

## 採取行動——有同理心——的人

**我**相信我們世界該是迎接大膽、勇敢、有目標之領導風格的時候了。

上個月，在這篇專欄，各位看到我親愛的朋友安妮拉·卡拉賽朵 (Anniela Carracedo) 的文章。她是我們扶輪家族中一位優秀成員，以前是扶少團團員、現在是扶輪社員的安妮拉，便是這樣的一位領導者。

安妮拉分享她個人克服恐慌症發作的故事，我也曾有類似的經歷。對這篇文章的反應及迴響十分熱烈，凸顯出我們在瞭解自己的優點之外也要承認自己的脆弱有多重要。

當我們談到為彼此找到空間——在扶輪之內創造慰藉及關懷——我們指的是一個每個人都可以像安妮拉一樣自在分享的扶輪社體驗，我們對彼此都能懷抱同理心，支持彼此。無論我們在人生面對什麼事，扶輪都是一個讓我們知道我們並不孤單的地方。

我們花許多時間協助我們世界，無論是努力根除小兒麻痺、清掃環境，或是把希望帶到最需要的社區。有時候我們會忘記也有必要把我們一些能量及關懷分給我們社友及服務夥伴。

社員的慰藉及關懷是社員滿意度及留住的最大驅動力。我們必須確保它一直列為優先事項——我們可以更進一步強化這些關係，推行服務來協助降低尋求心理治療的汙名，並擴展取得

醫療的管道。

看到社長當選人葛登·麥金納利 (Gordon McNally) 為了扶輪成員，也為了我們服務的社區，提出致力改善全球心理健康體系的願景，讓我大為振奮的正是因為這個原因。

在今年佛羅里達州奧蘭多的國際講習會中，麥金納利宣布心理健康這個工作重點時，他提醒我們幫助他人可以紓解我們自身的壓力，改善我們的心情，對我們自身也有助益。研究顯示仁慈的舉動乃是改善我們自己身心健康的有效方法。扶輪服務為世界帶來希望，為我們的生活帶來喜悅。

要做好心理健康這個工作重點需要一些時間，然而可以奠基在一個 118 年來一直是我們一部分的事物。我們是採取行動的人，在行動的背後是關懷、慈悲、同理心，及包容。

成為心理健康的鬥士不僅是正確的、善良的事，它也是達成麥金納利來年擔任國際扶輪社長的主題——為世界創造希望——的一大利器。

如果我們服務社員，服務社區，如果我們走向各地人群，拉他們一把，他們便會用新的角度來想像扶輪，慢慢充分瞭解到我們的價值及無窮的潛力。

**珍妮佛·瓊斯 JENNIFER JONES**  
國際扶輪社長



國際扶輪社長珍妮佛·瓊斯（中）與 2023-24 年度社長葛登·麥金納利與他的夫人希瑟 (Heather)，在 1 月的國際講習會中合影。

## People of Action – and empathy

I believe it is a time in our world for brave, courageous, intentional leadership.

Last month, in this column, you heard from my dear friend Anniela Carracedo. She is an amazing member of our Rotary family, and as a past Interactor and now Rotarian, she is this kind of leader.

Anni shared a very personal story about coping with a panic attack, something that I have also experienced. The outpouring and response to this story have been tremendous and punctuate how critical it is that we acknowledge not only our strengths but our vulnerabilities too.

When we talk about finding space for one another — creating comfort and care within Rotary — we're describing a club experience where we can all feel comfortable sharing like Anni did, and we can all empathize with and support one another. Whatever we are facing in life, Rotary is a place where we know we're not alone.

We spend so much time helping our world, whether it's working to end polio, cleaning up the environment, or bringing hope to communities that need it most. Sometimes we can lose track of the need to apply some of our energy and care to our fellow members and partners in service.

The comfort and care of our members is the single greatest driver of member satisfaction and retention. We need to ensure that it remains a priority — and that we further strengthen these bonds by performing

service that helps reduce the stigma of seeking out mental health treatment and expands access to care.

That is why I'm so heartened by President-elect Gordon McNally's wonderful vision to help improve the global mental health system, not only for Rotary members, but for the communities we serve.

When Gordon announced our focus on mental health at this year's International Assembly in Orlando, Florida, he reminded us that helping others benefits our mental health by reducing stress and improving our mood. Studies show that performing acts of kindness is an effective way to improve your own mental and physical health. Rotary service brings hope to the world and joy to our lives.

Our new focus on mental health will take some time to do right, and yet it builds on something that has been part of who we are for 118 years. We are People of Action, and behind that action is care, compassion, empathy, and inclusion.

Becoming champions of mental health is not only the right and kind thing to do, it is a tool that can *Create Hope in the World*, Gordon's inspiring theme for his upcoming year as president.

If we serve our members, we serve our communities, and if we can meet people where they are and lift them up, they will imagine Rotary in a new light and come to fully understand our value and our infinite potential.

**JENNIFER JONES**

*President, Rotary International*



RI President Jennifer Jones (center) with 2023-24 President Gordon R. McNally and his wife, Heather, at the International Assembly in January