



良性循環

扶 輪世界各地熱烈支持心理健康提案，讓我充滿熱忱，深受鼓舞。目前已經有超過 1,000 人回覆扶輪心理健康提案行動團體的問卷調查，針對扶輪可以做什麼來改善社員個人的心理健康提供各位的看法。

前幾名的建議發人深省。扶輪社員希望有更多聯誼、同袍情誼、對話、凝聚力，及連結。他們也想要更多肯定、認同及融合。他們尋求更多服務機會，他們想要更多保健活動，包括心理衛生演講、宣導活動，以及教育。

我們的社員不僅認同更加重視心理衛生，他們也相信從扶輪經驗獲得更多，將能實質改善他們的生活。我發現有一點很有意思，社員並沒有要他們社進行重大的新變革——他們想要更多我們擅長的部分。舉例來說，例會中的人際連結只要每個月指派一次座位便可改善，鼓勵大家與不同的人展開交談。

以下是一些我們可以協助達成這些成果、讓扶輪更能吸引潛在社員的好方法。首先，我們必須承認增加我們社的歸屬感十分重要，鼓勵扶輪社員利用一切機會來建立新的、更穩固的人際關係。世界各地的公衛專家憂心不斷增加的寂寞感——美國醫務總監甚至宣布寂寞

為流行病。心理健康專家同意找到有共同嗜好及興趣的群體及社團，是增強人際連結的好方法。這便是扶輪的重點所在。我們必須確認所有社員都完全參與，我們的社區更加認識我們這個固有的強項。

第二，如果貴社找到新方法來建立連結，請與我們分享你的故事 (mindhealth@rotary.org)，以便我們在扶輪世界中廣為宣傳。各位的良好構想可以啟發他人。把你的服務計畫故事發表在扶輪展示窗 (Rotary Showcase)。

最後，我鼓勵各位像這樣與貴社分享問卷的回饋，提出自己的想法來改善你的扶輪社體驗，滿足社友的期望。我們已經在推動的不只是關於心理健康。它還關於利用我們優秀組織的全部力量，協助讓所有社員感覺到他們隸屬的群體深深關懷他們個人的心理健康。

各位在扶輪所做強化人際關係——對於彼此之間及我們的服務對象——的每件事，也有助於改善心理健康。我們為改善心理健康所做的每件事，都有助於強化那些人際關係。讓我們延續這個善的循環。

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國際扶輪社長



A virtuous cycle

I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the

U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

R. GORDON R. MCINALLY
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