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<https://tcm-stress.hk>

Lingnan 嶺南大學
University of Hong Kong

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中醫藥發展基金
Chinese Medicines Development Fund

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Government Funding Programme

中醫藥在 精神健康領域推廣計劃

Promotional Program of
Chinese Medicine for Mental Health



目錄 Contents



中醫藥在精神健康領域推廣計劃 項目介紹

「中醫藥在精神健康領域之推廣計劃」(本計劃)是受「中醫藥發展基金」資助的項目,而主辦機構為嶺南大學(香港)。計劃目的旨在提高公眾,尤其是大專院校學生及青年在職人士,對傳統中醫藥在心理健康方面療效的認識,以及利用中醫藥各種方法,提高大專院校學生以及青年在職人士的心理健康水平,達至降低心理壓力的成果。

本計劃為期一年,當中活動包括在大專院校及社區舉辦中醫藥養生講座、中醫藥緩解精神壓力工作坊、中醫藥文化及其在心理健康方面的應用展覽等。另外,計劃亦包含製作中醫緩解精神緊張和壓力,以及自我穴位按摩的短片,同時會設立網站提供中醫藥緩解精神壓力、與及有關香港中醫藥診所的資訊。

本小冊子現提供中醫藥降解壓力的基礎認識,希望公眾可以透過小冊子,瞭解中醫藥對改善心理健康、緩解精神緊張的理論和療效。如有進一步需要,可向香港認可的中醫藥診所求診,而有關資訊會在「18區中醫藥診所」手機應用程式提供。本小冊子附錄亦有列出各大專院校和十八區的中醫診所的地址和電話,歡迎透過不同途徑查詢及尋求協助。



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Promotional Program of Chinese Medicine for Mental Health

INTRODUCTION

Promotional Program of Chinese Medicine for Mental Health (this project) is funded by the Chinese Medicine Development Fund with the Lingnan University (Hong Kong) as the hosting organization. The initiative of the project aims to increase public understanding of the therapeutic benefits of traditional Chinese medicine in mental health and to utilize various Chinese medicine approaches to enhance the mental wellness of college students and young professionals, ultimately leading to a reduction in psychological stress.

The project spans one year and includes activities such as traditional Chinese medicine health lectures and workshops on stress relief in colleges and communities, as well as exhibitions showcasing traditional Chinese medicine culture and its applications in mental health field. Additionally, the project involves producing short films on relieving mental tension and stress through traditional Chinese medicine, as well as self-acupressure techniques. A website is also established to provide information on how traditional Chinese medicine can help alleviate mental stress and details about various Chinese medicine clinics in Hong Kong.

This booklet provides a basic understanding of how traditional Chinese medicine can help mitigate stress. It is hoped that the public can gain insights into the theories and effectiveness of Chinese medicine in improving mental health and alleviating mental tension through this booklet. For further assistance, readers are encouraged to seek consultation at accredited traditional Chinese medicine clinics in Hong Kong, with information available on the "18 District Chinese Medicine Clinics" mobile application. The appendix of this booklet also lists the addresses and phone numbers of Chinese medicine clinics in various colleges and the eighteen districts. Please feel free to inquire and seek assistance through different channels.

Welcome to
our website!



02



如何達致身心良好的境界 How to achieve Physical & Mental Wellness

你健康嗎？ Are you healthy?



healthy
body

強健體魄



healthy
mind

精神爽利



happy
life

身心良好的境界

整體觀 Holistic Concept

- 中醫學強調「**身心一體**」認為形體和精神是一個整體，均由氣血所支持。
- Traditional Chinese Medicine (TCM) emphasizes "**Body-Mind**" unity, in which the physical body and the mind are integrated, and both are supported by Qi-Blood.

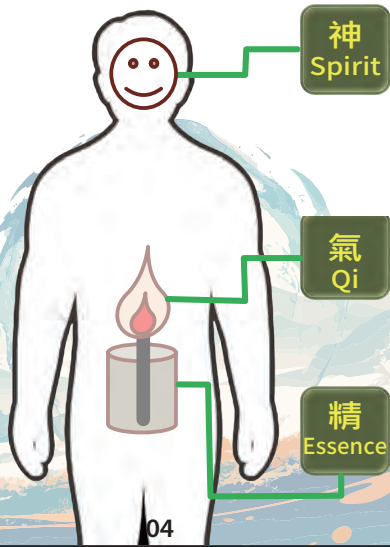


03

精、氣、神 Essence, Qi and Spirit

神 氣 精

- 意識與思維
Consciousness and Cognition
- 思緒清晰、反應敏捷、耳聰目明
Clear-minded, Responsive,
Keen hearing and sharp vision.
- 基本活動能力
Basic Body Functions and Energy
- 面色紅潤、呼吸平穩、
體溫暖和、活動暢順
Healthy Complexion, Calm Breath, Warm
Body, Active and Smooth Movement.
- 身體建構與潛能
Constitution and Potential
- 形體充實、發育健全
Robust Physical Development.



保養精神，氣有所從 Keep a Healthy Mind and Preserve Qi

穩定情緒

Stable Emotion

恬淡虛無，真氣從之，精神內守，病安從來。

*Stay peaceful and humble, the vital qi will follow.
if the spirit is guarded, illness will not come.*

追求樸實而安寧

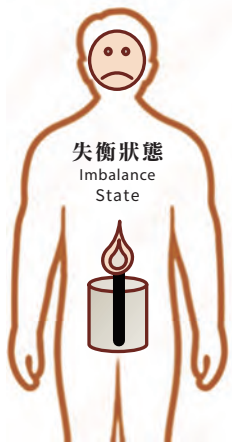
Pursue for simplicity and tranquility.

志閑而少欲，心安而不懼，形勞而不倦，氣從以順，各從其欲，皆得所願。

*(黃帝內經·上古天真論)
Possessing leisure without desire, maintaining peace of mind without fear, diligence without weariness, obedience to Qi, each following their own desires, all will achieve their own will (Huangdi Neijing, Ancient Tianzhen Theory)*



損害性因素 Detrimental Factors



失衡狀態
Imbalance
State



過勞 Overwork



精神刺激
Emotional Stress



欠缺休息
Restlessness



飲食不節
Improper Diet



惡劣環境
Adverse
Environment

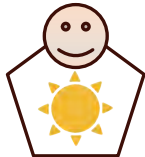


其他疾病
Other Diseases

壓力與焦慮 Stress and Anxiety



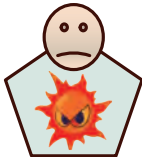
平靜
Calmness



氣定神閒 心情開朗
Serene and Composed,
with a Cheerful Disposition



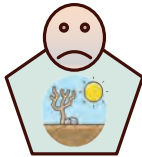
壓力
Stress



應對外來壓力的反應
React to external stressors
緊張、亢奮
Tensed, Over-excited



焦慮
Anxiety



壓力消除，情緒未穩
Unstable emotions,
even stressors removed
耗損、煩躁
Exhausted, Restless

你有以下症狀嗎？

Are you suffering from these symptoms?

情緒表現
Emotional Expression



不耐煩
Loss of temper

身心症狀
Psychosomatic



滯脹感
Distention

軀體症狀
Body Symptoms



肌肉繃緊
Muscle stiffness



壓力表現
Stress & Anxiety
State



抑鬱
Depressed



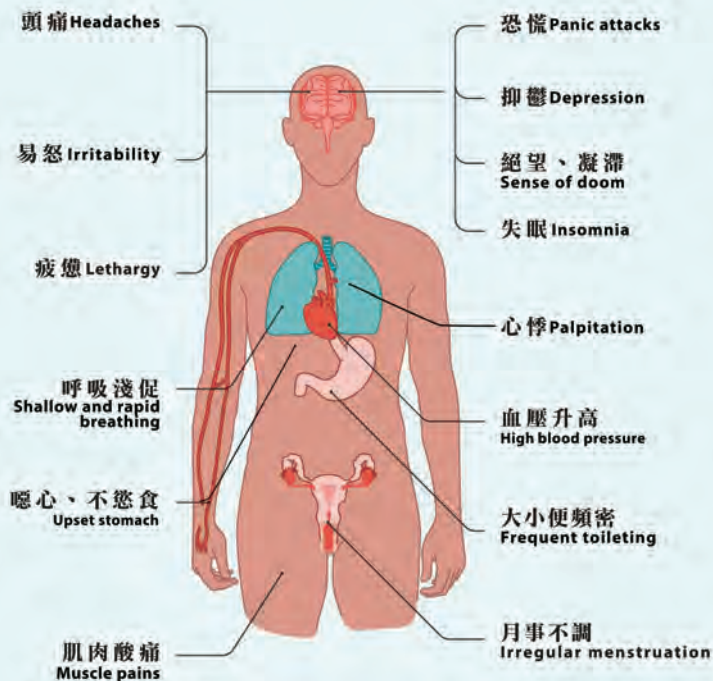
疲憊
Lethargy



失眠
Insomnia

焦慮對身體的影響

EFFECTS OF ANXIETY ON THE BODY



中醫觀點

Perspectives of Chinese Medicine

如何預備應對壓力
How to get well-prepared
to cope with stress?



對應策略 Countermeasures

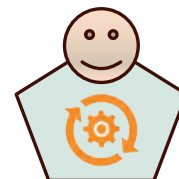
平靜
Calmness

壓力
Stress

焦慮
Anxiety

保健養生
Health keeping
顧護正氣，增強抗壓能力
Strengthen up the vital qi
Cope with the stressors
Be prepared for the tough times

治療
Treatment
調整氣血，舒緩症狀，回復平衡
Smoother the qi-blood flow
Relieve the symptoms
Restore the internal balance



主要原則 Major Principles

- 治神調氣(呼吸法) Mindfulness through breathing
- 通調臟腑，以平為期 Balance the viscera
- 保持經絡暢通 Maintain the smooth flows of meridians
- 均衡飲食，補充氣血 Balanced diet for Qi-Blood replenishment

養生之道 Good Living Habits



順應節奏 Follow the Rhythm

陽 Yang

- 光 Bright
- 工作 Energetic work

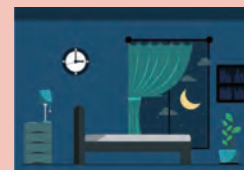


善用日間時間
做好工作分配
Make good use of the day time
Plan ahead for work distribution



陰 Yin

- 暗 Dark
- 安靜休息 Restfulness



保障夜間休息時間
勿把工作帶上床
Guard your nighttime rest
Avoid bringing work to the bed

善待腸胃 Treat your gut well

宜 Keep

- 定時 Regular Meal
- 暖食、新鮮、光澤、多種類 Warm, Fresh, Colorful, Variety
- 穀物、果仁、蔬果、肉類、茶類 Grains, Nuts, Veggies, Meat, Tea



忌 Avoid

- 油膩、生冷、甜食、辣 Oily, Cold, Sugary, Spicy
- 酒精 Alcohol
- 誤時 Miss the Meal Time
- 缺早餐 Skip the Breakfast
- 過量 Over-Eat



減壓食物 Stress Relieving Foods



綠茶
Green Tea
Anti-oxidants



香蕉
Banana
Potassium & Minerals



菠菜、西蘭花
Spinach, Broccoli
Magnesium & Minerals



三文魚
Salmon
Choline & Vit B



藍莓
Blueberries
Anti Oxidants



果仁
Almond & Nuts
Magnesium & Vitamins



黑朱古力
Dark Chocolate
Magnesium



柑橘類
Orange
Anti-oxidants & Vit C



乳製品
MILK & Yogurt
Calcium & proteins



牛油果
Avocados
Proteins & Vitamins

剛柔並濟 Flexible and Endured

宜 Keep

- 微動 Motion
- 中低強度 Low to moderate intensity
- 關節活動 Joint motion
- 伸展 Stretching



忌 Avoid

- 長期固定姿勢、坐太久
Keep a post too Long
(Prolonged Sitting)
- 休息太久 Rest too much
- 過勞 Overexertion



中醫調理方法 TCM Remedies



中藥
Herbal
Medicine



針灸
Acupuncture



手法治療
Manipulative
Therapy



養生指導
Health Advice



食療
Medicinal Diet



運動
Exercise



穴位按摩
Acupressure

中醫調理方法 TCM Remedies

藥材 醫道 材健 植物 YAO 藥醫 材 YIDAO ZHONGYI YANGSHENG 補醫 美片 13



中藥材的自然特性 Natural Properties of Herbs



四氣-寒熱溫涼
4-Qi, Yin-Yang properties
(heat, warm, cool, cold)

五味-酸苦甘辛鹹
5-flavour properties
(sweet, acrid, bitter, pungent, salty)



- 依證候表現配對藥性
Property matching according to symptoms
- 藥物及食物
Both food and medicine
- 舉例 Example

實熱 Excess
heat type

苦寒
Cool and bitter

虛證 Deficient
syndrome type

甘溫
Warm and sweet

抗壓茶飲 Anti-Stress Herbal Tea



薄荷 Peppermint



玫瑰 Rose



菊花 Chrysanthemum



薑 Ginger



桂花 Osmanthus



柑桔 Citrus

中藥處方 Herbal Formula

(In strict accordance with CMP prescriptions)



逍遙散
Xiao Yao San

肝鬱引起的脾胃症狀
Relieving the abdominal distention and indigestion due to liver-qi stagnancy



半夏厚朴湯
Banxia Houpu Decoction

舒緩咽膈不適 (梅核氣)
Relieving tension and Plum-pit Syndrome in throat and chest

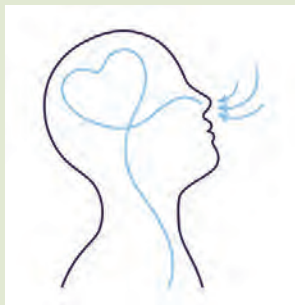


甘麥大棗湯
Ganmai Dazao Decoction

舒緩心悸善驚症狀
Relieving anxiety and panic symptoms

調息法 Breath Adjustments

主動調節氣的流向 Actively regulating qi-flow



調息法 Breath Adjustment

- 理順氣機升降
Rectify the Ascending and Descending of Qi Dynamics
- 吐故納新，
將濁氣引出體外
Purge stale qi and replenish with fresh qi, expelling turbid qi from the body.
- 調節自律神經，
舒緩壓力
Regulate the Autonomic Nervous System, Alleviate Stress
- 有助整理思緒，
醒腦提神
Refreshing



腹式呼吸 Abdominal Breathing

手置腹部
Touch the tummy

鼻入口出
Nose in,
Mouth out



吸氣時，經鼻緩緩
吸入，至腹部脹滿
Inhale and fill the
tummy

稍停1秒
Pause for 1 second

呼氣時，用口部吹出，
腹部扁平
Exhale and flatten
the tummy



穴位按摩 Acupressure

自助改善經絡氣血運行
Self-help rectifying meridian
qi-blood circulation



經絡與穴位 Meridians and Acupoints

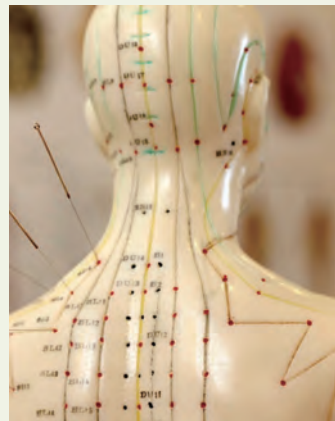
- **經絡 Meridians**
- 是氣血運行的通道
讓氣有秩序地佈散全身,支持身體運動
- 欲氣血充實、暢通無阻

- **Meridians** provide the routes for smooth, orderly flow of qi, and for dispersion of qi throughout the body.
- **Better** filled with qi-blood and free from obstructions.



穴位 Acupoints

- **穴位** 是經絡氣血匯聚的節點,位於身體表面特定位置。
- 可觸及、可診察、可施以治療 (包括穴位按摩)
- **Acupoints** are the locations in which the meridian-qi concentrates. They are located on the body surface.
- Tangible sites for inspection and application of treatment such as **acupressure**.



古籍記載約360個經穴,
內容包括位置,所屬經絡及相關病候。

Ancient Chinese literature documents around 360 Acupoints. Their locations, belonged meridians and related illness symptoms were recorded.



針灸 (針刺) Acupuncture

- 針具刺穿表面皮膚，產生治療效果
Needles are inserted through the skin for treatment purposes.
- 由醫師操作
Performed by CMPs.



施力位置 Locations of Force



穴位按摩 Acupressure

- 在穴位上施以適當手力，達到治療效果。
- 技術要求：節律均勻，力度柔和而深透。
- Application of manual forces on acupoints for therapeutic purposes.
- Skills required: Rhythmic, soft but penetrating.



三種常用按摩手法 3 Common Tui-na Skills



按法 (指腹施力)
Pressing Downward, steady forces with fingerprints for superficial points.

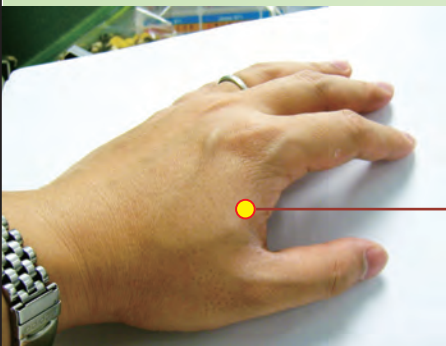


點法 (指尖施力)
Pointing Downward, steady forces with knuckles for deep points.



揉法 (環旋動作)
Kneading Circular motions applied on muscles with rhythm.

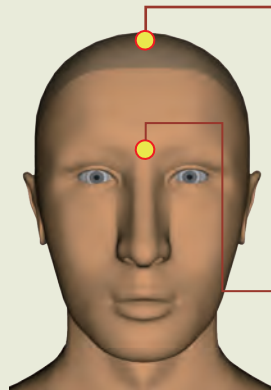
常用穴位 (1) Common Acupoints



合谷 L14
Hegu
"joining valley"

- 舒緩頭痛
Relieving headache and tensions
- 行氣活血
Promoting qi and blood flow

常用穴位 (3) Common Acupoints



百會 GV20
Baihui
"Hundred Convergence"

- 安神
Calming the spirit
- 助眠
Improving sleep quality and duration

印堂 GV28
Yintang
"Hall of Impressions"

- 舒緩頭痛、頭暈
Relieving headache and dizziness

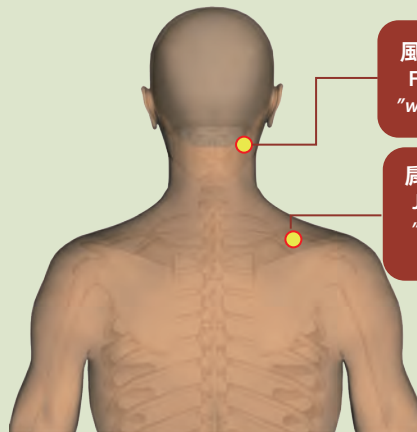
常用穴位 (2) Common Acupoints



內關 PC6
Neiguan
"Inner Gate"

- 舒緩胸悶不適
Relieving chest discomfort
- 舒緩胃痛、噁心
Relieving stomach pain, heart burn nausea and vomiting
- 鎮心定驚，舒緩焦慮
Calming and reducing anxiety

常用穴位 (4) Common Acupoints



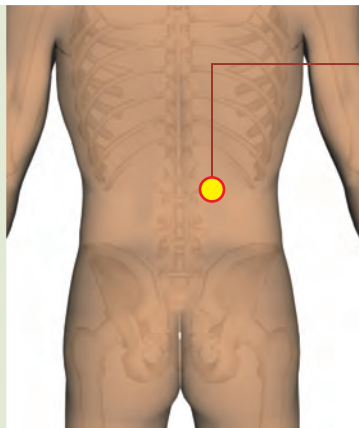
風池 GB20
Fengchi
"wind pool"

- 舒緩頭痛、頭暈
Relieving headache and dizziness
- 疏通頭部經絡
Unblocking congestions in head

肩井 GB21
Jianjing
"shoulder well"

- 舒緩肩頸痛
Relieving neck stiffness

常用穴位 (5) Common Acupoints



腎俞 BL23
Shenshu
"Kidney point"

- 舒緩腰痠痛，增加活力
Relieving back soreness and strengthening mobility
- 補腎益精
Tonifying kidney qi and essence

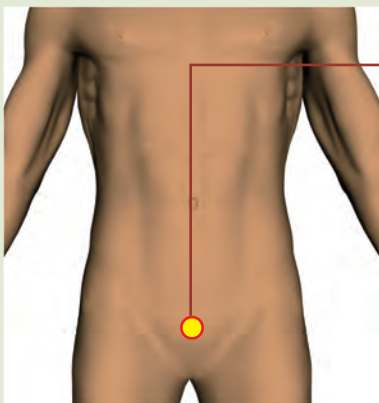
紅豆暖包 Redbean Warm Bags

氣得溫則行

Warmth smoothens Qi



常用穴位 (6) Common Acupoints



關元 CV4
Guanyuan
"Gate of life"

- 舒緩空虛倦怠的感覺
Alleviating feelings of emptiness and fatigue
- 舒緩腹部不適、脹痛
Relieving abdominal pain and distension
- 補腎益精
Tonifying kidney qi and essence
- 調經
Regulating menstruation

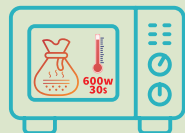


- 於穴位上施以暖敷法，
能有助行氣活血，舒緩緊張及溫陽祛寒。
(~40度，10分鐘)
- 各種熱源均可。
- Applying warmth with various heat sources at certain acupoints could help not only invigorate qi, but also relieve tension as well as cold-related symptoms. (~40°C, 10min)

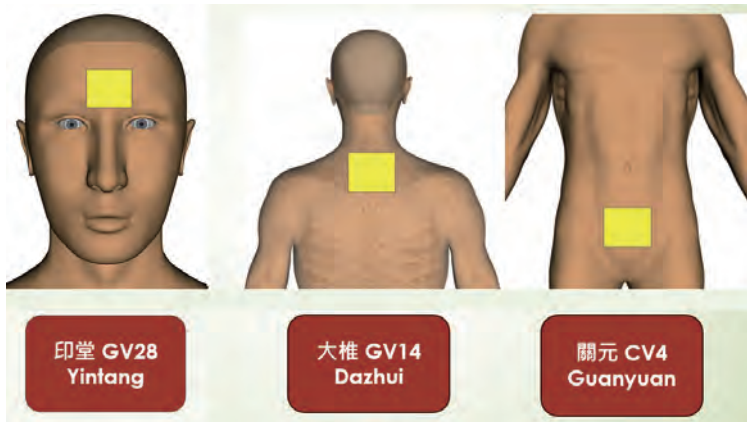
自製暖包 DIY Redbean Bags

- 將紅豆(150g) 放入布袋，用繩綁好或用針線縫好。
- * 注意：不能使用金屬(如釘書機)或塑膠。
- 放進微波爐加熱 600w 30秒。
- 如覺得暖包未完全暖透，可以再加15-30秒加熱。
- 但總加熱時間不可超過1分鐘。

- 用完放陰涼處。
- 可循環使用，直至紅豆失去水份而脆裂。
- 小心燙傷，暖敷前先試暖包的溫度。
- Put red beans (150g) into the bag tied or sewn shut with thread.
- * Note: Do not use metal (e.g. staples) or plastic tapes.
- Put in the microwave oven (600w) to heat it for 30 seconds.
- If the bag is not thoroughly warmed through, another 15~30 seconds may be required. The total heating time should not exceed 1 minute.
- Store in cool place after use.
- Reusable, until the beans were burnt or cracked.
- Be cautious of burns! Test the temperature before placing the bag on your skin.



暖敷部位 Suggested Acupoints for Warm Pad



中醫何處尋 How to locate a Chinese Medicine Practitioner in Kong Kong

中醫診所類別



中醫診所暨教研中心
Chinese Medicine Clinics cum
Training and Research Centres
政府資助中醫服務
Government Subsidised Chinese
Medicine Services



基層醫療指南
Primary Healthcare Directory
自願加入私人執業中醫師
Voluntarily Enlisted Private Practice CMPS



大學及高等院校開辦的中醫診所
TCM clinics operated by the universities and tertiary institutes

供機構人士使用 (部份供校外人士使用)
For affiliated members (some for non-campus visitors)



流動應用程式 Mobile App



《18區中醫診所》
18 CM Clinics



醫院管理局推出流動應用程式「18區中醫診所」，方便求診人士隨時隨地預約中醫診所暨教研中心(中醫診所)內政府資助中醫門診偶發性疾病的診症服務。應用程式設有多個貼心功能，讓病人有效地管理就診安排、查詢實時配藥狀況及各中醫診所的資訊。應用程式亦提供電子繳費功能，以支付應繳款項及查看有關繳費紀錄。

The Hospital Authority (HA) launched the mobile application "18 CM Clinics" on June 28 2021. With the app, members of the public can view quota status at Chinese Medicine Clinics cum Training and Research Centres (CMCTRs), and make episodic appointment for Government-subsidised Chinese Medicine Services on the same day or the next working day anytime and anywhere.

With intuitive functions of the app, users can view or cancel scheduled appointment, as well as access information of CMCTRs, real-time collection status of medicines and latest news of CMCTRs. The app provides the public with a simple, easy-to-use and informative mobile platform. If patients have registered for any of the 18 CMCTRs service before, they can use the app without a separate registration.

18區中醫診所資料

港島

中西區：上環東華醫院楊國雄樓
地下及1樓
2589 4700
東區：柴灣東區醫院專科門診大樓
地庫4樓西翼
3197 2000
南區：香港仔水塘道10號2樓
2580 8158
灣仔：鄧肇堅醫院日間醫療中心2樓
3553 3238



*註：有提供骨傷／推拿服務

九龍



九龍城：何文田愛民邨保民樓
401-412室 2193 7000
油尖旺：佐敦伊利沙伯醫院F座9樓
2618 7200
深水埗：長沙灣政府合署1樓
2194 9911
黃大仙：樂善香港佛教醫院C座地下
2338 3103
觀塘：牛頭角賽馬會診所4樓
3583 4114

新界

大埔：大埔埔打素醫院J座
員工中心地下
2663 0004
元朗：客屬書健康中心3字樓
2478 5769
屯門：仁愛全科診所5樓
2430 1309
北區：粉嶺健康中心7樓
2670 2130
沙田：沙田（大圍）診所地下
2479 2125
西貢：將軍澳醫院日間醫療大樓6樓
2701 1020
荃灣：仁濟醫院C座4樓
2416 0303
葵青：下葵涌全科診所及
特殊教育服務中心地下
2370 2216
離島：東涌健康中心1樓
3188 5383

The locations and phone numbers of Chinese medicine clinics in 18 districts

Hong Kong Island

Central & Western District: G/F and 1/F, Yeo Wing Tung Wah Hospital, 12 Po Yan Street, Sheung Wan. 2589 4700
Eastern District: Lower 4th Floor, West Wing, Specialist Out-Patient Block, Pamela Youde Nethersole Eastern Hospital, 3 Lok Man Road, Chai Wan. 3197 2000
Southern District: 2/F, 10 Aberdeen Reservoir Road, Aberdeen. 2580 8158
Wan Chai: 2/F Tang Shu Kin Hospital, 282 Queen's Road East, Wan Chai. 3553 3238



* Provides Bone Setting and Tui-na Service

Kowloon



Kowloon City*: Unit 401-412, 4/F, Po Man House, Oi Man Estate, Ho Man Tin. 2193 7000
Yau Tsim Mon district*: 9/F, Block R, Queen Elizabeth Hospital, 30, Gascoigne rd, Jordan. 2618 7200
Sham Shui Po: 1/F, 303 Cheung Sha Wan Government Offices, Cheung Sha Wan Road, Sham Shui Po. 2194 9911
Wong Tai Sin: G/F & M/F, Block C, The Hong Kong Buddhist Hospital, 10, Hen Lam st, Lok Fu, 2338 3103
Kwun Tong*: 4th Floor, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok. 3583 4114

New Territories

Tai Po*: G/F, Block J, Staff Centre, Alice Ho Miu Ling Nethersole Hospital, 11 Chuen On Road, Tai Po. 2663 0004
Yuen Long*: 3/F, Madam Yung fung Shee Health Care Center, 26-36 Ching Street, Yuen Long. 2478 5769
Tuen Mun*: 5/F, Yan Oi General Out-Patient Clinic, G/F, 6 Tuen Lee Street, Tuen Mun. 2430 1309
Fanling*: 7/F, Fanling Health Centre, 2 Pk Fung Road, Fanling. 2670 2130
Shatin*: G/F, Shatin (Tai Wai) Clinic, 2 Man Lai Road, Tai Wai, Shatin. 2479 2126
Sal Kung*: 6/F, Ambulatory Care Block, 2 Po Ning Lane, Tseung Kwan O
Tsuen Wan: 4/F, Block C, Yan Chai Hospital, 7-11 Yan Chai Street, Tsuen Wan. 2416 0303
Kwai Chung: G/F, Ha Kwai Chung Polyclinic & Special Education Services Centre, 77 Lai Che Road, Kwai Chung. 22370 2216
Islands District*: 1st Floor, Tung Chung Health Centre, 6 Fu Tung Street, Tung Chung, Lantau Island. 3188 5383

Primary Healthcare Directory



私營中醫診所

Private Chinese Medicine Clinics

(可透過醫健通、基層醫療指南搜尋)
Search through eHealth or Primary Care Directory

<https://shorturl.at/arfKa>



* 部份名單(排名不分先後)
Part of the list (In no particular order)

大學/大專院校中醫診所

TCM Clinics at the Universities/Tertiary Institutes

- 香港大學中醫藥學院
The School of Chinese Medicine, HKU
- 香港中文大學中醫學院
The School of Chinese Medicine, CUHK
- 香港浸會大學中醫藥學院
The School of Chinese Medicine, HKBU
- 香港理工大學 (理工大學認可人士)
TCM Clinic, PolyU (eligible members only)
- 嶺南大學 (中醫診所)
Chinese Medicine Clinic, Lingnan University

