



美麗海巡

Beautiful Coast Patrol

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我想每個人剛下單位，不論是義務役或是志願役，一開始都會在心情與作息調適上困擾一陣子；對一個初入海巡的新鮮人來說，適應單位的環境與生活作息、學習勤務與業務，許多事懵懵懂懂、許多事第一次面臨碰觸、許多事令人挫折……說不完的許多事、說不完的突發狀況，都令人措手不及，不知如何應對，滿滿的無力感與心灰意冷是每個剛下單位的弟兄經常會有的感覺；而如何從那心理的障礙難關中走出來，就決定了往後在海巡過的每一天是快樂充實亦或壓力疲憊；因此，心態上的調適與心情的轉換無庸置疑是每天的重要工作之一，它將決定你如何去看待今天的勤務狀況與業務內容！

I think that everyone who joins the coast patrol, whether obligation or voluntary soldiers, will be bothered by adjusting mood and work scheduling at the beginning; for a newcomer in coast patrol section, many things will make him puzzled, will make him be faced with touchiness or feel frustrated when acclimatizing himself to the environment and lifestyle as well as duties and service learning. Never ending many things and never ending many accidents will catch him flatfooted and full of powerlessness sense and discouragement are the feelings of each brother newly joining the unit when having no idea about how to cope with; while how to break through the mental handicap decides whether the successive each day in Coast Patrol Section is happy and rich or full of pressure and exhaustion; so, the accommodation of mentality and transition of mood are one of important works on each day undoubtedly, which shall decide how you will look on the duties state and service content today!



最近利用放假時間閱讀了一些書，我覺得對我的工作心情有很大的幫助，書上寫著“我們內心所想的事情，會被我們所吸引過來”，所以當我們懷抱著美好的心情、美好的感覺，我們周遭就會陸續出現這些美好的事物，心情愉悅，則做起事來得心應手；相反的，當我們內心感到厭煩、厭惡時，討厭的事情就會接踵而來，令人無法喘息；就像早上起床不小心踢到床腳和撞到頭，今天一天就會覺得很不順的道理一樣。因此，每天睜開眼睛第一件事情就是：培養出一個完整的好心情，讓自己擁有美好的一天！

書上寫的方法讓我非常喜愛也非常訝異，因為當我開始練習每天起床後告訴自己：今天一切都會很順利，整天都會很開心！並且用心感受那種愉悅感，那接下來的一整天真的就會如自己所願，不論面對什麼，都有辦法讓自己保持樂觀，不讓自己陷入負面情緒的泥濘；而當夜又悄悄來臨，躺在床上準備入眠的同時，也會回想今天發生過的快樂事情，並感謝上天又讓我順利的渡過了一天；如此反反覆覆每天的練習，展現出來的神效，出乎我意料之外的好，我的一天比一天更快樂！

Recently, I spent my vacation time to read some books, which I think it is really helpful to my work mood. A book says "things thought in our heart will be attracted by us", so when we embrace nice mood and nice feeling, these nice things will begin to surround us in succession, then everything goes our way; on the contrary, when we feel bored and aversive, disgusting things will arrive in quick succession to make us unable to breathe; just like that the whole day will be unfavorable when we kick the bed leg and hit on head accidentally. Therefore, the first thing we need to do for each day when we open our eyes is to develop a completely good mood and let ourselves have a wonderful day!

I really love and I am very surprised about the methods written in the book, because I have begun to practice to tell myself each day after I get up that, everything will go well today and I will feel happy for the whole day! And I have begun to feel such kind of good mood with heart, then the coming whole day will be as what I have thought. No matter what I am encountering, I will have method to let myself maintain optimism and do not let myself caught by negative emotion; when the night is coming quietly and I am lying on bed for sleep, I also will think back the happy things happening in the day and thank the god for letting me get through another day smoothly; the repeated practice each day presents magical effect, which is beyond my expectation, because I am happier and happier day by day!

德國文學家—歌特霍德爾曾說過一句話：情緒是一把野火，足以燒掉身旁的任何東西。可見情緒的好壞，對於我們看待事物與如何處理事情有極大的影響力，因此，保持美好的心情、排除負面的情緒，才能使工作效率提到最高！不過，儘管如此，許多弟兄對於情緒上的管理與心情的調適，或多或少都會遇到困難，尤其是在狀況百出的時候，還要練習讓自己保持美好的心情來應對一切，確實是很困難！所幸海巡單位有設置「心理諮商」的體系，它能協助適應不良以及情緒管理不佳的弟兄能夠更快進入狀況，使弟兄們可以在心情上得到抒發的管道。

最後，希望海巡的所有弟兄們，都可以找到屬於自己排解心情的管道！只要能保持平穩快樂的心情，相信在海巡的生活將會是很好的經驗與回憶。

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German litterateur-Gort Huddle, once said that : emotion is a handful of wildfire, which is enough to burn everything around. It is thus clear that the stand or fall of emotion have great impact on how we see things and cope with things, so only maintaining good mood and eliminating negative emotion can improve work efficiency! However, even so, many brothers may encounter difficulties more or less in respect of managing emotion and adjusting mood, particularly when many conditions occur, it is really very difficult to practice to let ourselves maintain good mood to cope with everything! Fortunately, the coast patrol section has established the system of psychological counselor, which can assist the brothers with bad accommodation and poor emotion management to get started more quickly and let brothers obtain the channel of expressing mood.

Finally, I hope that all brothers in coast patrol section can find their own channel to relieve mood swings. As long as we can maintain stable and happy mood, I believe that the coast patrol life will be better experience and memory.

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