

樂活大學



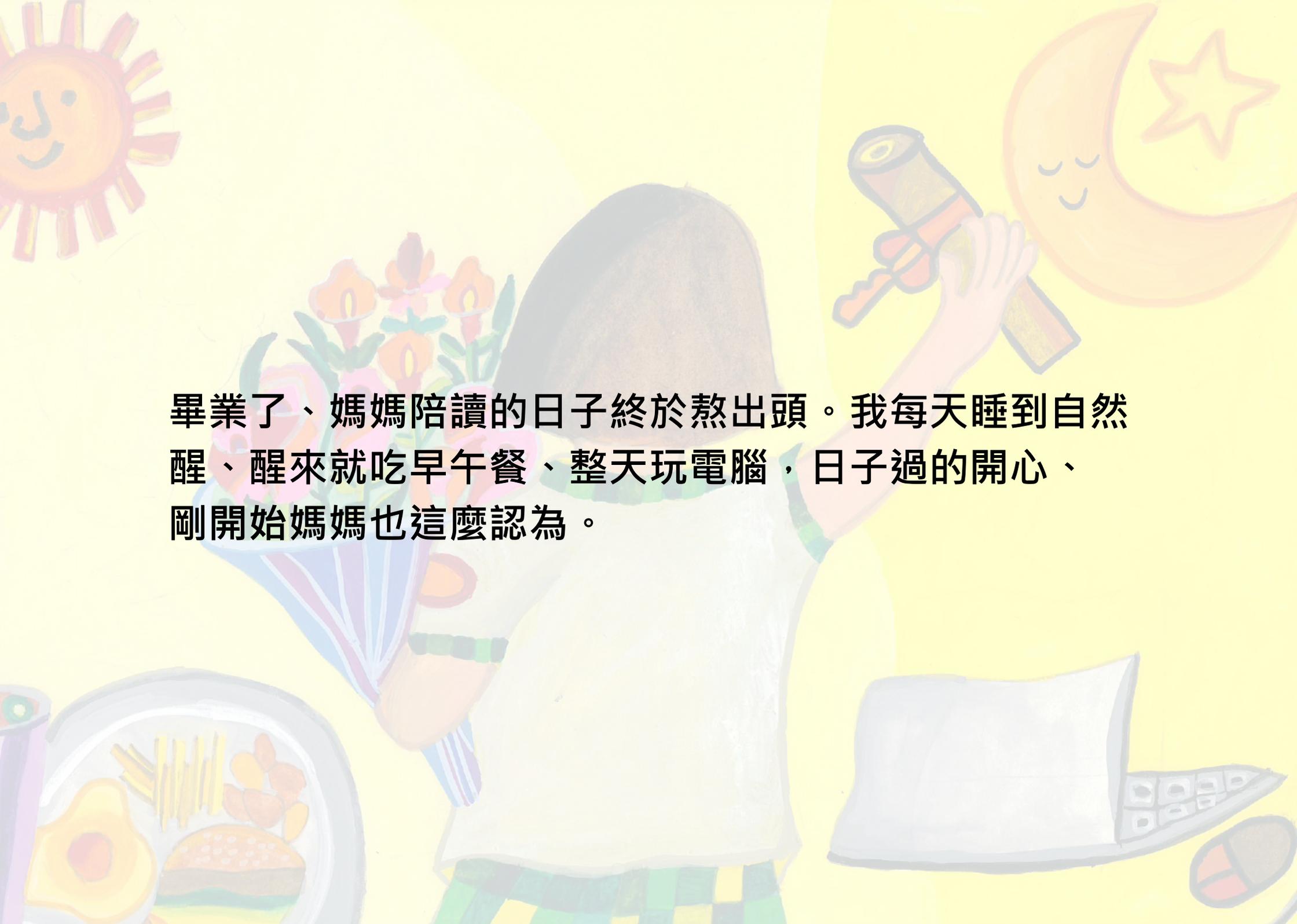
自我介紹及創作理念

〈樂活大學〉

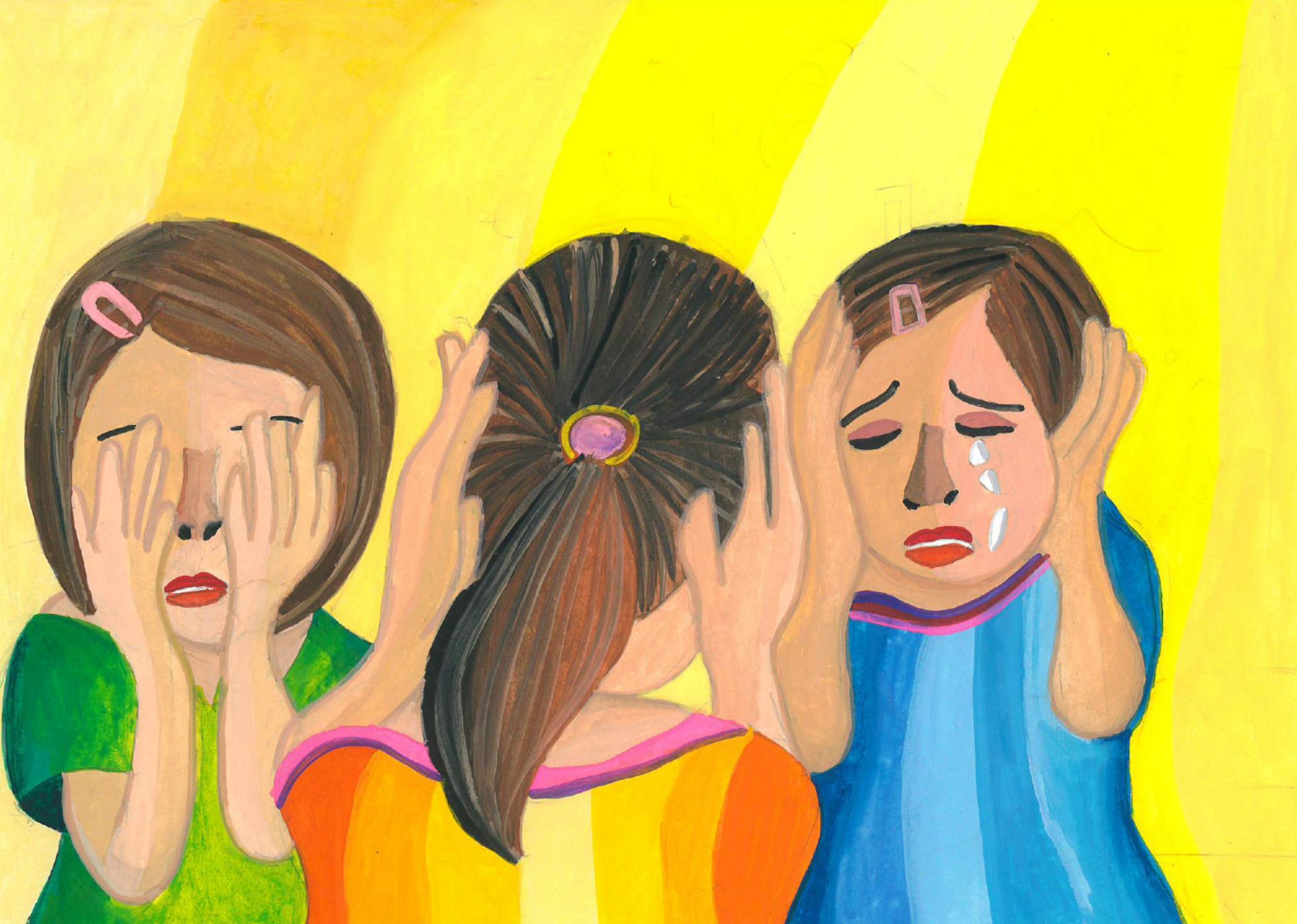
我是張慧瑜，高職畢業後由媽媽陪伴在家。因情緒和溝通的問題無法進入職場。平常到社福單位參加各種課程，以延續高職後的學習生活。

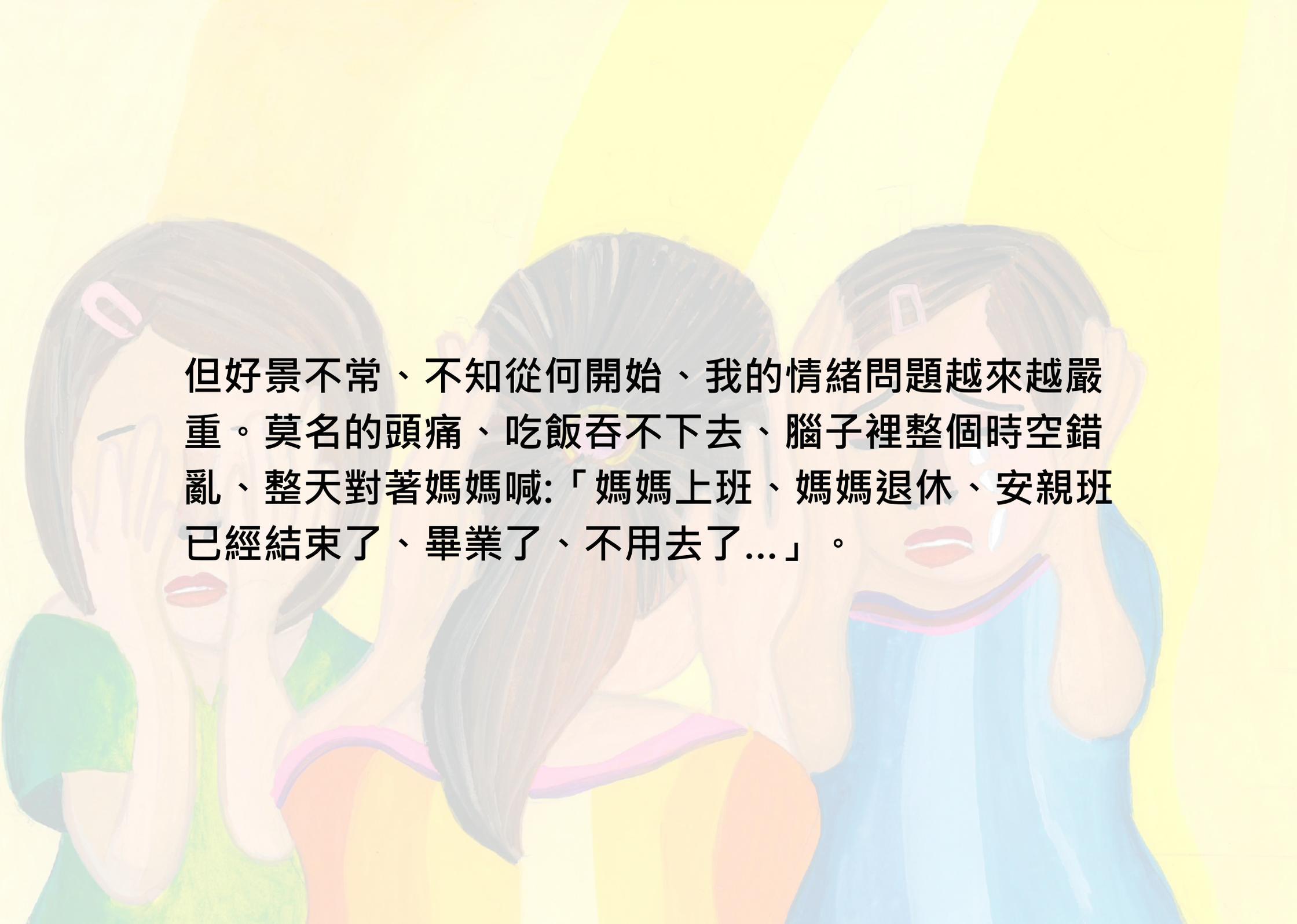
這次創作的理念是「樂活大學」。主要是想表達自高職畢業後，因學習生活模式中斷，造成情緒的焦慮不安，帶給家人極大的擔心和困擾，後來有機會接觸到「樂活大學」，從此學習生活有了新的契機，學習重開機，情緒問題也得到紓解。「樂活大學」是由一群社福單位辦理的身心障礙者學習課程及活動的統稱。





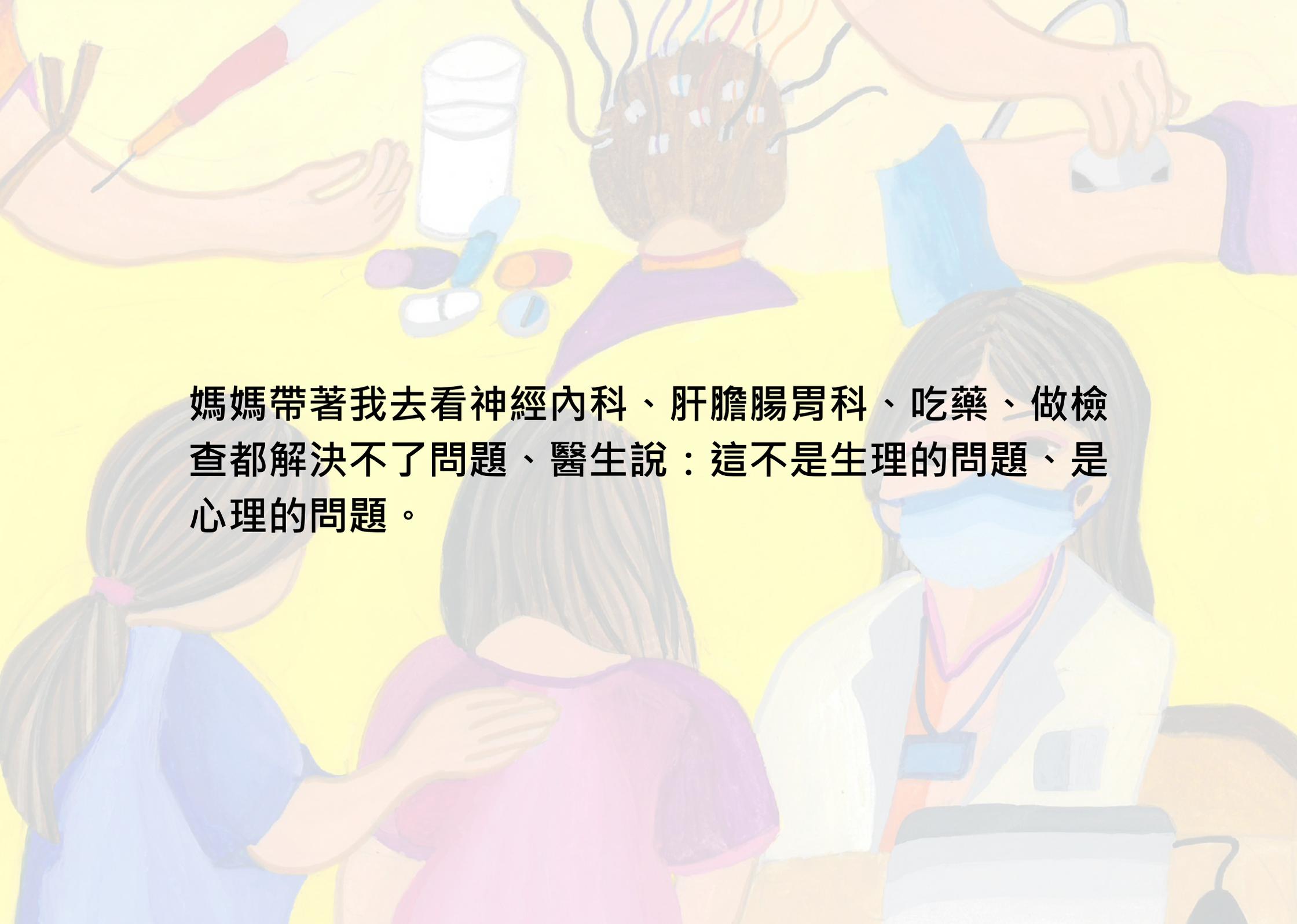
畢業了、媽媽陪讀的日子終於熬出頭。我每天睡到自然醒、醒來就吃早午餐、整天玩電腦，日子過的開心、剛開始媽媽也這麼認為。



An illustration of three women with dark hair, each with a pink hair clip. They are shown from the chest up, looking down with expressions of sadness or distress. The woman on the left is wearing a green top, the middle one an orange top, and the right one a blue top. The background is a soft, yellowish glow with faint, larger-scale versions of the same three women behind them.

但好景不常、不知從何開始、我的情緒問題越來越嚴重。莫名的頭痛、吃飯吞不下去、腦子裡整個時空錯亂、整天對著媽媽喊：「媽媽上班、媽媽退休、安親班已經結束了、畢業了、不用去了...」。

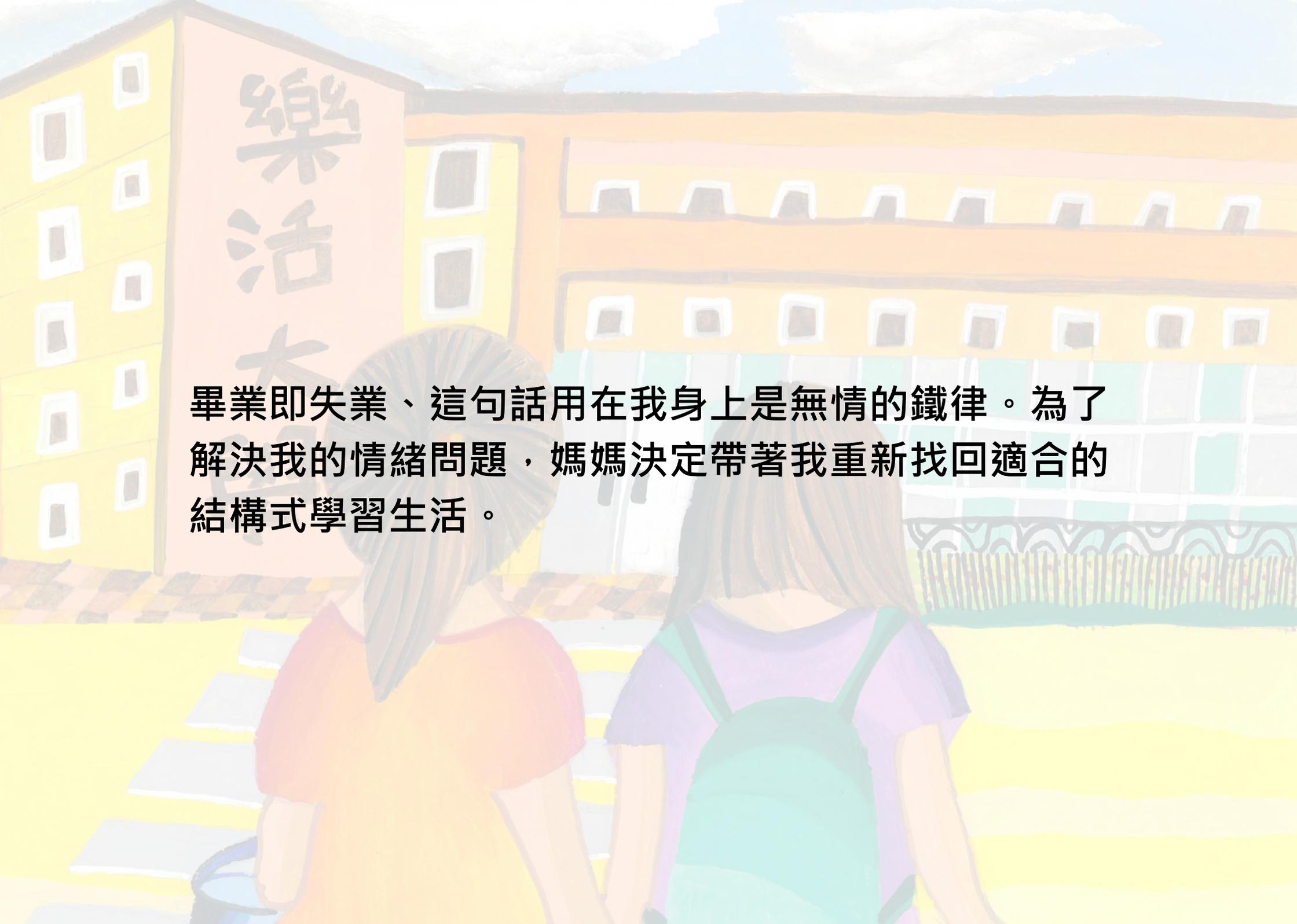




媽媽帶著我去看神經內科、肝膽腸胃科、吃藥、做檢查都解決不了問題、醫生說：這不是生理的問題、是心理的問題。

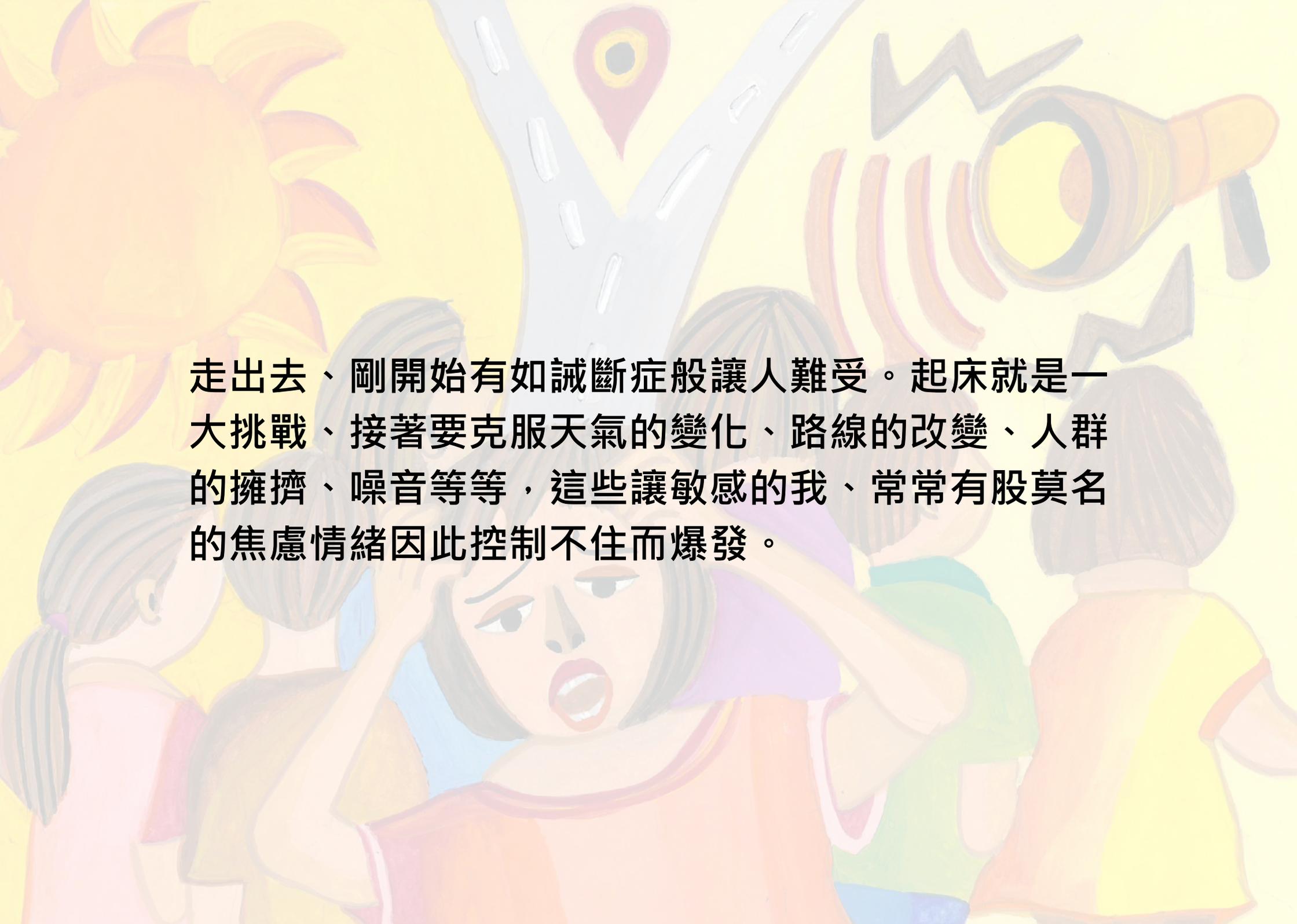


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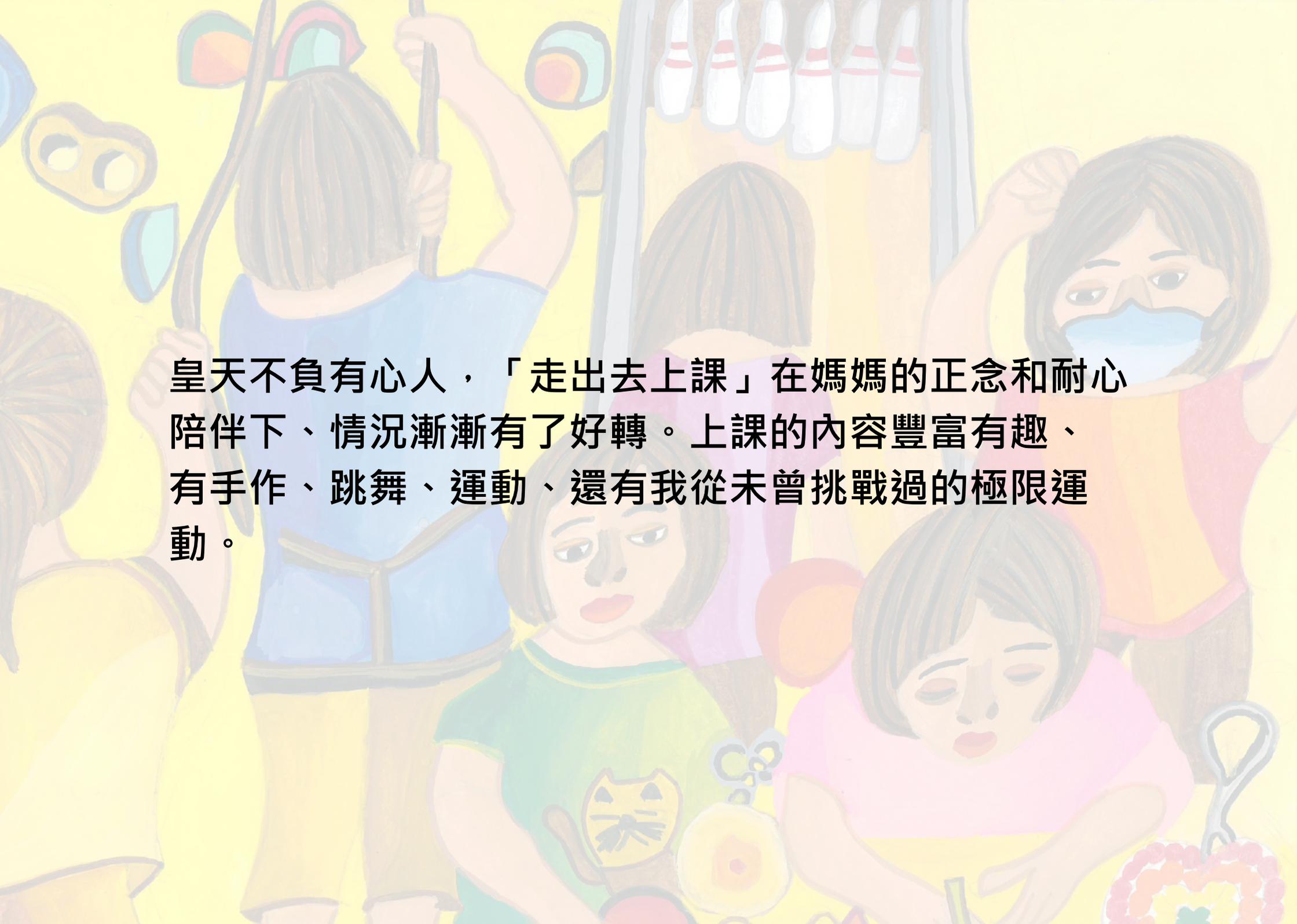
畢業即失業、這句話用在我身上是無情的鐵律。為了解決我的情緒問題，媽媽決定帶著我重新找回適合的結構式學習生活。



The background is a colorful illustration of a crowd. In the foreground, a woman with short dark hair and a purple top looks distressed, with her mouth open as if shouting or crying. Behind her, other people are visible, some with their hands raised. To the right, a megaphone is shown. At the top, there are stylized elements like a location pin and a lightning bolt. The overall scene suggests a public event or protest where the woman is experiencing emotional distress.

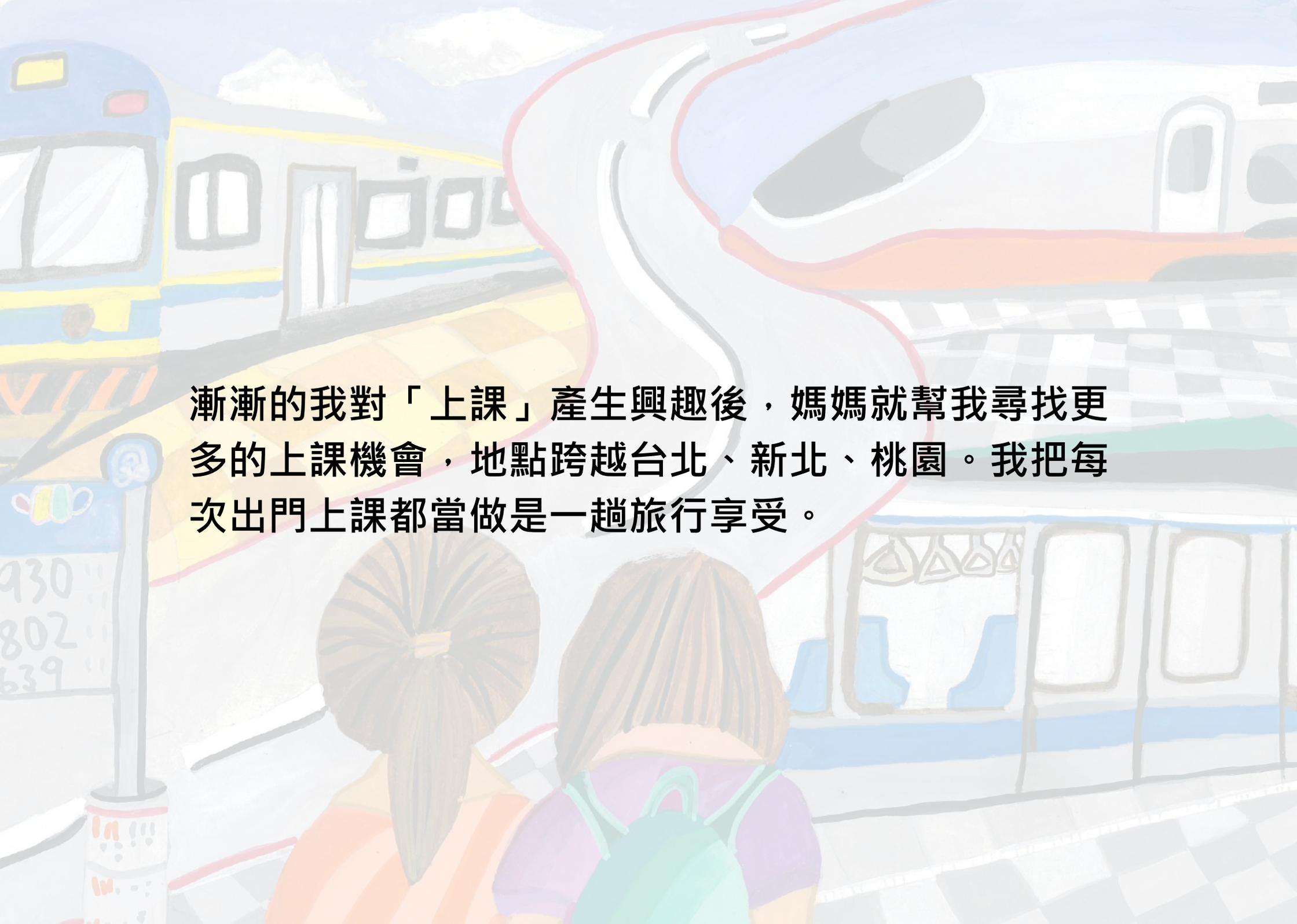
走出去、剛開始有如誠斷症般讓人難受。起床就是一大挑戰、接著要克服天氣的變化、路線的改變、人群的擁擠、噪音等等，這些讓敏感的我、常常有股莫名的焦慮情緒因此控制不住而爆發。





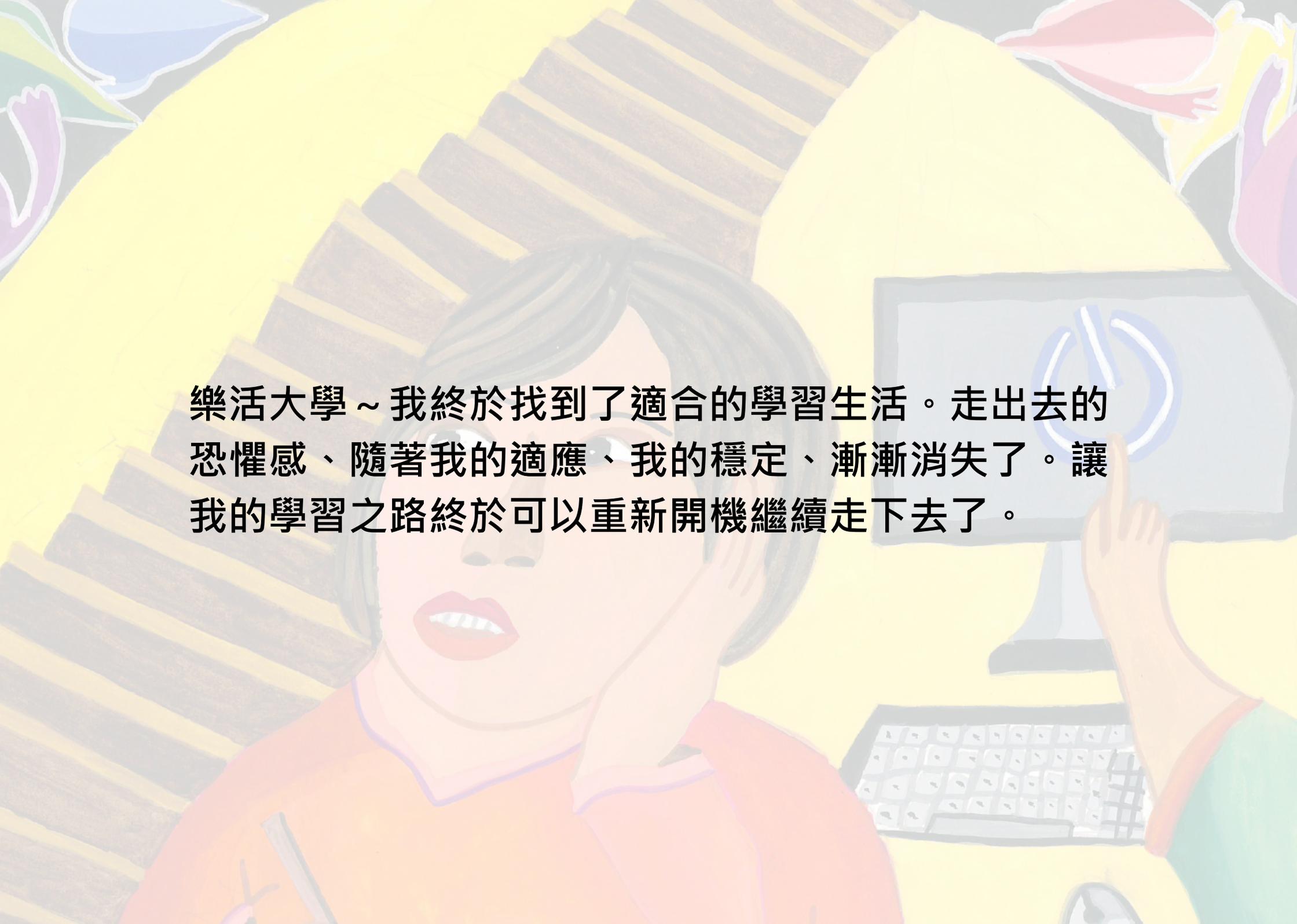
皇天不負有心人，「走出去上課」在媽媽的正念和耐心陪伴下、情況漸漸有了好轉。上課的內容豐富有趣、有手作、跳舞、運動、還有我從未曾挑戰過的極限運動。



An illustration of a train station. In the foreground, two people are seen from behind, waiting. The person on the left has a large brown bun and wears an orange and white striped shirt. The person on the right has brown hair and wears a purple shirt with a green backpack. In the background, a train with a blue and yellow front and a white body with a red stripe is on the tracks. The ground is a grey and white checkered pattern. A signpost on the left shows the numbers 930, 802, and 639. The sky is light blue with white clouds.

漸漸的我對「上課」產生興趣後，媽媽就幫我尋找更多的上課機會，地點跨越台北、新北、桃園。我把每次出門上課都當做是一趟旅行享受。



An illustration of a woman with short dark hair, wearing a red top, sitting at a desk. She is looking towards the camera with a slight smile. Behind her is a large stack of books with brown and yellow covers. To her right is a computer monitor displaying a blue magnifying glass icon, a keyboard, and a mouse. A hand is pointing at the monitor. The background is a bright yellow color with some abstract shapes in the corners.

樂活大學～我終於找到了適合的學習生活。走出去的恐懼感、隨著我的適應、我的穩定、漸漸消失了。讓我的學習之路終於可以重新開機繼續走下去了。