

參與龍舟競渡

Participate in dragon boat

重拾自信

racing to regain self-confidence



龍舟競渡是一項傳統的節日活動，大家有否想過參與其中？本會社區精神健康服務一直致力推廣運動，促進服務使用者身心健康。除了遠足，龍舟運動也是重點發展的團體運動項目之一。本會於2018年成立了「陽光隊」和「猛龍隊」兩支龍舟隊伍，隊伍由精神復元人士、家屬、員工和犀利龍體育會的義工合共42位隊員組成，充分彰顯共融精神。隊員參與龍舟運動，不僅可以享受運動的樂趣，還有助於提升身心健康。

龍舟運動是一項需要全身力量和耐力的有氧運動。持續划槳的動作可以增強肌肉力量，特別是腿部、背部和核心肌肉，也有助增強心肺功能。

此外，這項運動著重團隊合作和協調。隊員須進行一系列特別制定的訓練，包括划槳技巧練習和體能訓練，更有培養合作和默契的團隊訓練。龍舟講求每位隊員必須在同一節奏下划槳，以達到最佳效果。過程中隊員學會聆聽和遵從指令、協調

動作、彼此配合和鼓勵，這些寶貴的經驗還可以應用在日常生活。

隊員經過一系列的訓練和比賽，努力完成每一個目標，除了獲得成功感，他們亦感受到自我成長和自信心的提升。這種心靈上的滿足感對於改善精神健康是非常重要的。

龍舟隊於4月份展開新一期訓練，為6月10日在香港仔舉行的龍舟競渡比賽做好準備。我們一起為他們打氣，期待他們在比賽中有出色的表現。



Have you ever thought about participating in dragon boat racing, a traditional festival activity? Community Mental Health Services have been actively promoting sports, and in addition to hiking, dragon boating is a key team sports project. The dragon boat team was established in 2018, consisting of two teams: Sunshine Team and Strong Dragon Team, with a total of 42 members. These teams are made up of persons in recovery, family members, staff, and dedicated volunteers from the Sharp Dragon Sports Club, highlighting the importance of inclusiveness. By participating in dragon boat racing, team members not only enjoy the fun of the sport but also experience improvements in their physical and mental well-being.

Dragon boating is an aerobic exercise that requires full-body strength and endurance. The continuous paddling motion enhance muscle strength, particularly in the legs, back, and core muscles. Additionally, it is great cardiovascular exercise that improves the endurance of the heart and lungs.

In addition, dragon boating emphasizes teamwork and coordination. The teams undergo meticulous training, including practicing paddling techniques, improving physical fitness, and cultivating teamwork. Each team member must paddle in sync to achieve optimal results. Team members learn how to listen and follow instructions, coordinate their movements, connect and cooperate with each other, and provide mutual encouragement. The experience of collaboration and mutual support gained from dragon boating can be applied to other aspects of daily life.

Dragon boating also promotes personal growth and boosts self-confidence. Through dedicated training and participation in races, team members can feel their progress and achievements. Completing a goal and



participating in a race brings a sense of fulfillment. This sense of accomplishment and increased self-confidence are beneficial for improving mental health.

The dragon boat team have begun training in preparation for the dragon boat racing competition to be held in Aberdeen on June 10th. We can cheer them on together and look forward to their success in the competition.