

街頭跑手 Street “Runner”

我希望與其他人分享我所擁有的，
並希望他們亦能得到這些東西。
*I want to share with others what
I have got. I hope that they could
also get these.*



這並不是一個獨特的故事。恰恰相反，這是一個再普通不過的故事。這是萬千個青少年嘗試克服恐懼，並在友情、親情中尋找親密感的故事。Cherry Chan參加了Healthy Mind MAP，計劃內容包括精神健康急救證書課程、以靜觀療法為主題的日營、跑步及學校服務。

熱愛跑步 從零到百

跑步並非Cherry最喜愛的餘閒活動，不只是因為對體能上的要求，同時亦因為在跑步時總會大汗淋漓。但參加了計劃後，她的生活被完全改變了。跑步已經成為了她日常生活的一部分，她對跑步的熱愛更令她的父母和弟弟對這項運動產生了興趣。在Cherry眼中絕非「運動型」的母親現在每星期會進行緩步跑兩次，Cherry更覺得跑步的母親「十分迷人」；而跑步已成為了Cherry家中的一項「家庭活動」。在二零一七年的夏天，她被全城街馬挑選到澳洲黃金海岸參加跑步競賽；在這個長達百英里的海岸線上得到的快樂和自由是Cherry在開跑前從未想像過的。Cherry回憶說：「我從沒想過我能跑得這麼遠。」

This story is told not because it is unique, but it is a very ordinary story. This story is similar to the stories of thousands of young people who want to overcome their fear, and search for intimacy in family and friendship. Cherry Chan joined Healthy Mind MAP Scheme which included mental health first aid certificate course, day camp on mindfulness, running activities and services within school.

Passion in Running From Zero to Hundred

Running is not her favourites among all the leisure activities because of the physical hardships. Joining the programme has changed her from inside out. Running has become a part of her routines. Her passion for running has aroused the interest of her parents and younger brother to join her. Her mother, not athletic type of person in the eye of Cherry, now practises jogging twice a week. She found her mother looks “charming” whenever she sees her jogging. Running becomes a family activity for the Chan family. She was chosen by RunOurCity to join a running tournament in Gold Coast, Australia in the summer of 2017. She started her running from the neighborhood without imagining that she could enjoy the activity in a place where she has never dreamed of – the joy and freedom of running along hundred miles of coastline. “I never thought I could have run so far”, recalled Cherry.



重整關係 距離拉近

Cherry形容從前家中的氣氛冷淡、疏離：各家庭成員皆因自己的煩惱而心事重重，在每晚的飯桌上，大家沉默得要用電視的聲音來打破凝固的空氣。無論關係如何，Cherry內心仍然渴望着與家人緊密聯繫；而參與了計劃後，通過與家庭成員分享她的得着，各人之間緊鎖的大門終於被打開。Cherry滿足地微笑着說：「與家人分享而得到的最大的成果是『把電視關上』。」同時她也見證了父母與弟弟之間逐漸得以改善的關係。現在她的家庭正是她期望已久的：為笑話而笑、分享生活點滴、一家人得以聚首一堂看電影。Cherry希望所有人都能夠感受到家庭帶來的幸福和親密連結。

Cherry變得對他人的情緒十分敏感；不久前，她留意到一名小學同學在社交網站上的留言透露着因巨大的壓力而引致自殺的念頭。Cherry立刻通過與她對話，讓她打消了不理智的想法。Cherry現在已建立了一個親密朋友的圈子，並逐漸能更自然地互相分享快樂與悲傷，包括大家的「負能量」，而這是一種更深層次的友誼，她們之間的緊密聯繫不受生活中的高低起伏影響。

領略情緒健康 立志幫助他人

從Cherry領略情緒健康的重要性開始，她正考慮將來學習及就業的方向——幫助他人。雖然她並未決定具體的學科，但可以確定的是，她想改變他人的人生，幫助他們感受不同關係中的快樂及緊密聯繫。「悅心裏圖」計劃的目標並非在於創造奇跡，但無容置疑，這計劃卻燃起了這名少女內心的迫切渴望、對跑步的熱愛及對家人和朋友的關心。

Rebuilding Relationship Drawing Closer to Each Other

Cherry described her family did not use to be closely knitted. Every member was preoccupied with one's own business. Every evening, the kind of silence on the dining table is so unbearable that "turning on" the television was the only way to break silence. Yet there is still an inner yearning for intimate bonding within our family. Cherry's involvement in the programme activities and her initiatives in sharing what she has learnt with family members have unlocked the gate of indifference. "Family members shared their joy and they finally turned off TV. It was their greatest achievement." Cherry expressed with a fulfilling smile. She also witnessed the improvement of relationship between her parents and her younger brother. They chat about daily activities and tell jokes more often. The family spends time to watch movies together. This is the family relationship that she has been longing for. Now she hopes all people can experience the joy and bonding of a happy family.

Cherry has become more sensitive to the mental wellness of the people around. Recently, she noticed an unusual posting from a primary school friend who hinted suicidal thought due to enormous stress. She took courage to talk with her and helped ease her irrational thoughts. She said she has developed a circle of close friends in which they are increasingly comfortable in sharing their joy and sorrow, and willing to listen to negative emotions. She has experienced a deeper level of friendship – an intimate bonding despite their experience of ups and downs in their daily life.

Learning Mental Well-being Committed to Helping People

Cherry has learnt the importance of mental well-being, and is thinking about pursuing study and career in helping profession, despite the fact she does not exactly know which discipline she should choose. But one thing certain is that she wants to make a difference in others' life and help them experience the joy and intimacy of a positive relationship. The Healthy Mind MAP program is not aimed at performing miracles but it has developed her inner yearning and kept her burning with the passion for running and compassion for her family and friends.

