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嗨！你心理健康嗎？

Hi! Are you mentally healthy?

嗨！各位海巡弟兄你是否會覺得每天站哨的生活一成不變？日子在上哨與下哨之間漸漸流逝，看著年曆上畫不完的「X」，心中是否感到苦悶。其實很多事都決定在自己的一念之間，或許你覺得「這樣的生活不是我要的」，但何不轉個念頭，所謂：「山不轉路轉、路不轉人轉」，換個心境來適應海巡生活，說不定你會覺得能在海巡這個單位服役是相當幸福的一件事。

想想為什麼海邊總是有那麼多的遊客，那是因為人們覺得看到海的遼闊可以讓自己的心情豁然開朗，那對於每天望著蔚藍大海的我們，何嘗不是一件幸福的事呢！夕陽、海鷗、沙灘編織出來的是一幅多麼美麗的畫面，多少人為了這一個畫面不惜長途跋涉來到海邊，但你是否發覺這幅美景每天都伴著我們，對照其他軍種的弟兄們，每天觸目所及的是高大的圍牆與一成不變的軍事訓練，心情是否覺得好很多呢！

Hi, everyone! Did you feel bored to be a daily routine sentry? During those days of on-duty and off-duty, it felt that time passed so quickly especially when crossing out the marks on the almanac. Actually, any moment could be a turning point. Maybe you would feel that this was not the life you wanted. However, you could think in another way-"If this door is closed, God will open another window?" You may feel blessed to be on active duty in the Coast Guard Administration, if you could change your attitude toward it.

Have you ever thought the reasons why there were so many tourists at the beach? That was because people could feel relaxed when they saw such a vast and beautiful ocean. As for us, it was surely a blessing, since we could appreciate the beautiful scenery here everyday! The sunset, seagull and beach were the key elements in such a pretty picture. Many people traveled over land and water to appreciate this beautiful scenery; whereas we are so blessed that this beautiful scenery was just around us. Compared with the soldiers in other sections, they got to face the unchangeable military training and high walls around the camp. Did you feel better after knowing this?

Actually, it was not so difficult to keep someone in a good condition of mental health. Firstly, everyone should have positive attitude, just as the proverb said, "Faith will move mountains!" Maybe, there were many trivial things that were entangled in our daily lives and facing them positively should be a better way. Currently, the enlisted men were at the age of around twenty, which are so-called "strawberry generation." They were born at the age of low birthrate and high economic growth and taken good care by their parents since childhood. Even if they fell down, their parents would be trembled with fear. Those children, with beautiful outer appearance, didn't know how to deal with pressure due to the overprotection and would choose to escape while facing the difficulties. Once they were not instructed to the positive way, the result would be very distressing. In fact, the





其實要擁有一個健康的心理並不難，首先要有樂觀的心態。凡事都往好的方面想，「天下無難事、只怕有心人」！或許生活上有許多大大小小的事務纏繞著我們，但與其逃避不如好好的面對。現在在營的弟兄多半是所謂的七年級生，也就是一般俗稱的草莓族，成長在經濟高度起飛且家庭生育率下降的年代，從小到大無不備受家長的呵護，哪怕只是走路跌倒都會讓家人心驚膽顫，過於呵護的結果造就了孩子們的抗壓性不足，外表光鮮亮麗但卻一捏就碎了，經不起壓力的結果就只能選擇逃避，一但走進了死胡同後果往往不堪設想。其實，服役正是培養抗壓性最好的磨練，從男孩到男人必經的過程，短短的一年多，撐過去了心理往往更加的健全，更能面對往後社會上的種種挑戰，「向後轉，或許可以逃避眼前的荊棘；但不向前走又怎會知道荊棘的背後不會是一片美麗的花園呢？」

靜下心來想一想，每天看到漁民及遊客燦爛的笑容，是否覺得能為他們服務是我們莫大的光榮，我想這就是「海事服務」的精神吧！而查緝走私、偷渡，為國內的經濟及治安把關，將「海域執法」付諸行動，進而對每一件大大小小的「海洋事務」真正關心，讓自己成為一位百分百的海巡尖兵-「今日你以海巡為榮、明日海巡以你為榮。」

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enlistment was a very good training program, which was a progress for every boy to become a grown-up man. During one-year military service, the mental health could be enhanced in order to face more challenges in the society. "If one turned backwards, he might escape the thistles and thorns in front. However, after stepping forward cross the thistles and thorns one might see a beautiful garden."

Calm down and think about it. Look at the smiles on the faces of fishermen and tourists. It could be our honor to provide service for them. Namely, it should be so-called the spirit of "maritime services!" Our responsibility is to investigate the smuggling and illegal immigration for the sake of national economy and security-the effect of "maritime law enforcement." Furthermore, we should concern about every detail of maritime affairs and made us become a good guardian.-"Today, you are proud of the Coast Guard Administration; tomorrow, the Coast Guard Administration will be proud of you."

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