知時機尚未成熟，險阻亦在眼前，便不應該勉強行動，進取冒險，因這樣或會為事情帶來困厄。這時倒不如守靜在家等待時機成熟才是上策，通過飲食宴樂與人交流養精蓄銳，彰顯個人誠信。不久，在有足夠能力之時，便是出門遠行冒險的好時機。



畫作人感想

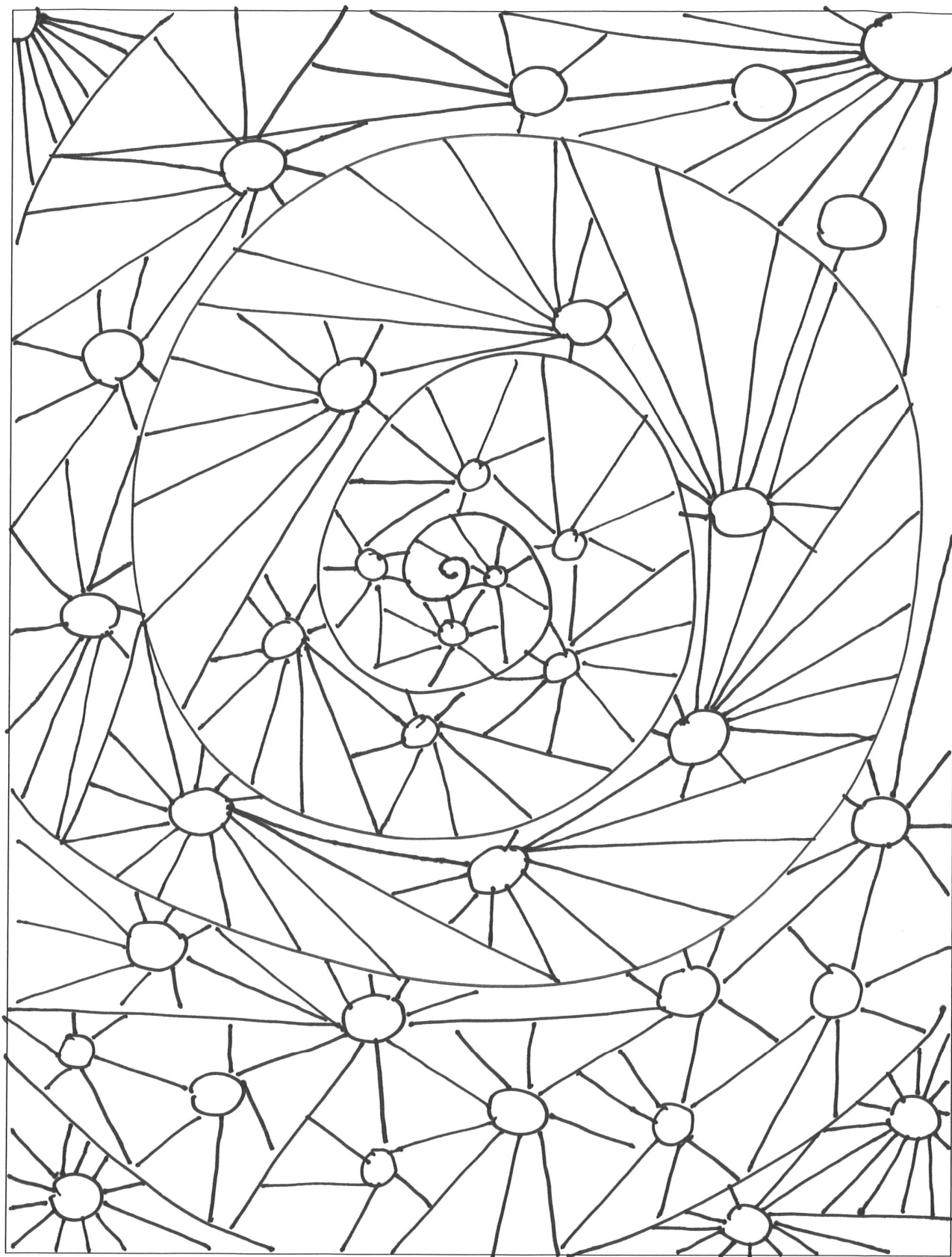
堅守崗位，耐心等待。

參加機構：**新生精神康復會** New Life Psychiatric Rehabilitation Association

在 1965 年成立，主要為康復者提供住宿、就業培訓及社區支援服務。為推動社會共融及支持康復者自力更生，本會發展多元業務的社會企業，以及透過 330 品牌 – 寓意「身、心、靈」，積極向公眾人士推廣關注身心靈健康的訊息。

畫作人

**吳玉英** – 精神病復康工作者



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](mailto:info@designerworkshop.com.hk) 給我們，就可免費提取「易圖思」靜觀圖畫冊一本。



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WAITING



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**“Hazards in bad weather, patiently await  
clear sky returns”**  
– *Nourish While Waiting*

“**Waiting**” refers to natural hindrance such as rainy weather and unable to go out, it is necessary to have patience to wait for return of clear weather. In life, when we know that timing is inappropriate with possible hazards ahead, it is wiser not to take unnecessary risks or act rashly as this may bring mishap or setback to matters. It may be better to stay home and be a gracious host to nourish and strengthen people relationship through social gatherings for the time being. When bright weather returns in time, it is then a good time to go out for any adventure or journey.

**Artist reflection**

Awaits patiently while adhering to one’s duties and position.

**Participating NGO:** **New Life Psychiatric Rehabilitation Association** was established in 1965 to provide residential, vocational training and community support services for ex-mentally ill persons. To promote social inclusion and support. In order to promote social inclusion and support the self-reliance of the ex-mentally ill, the Society has developed a multi-business social enterprise and actively promoted the message of physical, mental and spiritual well-being to the general public through the 330 brand, which means "Body, Mind and Soul".

**Artist profile**

**Ms. Ng Yuk Ting** - Mental health worker

