

用處理情緒的方法來應付壓力

Coping with Stress through Managing Feelings

By

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發表的目的

Purposes of Presentation

1. 理解壓力

To understand stress

2. 學習用處理情緒的方法來應付壓力

To learn effective ways of coping with stress through managing feelings

壓力是什麼

What is stress?

- 壓力是身體對環境改變的適應
Stress is body's adaptation to change
- 壓力是生理及心理上作適應的準備 -- 是要抵抗或是要逃走
There are psychological and physiological changes that set the body into motion to prepare for fight or flight

壓力的影響

What can stress do?

- 適當的壓力會促進建設性的改變
Stress may be useful when it propels the individual to constructive changes
- 當一個人不能應付壓力的時候，壓力會成為問題
Stress becomes undesirable when the degree and intensity of change are beyond the capacity of the individuals to cope
- 過度的壓力能夠導致疾病
Overwhelming stress can lead to illness

壓力的四個來源

Four sources of stress

1. 環境
Environment
2. 社會的壓力
Social stressors
3. 身体的變化
Bodily changes
4. 思想
Thoughts

你對事情的解釋能斷定你的經驗
是輕鬆或是壓力

**How you interpret and label your
experience can serve either relax or
stress you.**

不同的壓力會產生不同生活的影響

**Various intensity of stress generate
different intensity of impact
on your life**

評定壓力對你生活的影響

Assessing the impact of large and small changes in your life: Holmes' Schedule of Recent Changes

Event 事件	No. of times	X	Mean value	=	
1. Trouble w/ the boss 和老板爭吵			23		
2. Argue w/ espouse 和妻子或者丈夫爭吵			35		
3. Divorce 離婚			73		
4. Vacation 去休假			13		
5. Change line of work 換工作			36		

分數的結果可能確定您得病的大小

The test score could determine your chance of getting sick in the near future

- **>300= 80% chance**
- **200-299=50%**
- **150-199=30%**
- **<150=low chance**

How to reduce stress?

如何減少壓力



Stress Reduction Techniques

- **Breathing** 深呼吸
- **Prayer and meditation** 禱告和靜思
- **Visualization** 視覺想像
- **Progressive relaxation** 逐漸放鬆肌肉
- **Goal setting and time management**
定目標和掌握時間的管理
- **Assertive training** 斷言地自我表達
- **Nutrition** 營養
- **Exercise** 運動
- **Practice spirituality** 實踐靈性

Managing feelings

處理情緒

Basic Principles:

基本原則：

1. Learn to recognize and describe your feelings.
學習如會認識和描述您的感覺
2. Learn to express your feelings appropriately.
學會自我適當的表達
3. Take care of your body needs.
照顧你的日常身体的需要

Managing feelings

處理情緒

General Principles:

基本原則：

4. Develop an effective time management strategy
發展一段有效的時間管理策略
5. Tap into your social and spiritual resources for help.
要用您人際和靈性方面的資源。
6. Know when to seek professional help.
當知道什麼時候需要尋找專業幫助。

1. Learn to recognize and describe your feelings.

學會認識和描述您的感覺

- Anxiety 憂慮
- Angry 生氣
- Confused 迷茫的
- Depressed 沮喪的
- Elated 興高采烈
- Envious 羨慕
- Furious 憤怒
- Joy 喜悅
- Love 愛
- Manic 狂躁
- Obsessive 縈繞
- Helpless 無能為力
- Hopeless 絕望
- Restless 不安定
- Sad 哀傷
- Tired 疲乏
- Violent 猛烈

Examples of anger words

生氣的詞:

- Aggravate 加重
- Annoy
- Bitter 苦澀
- Contempt 蔑視
- Disgust 反感
- Dislike 憎惡
- Frustrate 挫敗
- Hate 怨恨
- Irritate 激怒
- Revenge 報仇

How would you describe these?

- Jealous
- Mean
- Outrage
- Rage
- Resent
- Scorn
- Spite
- Wrath

Adapted from Marsha Linehan: Skills Manual for Treating Borderline Personality Disorder. The Guilford Press, 1993.

Emotion regulation exercises

調整情緒的鍛煉

- Recognize the event/s that produce feeling
認識導致情緒的事情
- Understand your interpretation of the event that prompt feelings
瞭解您對那事情的解釋
- Learn how you experience the emotions
學會您怎麼體驗情緒

Emotion regulation exercises

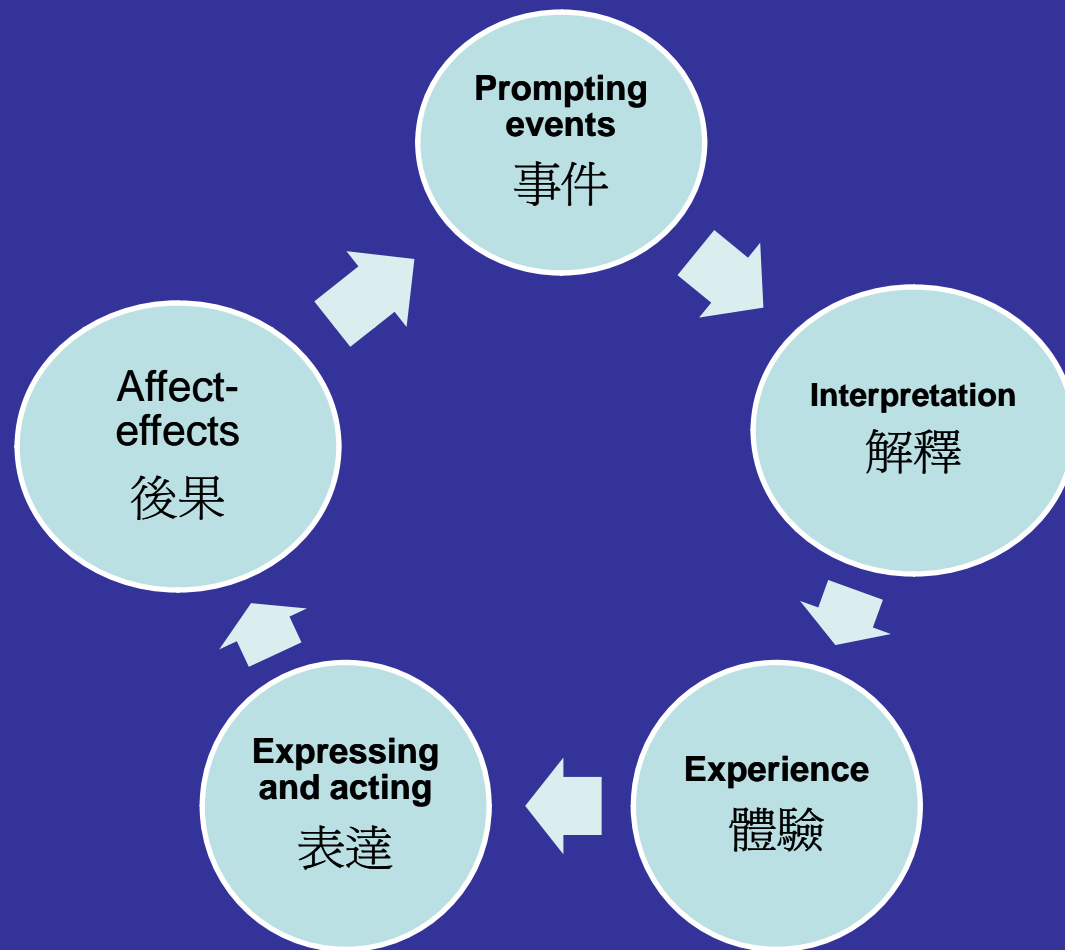
調整情緒的鍛煉

- Recognize how you express and act on feeling
認識您怎樣表達您的情緒
- Understand the after-effects of feeling
瞭解情緒的後果

Adapted From Marsha Linehan: Skills Manual for Treating Borderline Personality Disorder. The Guilford Press, 1993.

Emotion regulation exercises

調整情緒的鍛煉



Regulating your anger 調整生氣的鍛煉



Adapted from Marsha Linehan: Skills Manual for Treating Borderline Personality Disorder. The Guilford Press, 1993.

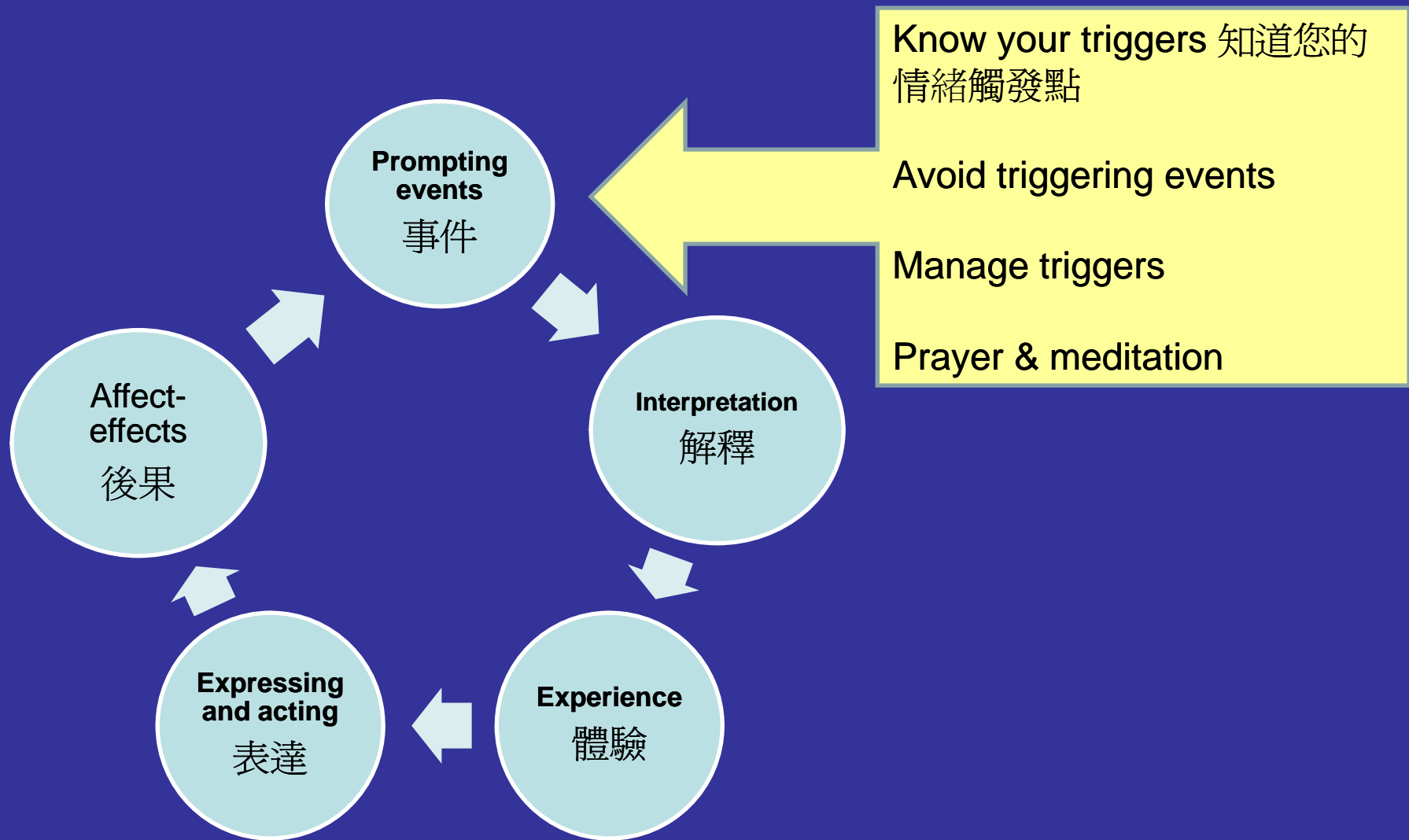
Regulating your emotions: love



Adapted from *Marsha Linehan: Skills Manual for Treating Borderline Personality Disorder*. The Guilford Press, 1993.

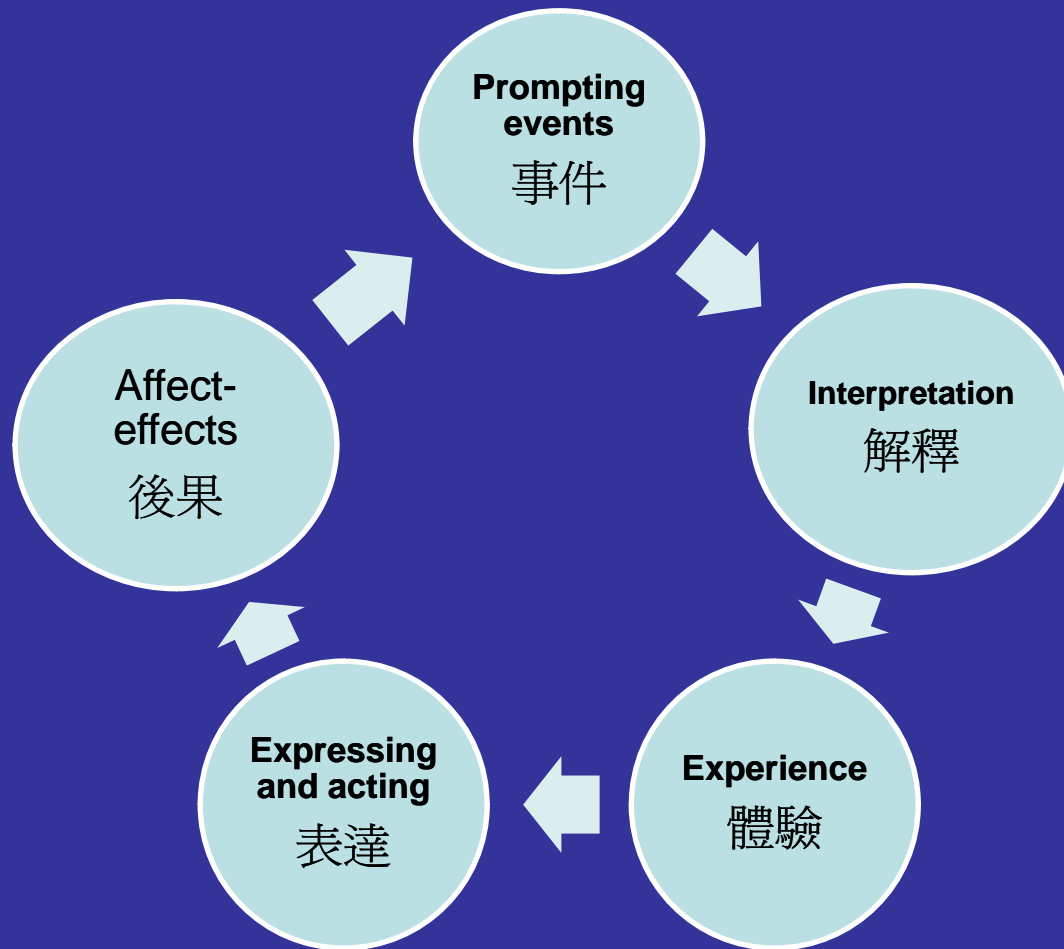
Emotion regulation exercises

調整情緒的鍛煉



Emotion regulation exercises

調整情緒的鍛煉



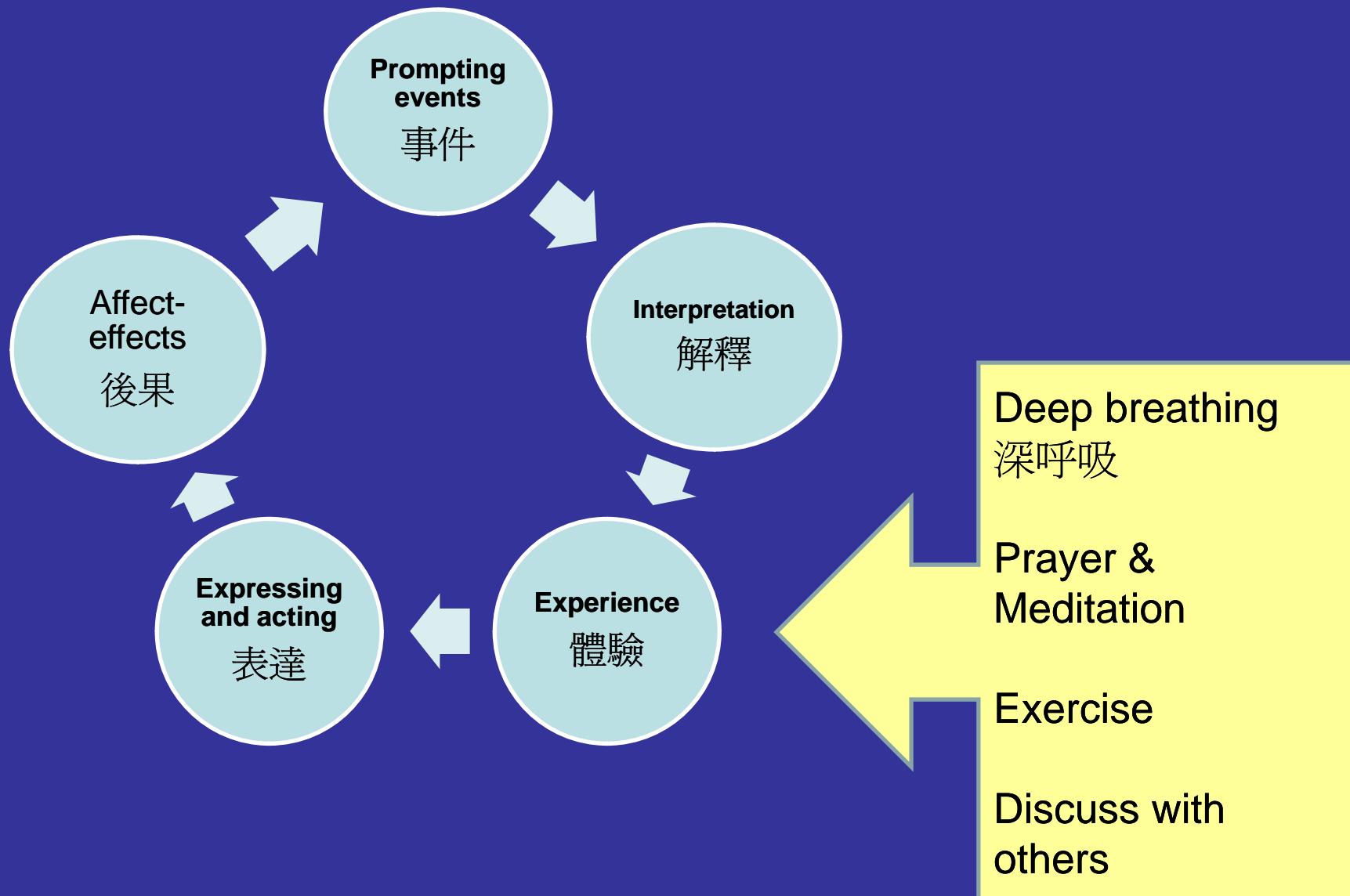
Rebut negative
Inner voice 反駁
您內在消極的
聲音

Cultivate self-
esteem 培養自
尊心

Practice
spirituality 實踐
靈性

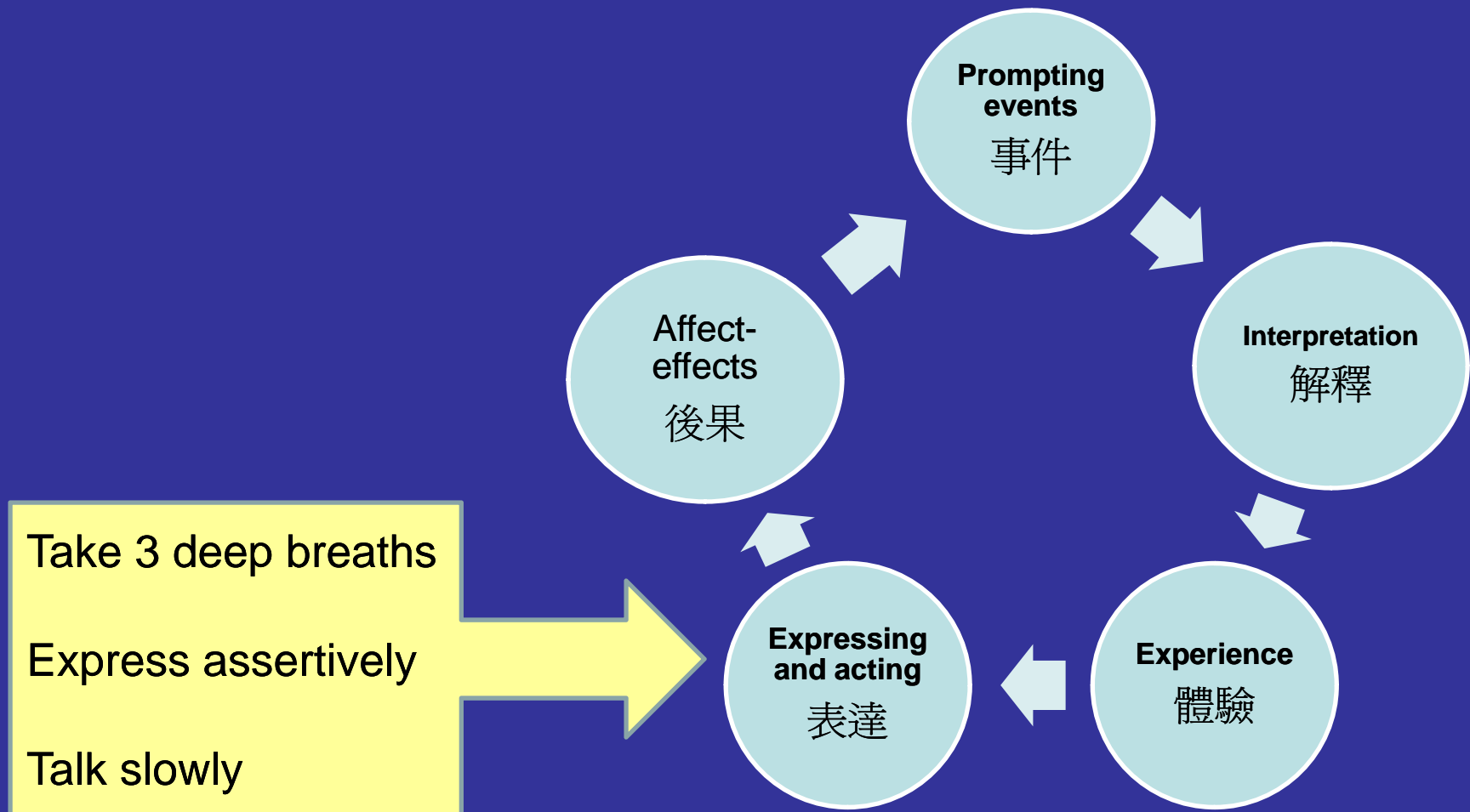
Emotion regulation exercises

調整情緒的鍛煉



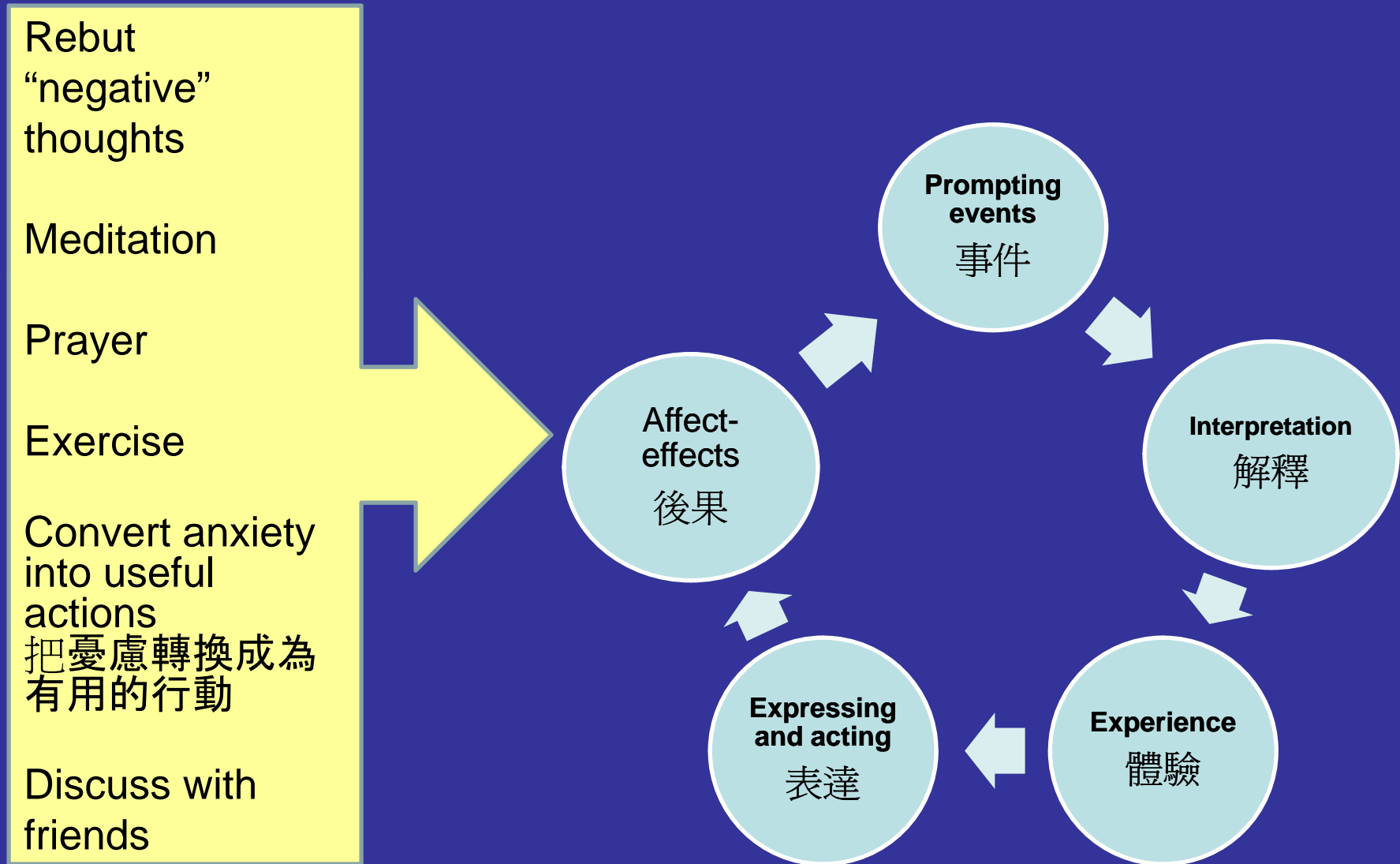
Emotion regulation exercises

調整情緒的鍛煉



Emotion regulation exercises

調整情緒的鍛煉



學會斷言地自我表達

2. Learn assertive communication

- 2.1 對事不對人
Focus on actions and not the person.
- 2.2 慢慢講話
Speak slowly.
- 2.3 告訴對方他的行為怎樣影響您
Tell others how their actions affect you.
- 2.4 告訴對方該作的行為
Tell what you expect the other person to do.

照顧你的日常身体的需要

3. Take care of your daily bodily needs

- **3.1 到外面得到新鮮空氣**
Get some fresh air outside

- 3.2 避免飢餓及缺少水**
Avoid Hunger and Dehydration

照顧你的日常身体的需要

3. Take care of your daily bodily needs

3.3 保持身體好姿勢

Maintain good body posture:

- 坏的身体形態能夠導致肌肉緊張，疼，和增多壓力。
- Hold your head and shoulders upright and avoid stooping or slumping. Bad posture can lead to muscle tension, pain, and increased stress.

照顧你的日常身体的需要

3. Take care of your daily bodily needs

3.4 控制你的疾病

Bring your illnesses under control

3.5 不要用可以上癮的酒精或者藥來治療你自己

Do not self-medicate with alcohol or drugs that may cause addiction

照顧你的日常身体的需要

3. Take care of your daily bodily needs



每星期五次做三十分鐘運動

30 minutes of moderate to vigorous activity five times per week.

- help manage stress and have impact on depression.
- Vigorous walking for about an hour a day five times a week can chop a dozen years off the biological age of persons 64 and older.

照顧你的日常身体的需要

3. Take care of your daily bodily needs

3.7 獎賞你自己

Reward yourself



- Read a book
- Take a warm bath
- See a movie
- Take your spouse to dinner
- Pat yourself on your back

開發一段有效的時光管理戰略

4. Develop an effective time management strategy

4. 生活要有目標。要好好掌握時間

- Life must have a goal. Use your time wisely.

定目標和掌握時間的管理

Goal setting and time management



- 設立可以實現的目標
Set realistic goals
- 訂立行動計劃
Develop an action plan
- 把計劃分成可以處理的部分以及定一個能完成的時間
Break plan into manageable parts and time
- 每天做已計劃的事情
Do planned tasks every day

4. How to organize your day.

- 把你最好的時間放在你的最重要的事情上
Put your best time behind your most important tasks
- 瞭解您的身體節奏和能量
Understand your body rhythm and energy level
- 不要延遲
Do not procrastinate (avoid distractors)

幸福的百分比

4. The happiness quotient

Tasks you accomplished

一天完成的事情

—————

一天決定要做的事情

Tasks you set out to do

× 100 =

一天的成功率

% of daily goal attainment

你要感覺快樂已經完成一天該做的事情

Feel good about what you've accomplished each day.

5. 運用你人際和神方面的資源。

Use your social and spiritual resources for help.



5.1 維持你的朋友的朋友圈

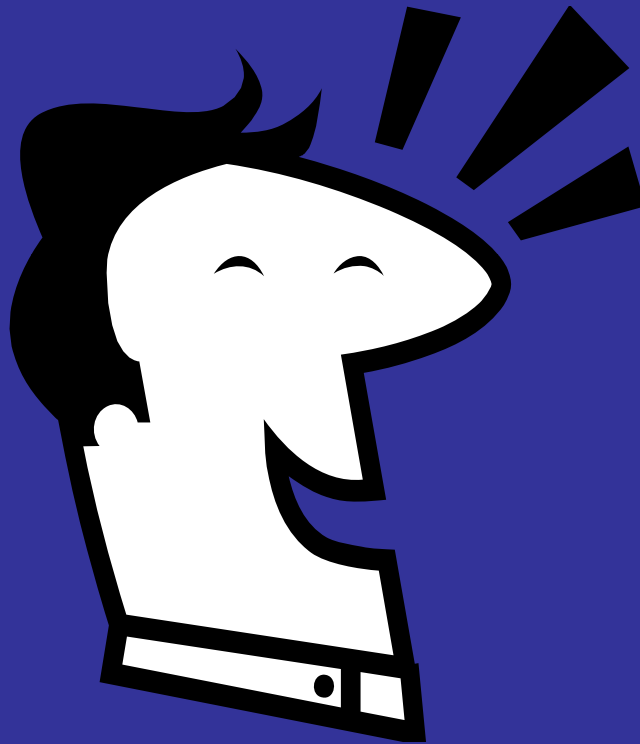
**Maintain your
circles of friends**

跟你的妻子或丈夫一起散步。
跟你的小孩一起玩

**Play with your kids,
take a walk with your
espouse after dinner.**

5. 運用你人際和神方面的資源。

Use your social and spiritual resources for help.



5.2 維持令人愉快的態度

**Try to maintain a
cheerful attitude**

“Anticipation of laughter may reduce release of stress hormones (38 to 70%) that can weaken your immune system over time.”

5. 運用你人際和神方面的資源。

Use your social and spiritual resources for help.

- 5.3 調整你私人和家庭中的需要條款

Make necessary adjustments in your personal and family needs

- 財政 Finance
- 假期 Vacation
- 娛樂 Entertainment
- 教育 Education

5. 運用你人際和神的資源。 Use your social and spiritual resources for help.

- **5.4 利用神的資源**
Draw on spiritual resources
- **Spirituality gives meaning to life**
靈性給生活有意思
- **Positive spirituality can prolong life**
正面靈性會延長生命
 - **A Duke Medical Study among 4000 men and women 64 yrs and older of all faith, showed that the relative risks of dying was 46% lower for those who frequently attended religious service**

正面靈性的好處

Advantages of positive spirituality

禱告和信仰會加速病症的復原：

消沉精神病、酒精中毒、臀部的手術、藥物上癮、中風，風濕性關節炎、心臟病發作和旁路手術

- **Prayer and faith speed recovery from depression, alcoholism, hip surgery, drug addiction, stroke, rheumatoid arthritis, heart attacks and bypass surgery**

正面靈性的好處

Advantages of positive spirituality

- 禱告會降低血壓
- **Prayer lowers blood pressure**
- 禱告會促進更加健康的免疫系統
- **Prayer induces healthier immune system**

正面靈性的好處

Advantages of positive spirituality

- 在**232**名心臟手術患者之中, 禱告和宗教信仰增加生存率
- **Prayer and religious faith increases survival rate among 232 heart surgery patients (Dartmouth Study)**

聖經對壓力處理的忠告

Biblical advices on stress management

- 所以不要為明天憂慮· 因為明天自有明天的憂慮· 一天的難處一天當就夠了。
- Handling problem one day at a time
(Matt 6:34)
- 生氣卻不要犯罪· 不可含怒到日落·
- Don't let anger carry into the night
(Eph 4:26)
- 凡勞苦擔重擔的人、可以到我這裏來、我就使你們得安息
- Cast your burden unto God (Matt 11:28)

聖經對壓力處理的忠告

Biblical advices on stress management

- 主說、伸冤在我·我必報應。
Vengeance belongs to the God
(Roman 12:19)
- 你們的話、是、就說是·不是、就說不是·若再多說、就是出於那惡者。〔或作是從惡裏出來的〕
- Learn to communicate effectively
(Matt 5:37)

Biblical advices on stress management

你們的言語要常常帶著和氣、好像用鹽調和、就可知道該怎樣回答各人。

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. Col 4:6

6. Know when to seek professional help. 當知道什麼時候需要尋找專業幫助。

6.1 When the intensity of feelings is:

當您的情緒

- Getting out of control. E.g. suicidal or homicidal feelings and thoughts.
失去控制。即有自殺或殺人的感覺和想法。
- Interfering with work.
影響您的工作。
- Affecting your health.
影響您的健康

6. Know when to seek professional help. 當知道什麼時候需要尋找專業幫助。

6.1 When the intensity of feelings is: 當您的情緒

- Causing chronic unhappiness.
一直使您不快樂。
- Affecting your relationship.
一直使您在人際的關係有困難
- Have exhausted your own coping methods
當您用盡了所有您自己應付的方法

謝謝你
Thank you

請說出您現在面對的一個壓力
並且描述您要怎樣去處理它

Name a stress you're facing
now and describe how you are
going to manage it.