



香港教育大學

The Education University  
of Hong Kong



# 有覺無累：歇息的力量

## *Rest Power*

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 **Sleep  
Laboratory**



VanderWeele, 2017

# 歇息的盼望

## REST-powered Hope

GOAL

WAY Power (Pathway) 出路, 方法

+

WILL Power (Agency) 意志力, 毅力

+

WAIT Power (Perseverance) 等候, 忍耐

+

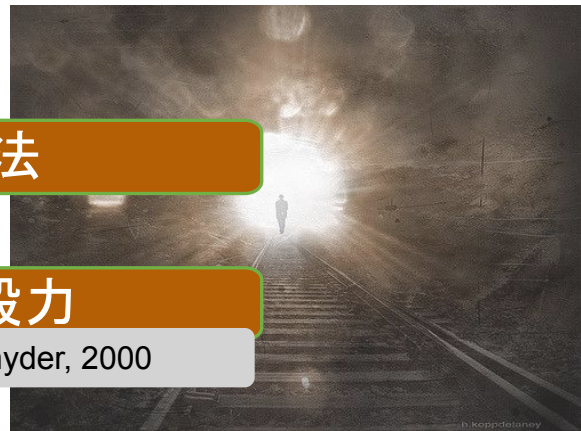
REST Power (Sleep) 安睡, 歇息

PURPOSE

Snyder, 2000

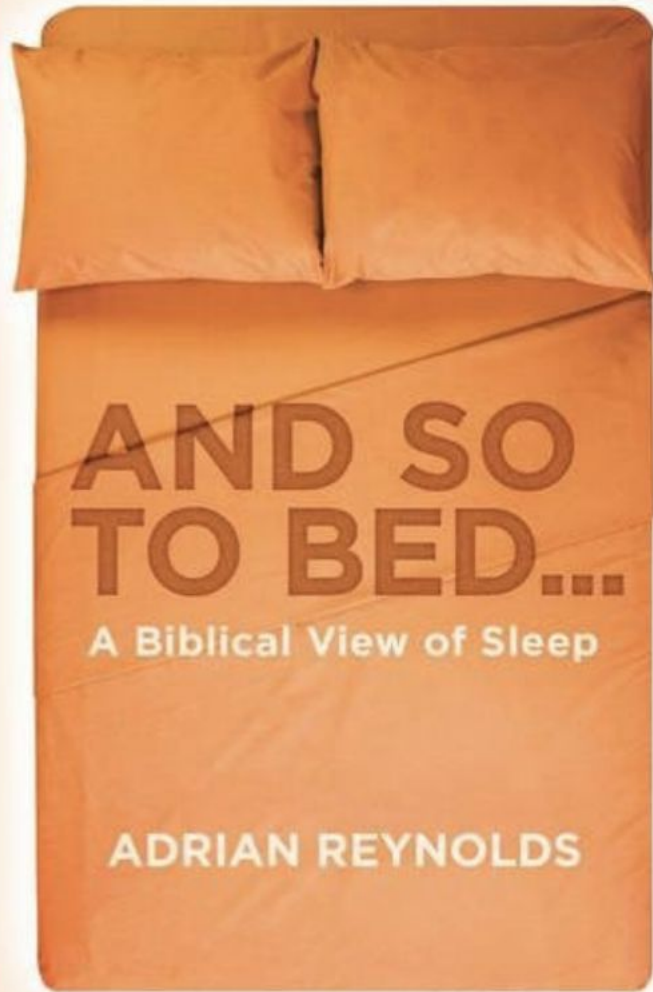
Worthington, 2007

Lau, 2020



**BIBLICAL ANSWERS TO A  
GOOD NIGHT'S SLEEP**

**信徒睡眠秘方**



# 信徒睡眠秘方



## 1. **GIFT:** Ask God for sleep. It is a gift!

*“It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.” (Psalm 127:2)*

## 2. **FAITH:** We need not and should not be worried

*“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? (Matt. 6:26)*

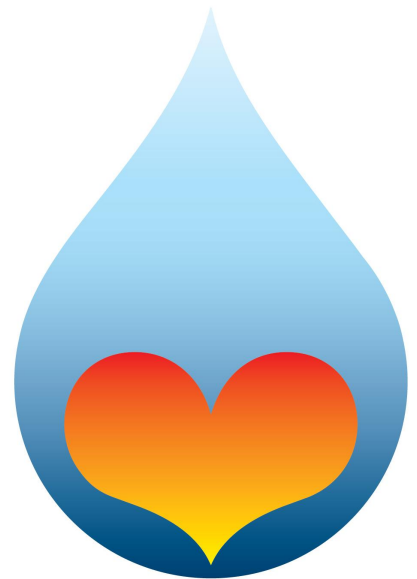
## 3. **CONTENTMENT:** We go to sleep as having everything

*“The sleep of a labourer is sweet, whether they eat little or much, but as for the rich, their abundance permits them NO SLEEP. “(Eccles. 5:12)*

# 天天復活?



睡得死去活來



# Fire in Deepwaters 水深火熱

你穿越洪濤，我必與你同在；你渡過江河，必不會被水淹沒；你在火中走過，必不會被燒傷，火焰不會燒到你身上。  
以賽亞書 43:2



## 心理學家團隊

劉月瑩博士  
李澤沛博士  
盧德賢博士  
徐心言博士  
曹宏業博士  
許志超博士

## 水深火熱 聊天機械人

呢幾年香港以至全世界都發生好多事，可能大家都謝謝地。研究指出，睡眠同身心靈嘅健康互相影響，所以我哋幾個心理學者同輔導員，為你準備咗呢個程式。誠邀你同Ah Soul傾下偈，做下啲可以加強睡眠、心理健康、靈性、品格發展嘅練習。希望可以幫助你重新得力!



同Ah Soul傾偈



知多啲





*Brothers and sisters, please  
take care of yourselves by  
receiving the grace of God.*





THANK YOU!

