

關注思覺失調 由FitMind做起

Care for Early Psychosis,
FitMind is Attitude!

FITMIND is
Attitude
FitMind is Yoga
FitMind 就是瑜伽



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主辦 Organizer

Early Psychosis Foundation
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協辦 Collaborator



香港大學
THE UNIVERSITY OF HONG KONG

全力支持 Fully Support



陳慧慈基金身心認知運動中心



拔萃男書院
DIOCESAN BOYS' SCHOOL

背景 BACKGROUND



思覺基金 (Early Psychosis Foundation, 簡稱EPISO) 於2007年成立, 2009年成為註冊慈善機構。學會由一群熱心於思覺失調服務的資深專業人士、學者及社會人士組心於思覺失調服務的資深專業人士、學者及社會人士組成, 旨在透過結合研究及臨床經驗, 與各相關組織攜手成, 旨在透過結合研究及臨床經驗, 與各相關組織攜手推廣高質素的思覺失調服務、專業培訓, 及健康教育等活動。

Early Psychosis Foundation (EPISO) was founded in 2007 and registered as a charitable institution in 2009. EPISO consists of experienced professionals and academics in the field of early psychosis. The society aims to make accessible knowledge and experience gained from research and clinical practice to promote high-quality early psychosis intervention services, professional training, and public awareness programs.

透過心理健康教育及推廣活動, 致力淡化思覺失調的標籤效應。

推廣各種求助渠道, 令患者能及早得到診斷。

將研究及臨床知識轉化成教育資訊和有效的干預服務。

為香港的專業人士提供與思覺失調相關的更新、最專業的資訊及培訓。



Foster destigmatization of psychosis and related disorders by providing educational and mental health promotional activities.

Promote channels for timely help-seeking and early diagnosis of psychosis and related disorders.

Facilitate the translation of scientific and clinical knowledge into educational information and effective intervention practices.

Provide training and consultation services to allow clinical and research findings to inform relevant professional workers in Hong Kong.

使命 MISSION

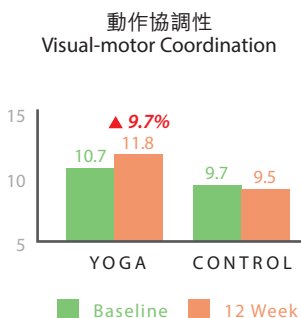
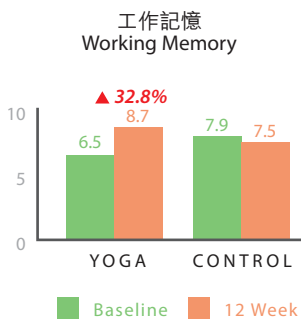
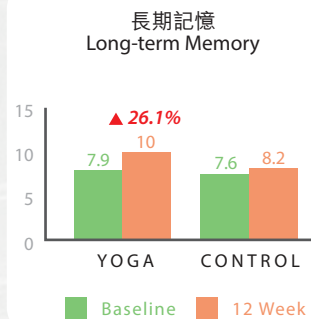
瑜伽的臨床(思覺失調) 隨機對照研究

Yoga RCT Research in Psychosis

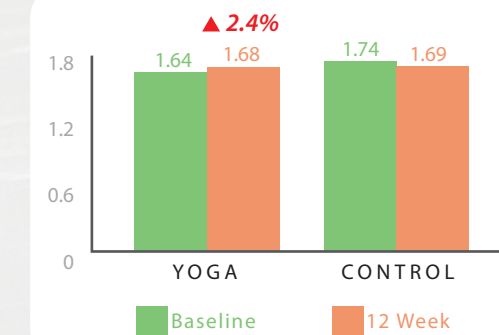
- 早期思覺失調女性病人, 年齡18-55歲。
- 隨機對照臨床研究, 對照組病人不進行瑜伽運動, 但兩組病人都有服藥。
- 一周三次, 一共12周的哈他瑜伽訓練。
- 評估神經認知功能和臨床症狀的變化。

- Female early psychosis patients aged 18-55 years old.
- Randomized Controlled Clinical Trial. Patients in waiting list as control. Both groups were under standard care.
- 3 times weekly for 12 weeks Hatha yoga practice.
- Evaluating the changes of neuro-cognitive functions and clinical symptoms.

認知能力的變化 Cognitive Functions



大腦中心后回的皮層厚度 Post-central Gyrus Thickness



研究結果 Summary of Research Findings

- 瑜伽能夠幫助早期思覺失調病人提升記憶力。
- 瑜伽同時還可以幫助改善注意力, 提高視覺-身體動作的協調性。
- 瑜伽還能有效減少思覺失調的臨床症狀, 以及改善抑鬱情緒。
- 在腦部影像方面, 研究發現瑜伽能夠增加大腦中心後回的皮層厚度和胼胝體體積, 並與認知功能的轉變有關。
- Yoga improves memory in early psychosis.
- Yoga enhances attention and visual-motor processing speed in early psychosis.
- Yoga reduces clinical symptoms and depressive symptoms.
- Yoga increases the cortical thickness of post-central gyrus and the volume of corpus callosum, which are related to cognitive functions.

「十八歲之前我曾經好肥, 亦不懂得照顧同愛惜自己嘅身體! 之後一直在尋找一種屬於自己嘅運動, 直至一次失戀, 人生跌入灰暗期, 當時瑜伽真正發揮力量幫助我把方向盤改正, 高峰期每日練習五、六小時, 基於我媽媽和嫲嫲也是瑜伽老師所以我年紀很少已經可以有接觸瑜伽的選擇, 我很幸運瑜伽令我可重拾一個健康的生活態度, 瑜伽不只是一種運動而是一個習慣, 好像每天要洗澡一樣, 恆常練習可以幫助自己清洗煩惱 FitMind!」

Alex教你: 「如果你第一次做瑜伽, 第一件事就係唔好驚, 找朋友一起上課然後給自己時間吸收, 重複每天練習。」

"I was very fat before the age of 18, and I didn't take good care of my body! Later on I kept finding a sport of my interest until I broke up with my ex-girlfriend and felt depressed, yoga came into my life and helped me get my life back on track. I used to practise yoga for 5 to 6 hours daily. Since my mother and grandma are both yoga teachers, I had learned about yoga when I was a kid. I feel lucky that yoga has directed me towards a healthy lifestyle. Yoga is not only a sport but also a habit just as taking a bath every day to cleanse your mind!"

Alex's advice: If you are a yoga novice, don't panic! It's best to take a class with a friend and then let yourself absorb the lesson and keep practising.

星級導師 林德信
Celebrity Tutor Alex Lam



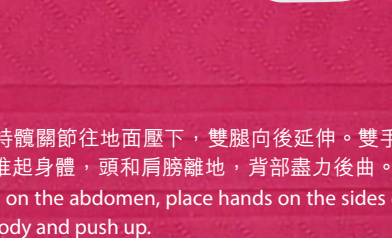
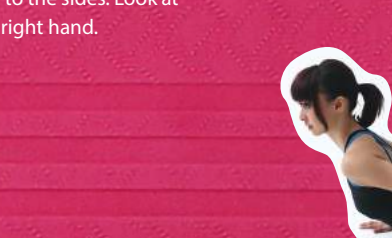
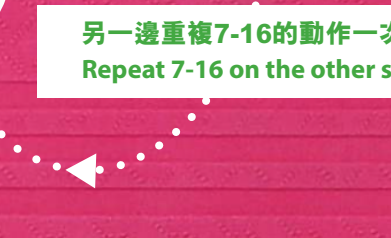
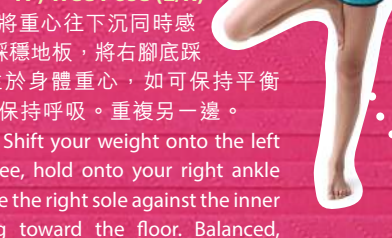
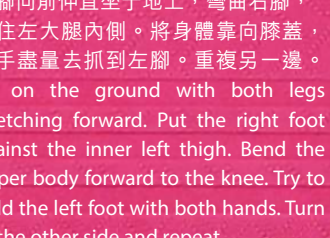
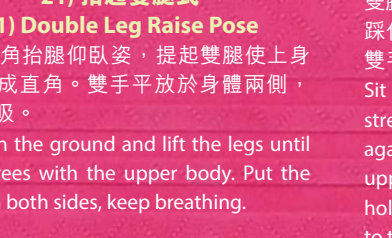
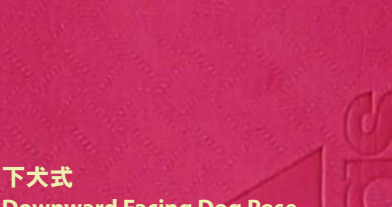
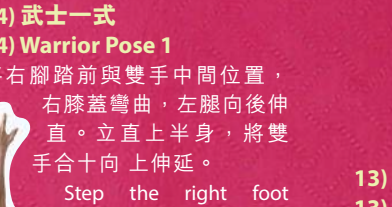
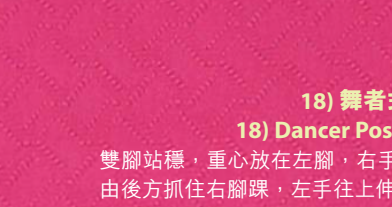
22) 抱膝抬頭式
22) Fold Knee to Chest Pose
仰臥姿，雙手環抱著雙膝，將膝蓋往胸部拉近。收下巴，讓臉靠近膝蓋保持自然呼吸。
Lying on the ground, hold the knees with both arms. Hug the knees close to the chest. Chin to the chest, keep breathing.

23) 大休息
23) Complete Relaxation Pose
完全平躺地面，雙臂放鬆於身體兩側約45度位置。手掌向上，兩腿輕輕分開，令感覺舒適，閉上雙眼，令身體處於全然放鬆狀態，保持自然呼吸。
Lying on the ground, relax arms on both sides with 45 degrees to the body. Palms up, separate the legs, close the eyes, relax the whole body and keep normal breathing.

1) 簡單坐姿呼吸
1) Easy Seated Pose
交叉雙腿坐在地板上，保持挺胸直背，下巴、肩膀和心情保持輕鬆，眼睛可輕輕閉上，用鼻維持十個呼吸。
Sitting on the ground with crossed legs. Keep the back straight and relax the shoulders, chin to the chest, close the eyes with 10 breathings through the nose.

限制及注意事項 Restrictions & Precautions
1) 切勿在酒精或藥物的影響下練習瑜伽。
Never practise any yoga techniques under the influence of alcohol or drugs.
2) 請勿在飯後或飽肚的情況下練習瑜伽。
Do not practise yoga right after meals or with full stomachs.
3) 練習瑜伽是沒有年齡限制的，請根據自己的能力去練習。
There are no age limits for practising yoga. Try your best in the practice but not over your ability.
4) 如身體有障礙、重症、急性或慢性疾病，請在練習瑜伽前諮詢醫生的意見。
Those with disabilities, severe, acute or chronic medical conditions should consult with their medical practitioners to assess any dangers that may arise before practising yoga.

更多FitMind就是態度資訊及瑜伽練習短片示範請瀏覽以下網站
Please visit the website below for more information about FitMind is Attitude campaign and yoga techniques video demonstration
www.fitmind.episo.org



20) 坐角式
20) Seated Butterfly Pose
坐姿，雙腳腳底互碰，雙手抓住雙腳腳背。穩住盆骨，伸直腰背，上半身往前傾。
Sit on the ground. Bend both knees. Bring the soles of the feet together. Grab the feet with both hands. Keep your back straight. Upper body lean forward.

18) 舞者式
18) Dancer Pose
雙腳站穩，重心放在左腳，右手由後方抓住右腳踝，左手往上伸展，同時上半身往前傾，將後腳往上方伸展，視線集中在眼睛前方，感覺身體重心，保持呼吸。重複另一邊。
Stand in mountain pose. Shift your weight onto the left foot. Reach back with your right hand and grab the inside of your right ankle. Lean forward, lift your right foot up away from the floor. Turn to the other side and repeat.

17) 樹式 (左/右)
17) Tree Pose (L/R)
雙腳站穩，夾緊臀部，將重心往下沉同時感覺頭頂向上延伸。左腳踩穩地板，將右腳底踩壓於左大腿內側。專注於身體重心，如可保持平衡，可將雙手往上伸展，保持呼吸。重複另一邊。
Stand in mountain pose. Shift your weight onto the left foot. Bend your right knee, hold onto your right ankle with your right hand. Place the right sole against the inner left thigh. Toes pointing toward the floor. Balanced, stretch hands to the air. Turn to the other side and repeat.

16) 側三角拉伸式
16) Side Angle Pose
保持右膝彎曲，右手伸延垂直貼地。右臂靠向右膝，左手向上伸直，視線望向左手指尖。
Keep the right knee bent. Take your right hand to the ground. Lower right shoulder toward right knee. Keep the hip in the middle and feel the stretching on the left side.

15) 武士二式
15) Warrior Pose 2
保持右膝彎曲，左腿伸直，身體轉向右側，雙手向兩側伸直，立直上半身。
Keep the right knee bent and left leg straight. Turn the upper body to the right side, stretch the arms to the sides. Look at the finger tip of your right hand.

14) 武士一式
14) Warrior Pose 1
將右腳踏前與雙手中間位置，右膝蓋彎曲，左腿向後伸直。立直上半身，將雙手合十向上伸延。
Step the right foot forward in-between the hands, right knee bends, left leg straight backward. Lift the upper body, arms stretch over the head with hands together.

13) 下犬式
13) Downward Facing Dog Pose
雙手推地，將盆骨往上方抬高，腰背伸展，可略彎曲膝蓋，注視自己的腹部，腳跟踩在地板。
Come onto the floor on hands and knees. Raise the hip upward and push onto the floor. Knees can be slightly bent and stretch your heels down toward the floor.

12) 眼鏡蛇式
12) Cobra Pose
腹部向下俯地，保持髖關節往地面壓下，雙腿向後延伸。雙手放在肋骨兩側地面用力推起身體，頭和肩膀離地，背部盡力後曲。
Lying on the abdomen, place hands on the sides of the body and push up.

21) 抬起雙腿式
21) Double Leg Raise Pose
90度直角抬腿仰臥姿，提起雙腿使上身與大腿成直角。雙手平放於身體兩側，保持呼吸。
Lying on the ground and lift the legs until 90 degrees with the upper body. Put the arms on both sides, keep breathing.

19) 碰膝前摺式 (左/右)
19) Head to Knee Pose (L/R)
雙腳向前伸直坐于地上，彎曲右腳，踩住左大腿內側。將身體靠向膝蓋，雙手盡量去抓到左腳。重複另一邊。
Sit on the ground with both legs stretching forward. Put the right foot against the inner left thigh. Bend the upper body forward to the knee. Try to hold the left foot with both hands. Turn to the other side and repeat.

5) 坐姿簡單扭轉式 (左/右)
5) Seated Simple Twist Pose (L/R)
坐姿，腰部挺直，將右手放在左膝蓋上，身體向左方扭轉，頸部跟著扭轉看向左後方，保持呼吸。轉往另一方向。
Twist to the left side, right hand holds the left knee, look backward. Turn to the other side and repeat.

7) 山式
7) Mountain pose
全腳掌著地站穩，雙手合十置於胸前，自然呼吸。
Stand on the feet, put your hands together in front of the chest, breathing.

6) 嬰兒式
6) Child Pose
膝蓋靠地，分開膝蓋與臀部相約闊度，前額觸地，雙手放鬆向前方伸展，保持自然呼吸。
Knees on the ground and separate as wide as the hip. Lower forehead to the ground. Arms stretch forward, keep breathing.

8) 伸展山式
8) Extended Mountain Pose
將雙手舉起向上伸展。
Stretch both arms upwards.

9) 椅子式
9) Chair Pose
彎曲膝蓋往下半蹲，雙手保持向上延伸。
注意膝蓋不可超越腳趾。
Bend the knees to sitting position, stretch arms above the head. Be noted that knees cannot be in front of the toes.

10) 前摺式
10) Forward Fold Pose
伸直雙腿，手掌放到身體兩側的地面上，前額靠近雙腿，保持呼吸。
Exhale, bend forward with straight legs. Hands to the ground and forehead to the knees. Keep breathing.

11) 平板式
11) Plank Pose
以手為支撐點，手指大幅度張開，先將左腳往後伸延至直，右腳伸延至直，保持後背和臀部一直綫。
Hands on the ground with fingers spread open. Take left leg backward and then right leg backward to a plank pose. Straight legs, keep the back and the hips in a line.

#Fitmind大使~林子萱Kiki (瑜伽教練)
FitMind Ambassador: Kiki Lin (Yoga Teacher)