



跑出運動復康路－蘇培潔

「在2013年秋天，我參加了宿舍的跑步班，開始接受有系統的訓練。」自此之後，培潔與運動就結下了不解之緣。

培潔是本會中途宿舍舍友，一直受肩膊痛的困擾。後來有職員建議她可以利用運動來舒緩痛楚，培潔便開始接觸不同的運動，「中途宿舍舉辦過的游泳堂、行山活動和健步小組，我都參加過。」其中培潔特別對跑步和行山情有獨鍾。

但對於「跑步初哥」的培潔而言，最擔心是體能難以應付，「開始時，不要說跑步，只是快行兩個圈，已經令我喘氣連連。」隨著不停的訓練，培潔漸漸掌握跑步的節奏和顛鬥，「後來我每次上跑步班時，我的體力好了很多，可以連續慢跑十多個圈，之後我更順利完成連續十星期的跑步班。」

跑步不但舒緩了培潔的肩膊痛，更重要是令她重拾對生活的信心，「除了學到運動的知識外，跑步令我更肯定自己，一步步嘗試克服困難，面對自己的生命。而每次運動過後，我都有放下心頭大石的輕鬆快感。運動減輕了我生活上的心理壓力。」



突破自我挑戰12公里

養成了練跑及行山的習慣後，培潔便開始參與3公里跑步比賽。近年她更不斷地將目標推高，「在去年，我參加了10公里跑步比賽及12公里山路賽。」對於一般人而言，3公里或10公里可能並非一段很長的距離，但對於精神康復者的培潔而言，卻有不同意義，「我相信自己成功，當中包含了很多原因，包括自己對改善體型和體質的決心、開放的態度和同伴及職員的鼓勵。」精神病的負面徵狀會令患者集中力減低，而藥物也會令身體出現肥胖及較易疲倦的副作用，但培潔都將這些不利條件一一克服。

運動令培潔樂於面對生活上的挑戰，今年已經是她在同一社企工作的第四個年頭。她在工作崗位上學到不少新知識，例如電腦使用，並找到自己的價值。最近她更買了一部智能電話，與時並進，擴闊自己的社交圈子，希望可以更好地融入社會。培潔在疾病及環境的限制下，仍活出有希望的生活方式，成功演活了復元的精神。

Run for Rehabilitation — SO Pui Ying

"I joined the Halfway House's running class in the autumn of 2013 and began receiving systematic training." Since then, Pui Ying has developed a deep bond with sports.

Pui Ying is the resident of our Halfway House and has long been suffering from shoulder pain. A staff later suggested to her that she could try easing pain by doing sports. That was when Pui Ying started trying different kinds of sports. "I have joined all the swimming classes, hiking activities and jogging groups organized by the Halfway House." Among all these sports, Pui Ying enjoys running and hiking the most.

However, as a "running beginner", she found the hardest to catch up on. "When I first started, I couldn't stop gasping after simply fast-walking for two laps — let alone running." After continuous practices, Pui Ying was gradually able to pick up the rhythm of running and the key to it. "My fitness condition had improved a lot afterwards. Every time during class, I was able to jog for more than 10 laps without taking a break. I was even able to complete the entire running course which lasted for 10 weeks."

Not only does running ease the pain of Pui Ying's shoulders, most importantly, it helps her regain confidence in life. "Apart from learning more about sports, running allows me to build up more faith in myself. I have also learnt how to attempt in tackling problems one at a time and to face my own life. Every time after exercising, I feel relaxed and delighted, as if weight has been lifted off my shoulders. Sports also diminish the psychological pressure I experience in life."



A breakthrough — The 12km Challenge

Having developed the habit of running and hiking, Pui Ying started to join the 3km race. She even raised her targets these years. "Last year, I joined the 10km race and the 12km cross-country race." 3km or 10km may not be a long distance for normal people, but for persons with psychiatric disabilities such as Pui Ying, they mean something different. "I believe I can do it. There are several driving factors, for example, the determination to get in shape and improve my health, my open-minded attitude and encouragements from friends and staff." The negative symptoms of mental illnesses include lowering the ability to concentrate and the side effects of medication include obesity and being tired easily. Pui Ying overcame these adverse conditions one by one.

Sports have transformed Pui Ying into a person who is willing to face challenges in life. This year marks the fourth year of Pui Ying working in the same social enterprise. She has acquired some new knowledge from work, for instance, computer usage. She has also come to realize her values. To catch up with technology, she has recently purchased a smart phone, hoping to expand her social boundaries and fit into society better. Though illnesses and the environment have placed constraints on her, Pui Ying is still able to live the way she desires. She has soundly displayed the spirit of recovery.