

# 压力和韧性

在灾难中生存, 学习, 和成长



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# 内 容

- 新冠病毒灾难和心理健康---4.4.2020
- 哀思的心理经历和康复 ---4.11.2020
- 同伴互助的心理康复—4.18.2020
- 新冠病毒灾难的文化冲突和心理反应 ---4.25.2020

# 李医生的遭遇

- Lucy Li is an anesthesia resident doctor at Massachusetts General Hospital (MGH)
- Verbal threatened by a stranger male on a street
  - “Why are you Chinese people killing everyone?”
  - “What is wrong with you? Why the f\*\*\* are you killing us?”
- “mostly terrified”, “very scared, mixed with a lot of sadness,” “anger”
- Report to campus police, department chair, director
- Increase visibility

CORONAVIRUS | 45,913 views | Apr 14, 2020, 06:00am EDT

## Boston Doctor Becomes Victim Of COVID-19 Racism. Here Is How We Should Respond



Jacquelyn Corley Contributor

Healthcare

*I explore topics in global health, discuss policy and gender equity issues in healthcare and also provide insights from a doctor's perspective.*



# Pandemic and ethnicity

## 流行疾病与种族

Pandemic 疾病	Year 年份	Ethnicity/Group 种群/人群
Yellow Fever	1853	European
HIV		LGBTQ
SARS	2011	East Asian
Ebola	2014	African
COVID-19	2020	Asian/Chinese

**Stigma, to be honest, is more dangerous than the virus itself**

----- Tedros Adhanom Ghebreyesus,  
the WHO director-general

# COVID-19 and Racism/Stigma

Approach 方式	US 美国	China 中国
Verbal	China virus, Wuhan virus, racial slurs, threats	Anti-Wuhanese
Behavioral	Physical intimidation, bullying	Reject
Policy	Travel restriction	Block Roads

## For Asian Americans, There Are Two Pandemics: COVID-19 And Daily Bigotry

*“The person called my Filipino mother a ‘Chinese coronavirus bitch’ and said that both of my parents are ‘bearers of the virus.’”*

*“The person called my Filipino mother a ‘Chinese coronavirus bitch’ and said that both of my parents are ‘bearers of the virus.’”*

By Brittany Wong

03/25/2020 02:55pm EDT | Updated March 26, 2020



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**Race**

## Survey of Covid-19 racism against Asian Australians records 178 incidents in two weeks

Community group has recorded 12 incidents a day since 2 April, as Queensland police condemn rise in racism amid coronavirus

● [Sign up for Guardian Australia's daily coronavirus email](#)

- Just over 60% of the self-reported incidents included racial slurs, 21% included verbal threats and 15% included physical intimidation such as being punched or shoved.
- Over a third occurred on a public street, 23% occurred in supermarkets, 15% on public transport, 12% in shopping centers and 11% in public parks and community areas.

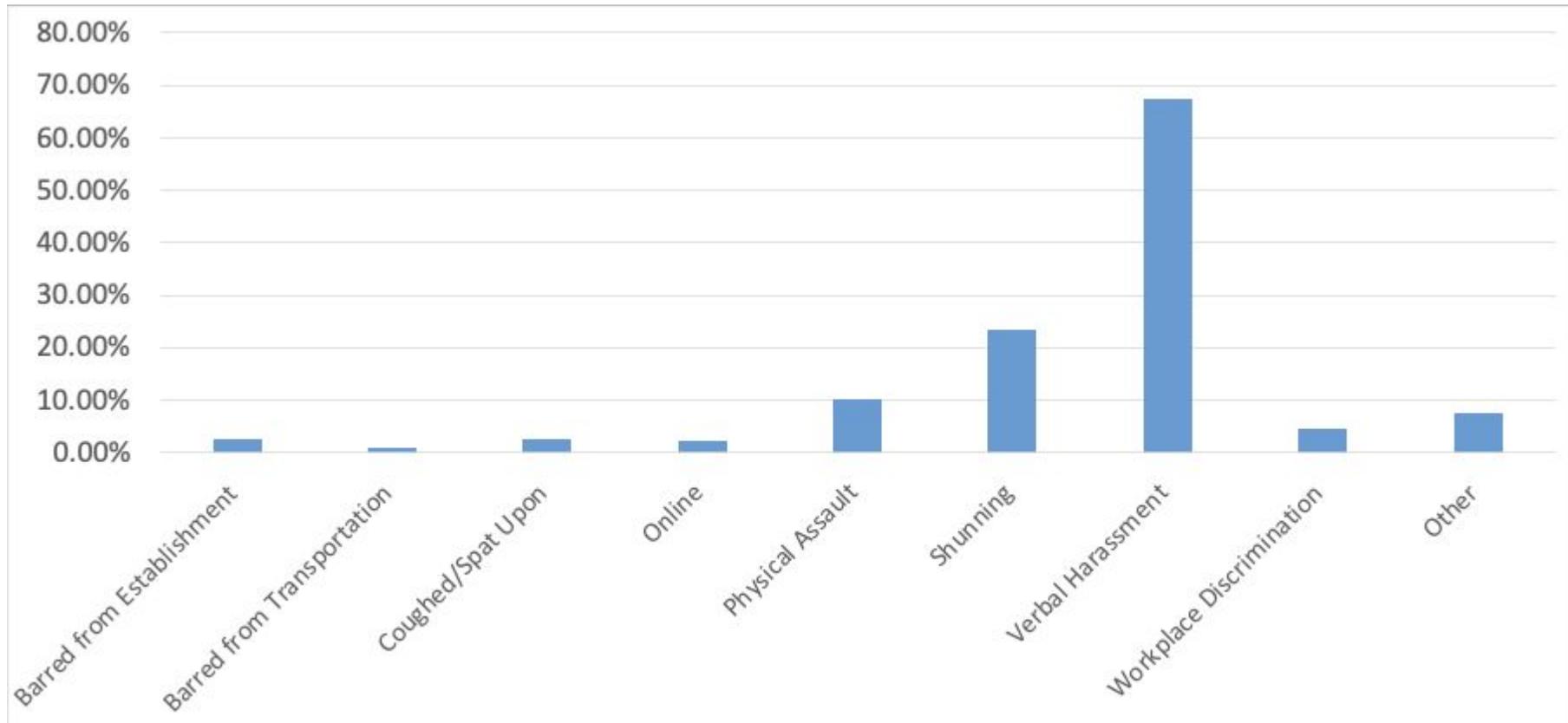
# INCIDENTS OF CORONAVIRUS DISCRIMINATION

## March 19-25, 2020, A Report for A3PCON and CAA

### Russell Jeung, PhD

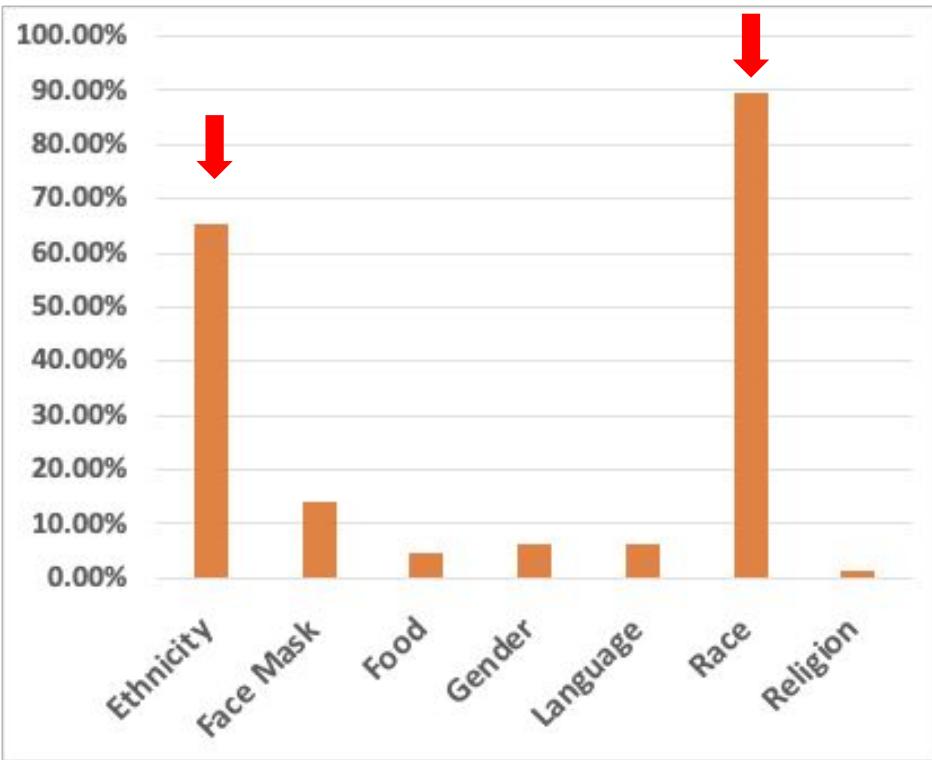
San Francisco State University Asian American Studies March 25, 2020

TYPE OF DISCRIMINATION	%
Barred from Establishment	2.4%
Barred from Transportation	1.0%
Coughed/Spat Upon	2.7%
Online	2.2%
Physical Assault	10.0%
Shunning	23.5%
Verbal Harassment	67.3%
Workplace Discrimination	4.6%
Other	7.4%



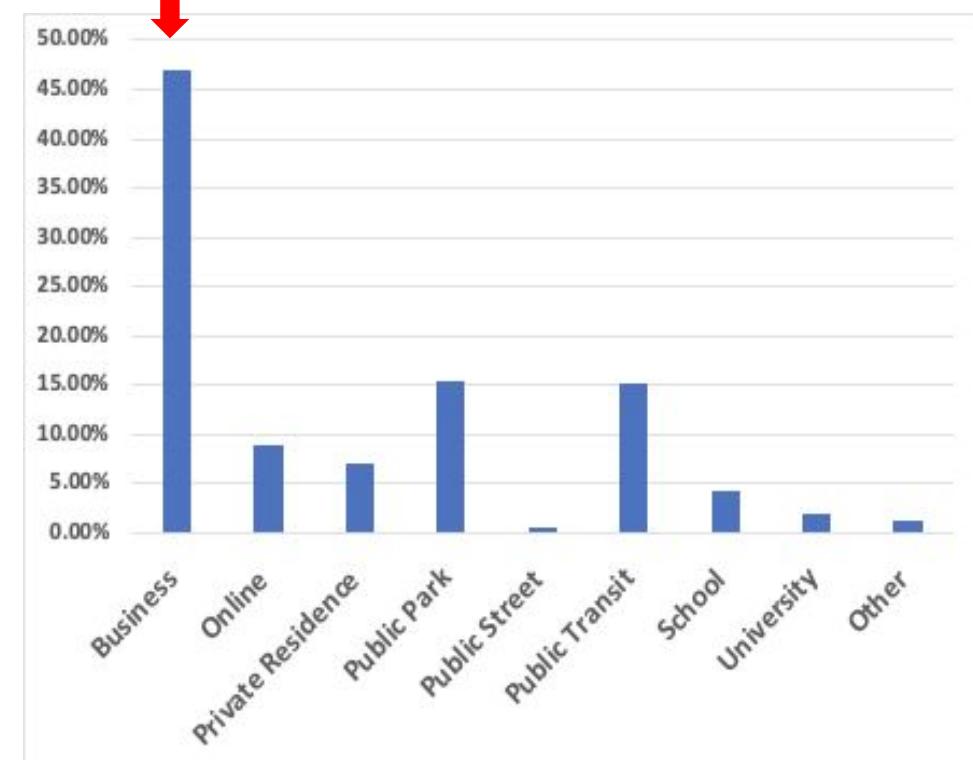
## REASON FOR DISCRIMINATION

歧视诱因

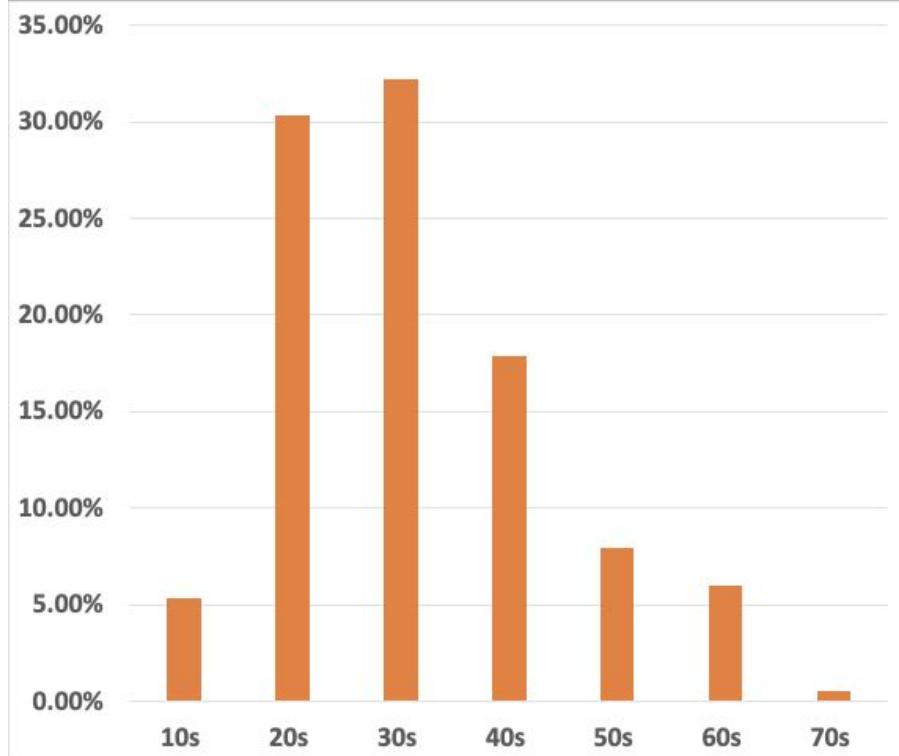


## SITE OF DISCRIMINATION

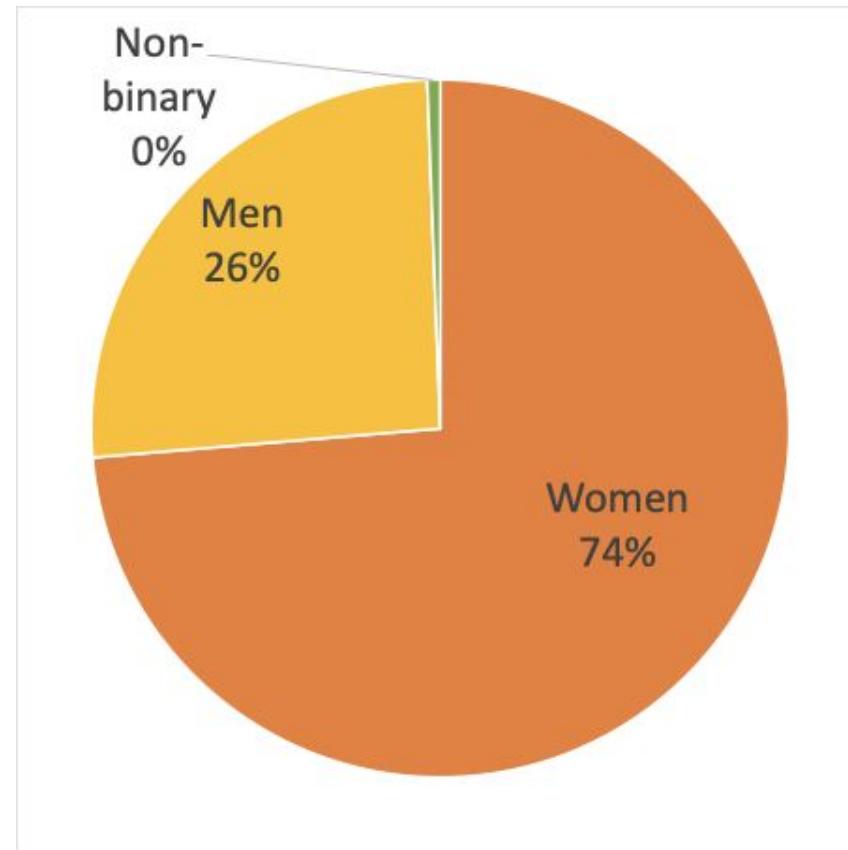
歧视场合



AGE  
年龄



GENDER  
性别



# Modern racism and discrimination (现代歧视)

---Swim, Aikin, Hall, Hunter 1995

- Modern racists deny there is prejudice and discrimination against minority groups.
- They show annoyance and impatience at the fact that minority groups demand equal treatment with the majority group.
- They have feelings of resentment at the prospect of minority groups receiving positive action to assist them.
- 拒绝承认对少数族裔的偏见与歧视
- 对少数族裔团体所要求的平等权利表现出厌烦和不耐烦
- 对少数族裔所受到的帮助而感到不满

# Psychological Factors in Racism

## 种族歧视的心理因素

- Fear 恐惧
- Territory 领地意识
- Projection 投射
- Unconscious bias 不自觉的偏见  
*The Unconscious: Theory, Research, and Clinical Implications,*  
Joel Weinberger, Valentina Stoycheva, 2019
- Cognitive Dissonance (Festinger, 1957) 认知失调

# Response and Cope

## 回应与应对

- Correct: Call it out every single time
- Educate:
- Report
- Resist
- Sense of belonging
- Engage in self-care and healing
- Find meanings of disaster
- Access trustworthy resources
- 纠正 : 每次遇到都直接指出
- 教育
- 举报
- 拒绝
- 归属感
- 自我关爱与疗愈
- 在灾难中找寻意义
- 使用可信赖的资源

# Resources

- <https://docs.google.com/document/d/1GrseILJIOFiNOzeQT3X3aizokLM4NvXp7vCP4W-jm8/edit?usp=sharing>
- [http://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/?emc\\_i=e56b7667-966f-ea11-a94c-00155d03b1e8&emdi=eb9981ed-af6f-ea11-a94c-00155d03b1e8&ceid=2476624](http://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/?emc_i=e56b7667-966f-ea11-a94c-00155d03b1e8&emdi=eb9981ed-af6f-ea11-a94c-00155d03b1e8&ceid=2476624)
- <https://www.psychologytoday.com/us/blog/healing-through-social-justice/201911/radical-self-care-in-the-face-mounting-racial-stress>