



Flourishing Health & Wellness: Leadership in Action among the Pingtung Community



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Introduction

Health is a comprehensive concept; it is not merely the absence of disease but also a state of complete physical, mental, and social well-being. My six weeks of service at the Taiwan Red Cross (Pingtung County) focused primarily on:

1. Promoting **physical health** by assisting in first-aid training and disaster prevention.
2. Engaging **mental wellness** through psychoeducation.

8-hour Basic Life Support (BLS)

A certificated course that covers basic first-aid skills, including

- Cardiopulmonary resuscitation (**CPR**)
- Use of automated external defibrillators (**AED**)
- Bandaging and bleeding control
- Heimlich Maneuver (choking relief)

15-hour Disaster Prevention Workshop

A certificated workshop that covers various disasters, including earthquakes, flooding, and tsunamis. Professionals educate participants on the **causes**, historical events related to disasters, **available resources** (e.g., shelters), and **channels** for disaster announcements.

Service Spot at Fo Guang Lecture Hall

Weekly community gatherings focused on the elderly. I hosted a session that introduced general psychology and **cognitive biases**.

- Presented three scenarios, asking the elderly whether they thought it was a good deal and why
- Revealed the psychological theories behind each scenario
- Related these theories back to local, real-life examples



Leadership in Action

Looking back, I must say the project did not go as planned. My initial proposal was to use "sound hunting" to gamify mindfulness practices for children. However, due to a mismatch in demographics and audience, I had to let go of my perfect plan, adapt, and be resilient.

The essence of LiA goes beyond the tangible products we deliver; it lies in the growth and transformations that emerge from each experience. Living in Taiwan has enriched my understanding and appreciation of the value of every interaction. Ultimately, this journey has taught me that even when outcomes differ from our expectations, the lessons learned and connections made are invaluable.

