

# 压力和韧性

在灾难中生存, 学习, 和成长



# 许珂

- 耶鲁大学医学院精神科副教授
- 美国康州退伍军人医院精神科主治医生
- 耶鲁大学精神科住院医生
- 美国国立卫生研究院博士后
- 广州精神病医院精神科医生
- 华西医科大学学士, 硕士, 博士

# 疫情期间居家隔离带来的压力（成人）

## Stress at home during COVID-19 (Adult)

- Communication problem ○ 沟通障碍
- Space ○ 空间
- Judgmental and lack of empathy ○ 对别人妄加批评、缺乏同理心
- Work-life balance ○ 工作-生活平衡
- Parenting ○ 教育子女
- Financial challenge ○ 经济困难
- Domestic violent ○ 家庭暴力
- Substance abuse ○ 滥用药物

# 推荐做的事 What to do

- Active listening
  - Clarification
  - Remembering
  - Understanding
  - Evaluation
  - Response
- Positive communication
- Show appreciation
- Non-judgmental
- Empathic expression to each other
- Give each other space
- To connect each other, e.g. read and discuss a book
- 主动倾听
  - 澄清
  - 记忆
  - 理解
  - 评估
  - 回应
- 正向的交流
- 表达你的赞赏
- 不做主观臆测、妄加评论
- 有同理心地表达
- 给彼此空间
- 建立连结, 如:一起读书、共同讨论

# 推荐做的事 What to do (Cont'd)

- Listen to music
- Have a family plan
- Do things together:
- Online couple therapy
- Focus on little things
- Countdown 10
- 听音乐
- 制定一个家庭计划
- 一起做事情
- 线上婚姻咨询
- 专注于完成小事
- 倒数10个数

# 家庭暴力 Domestic violence

如遇家庭暴力, 可拨打以下热线

Contact the National Domestic Violence Hotline anytime by calling

**1-800-799-SAFE (7233)**

<https://www.thehotline.org/help/>

# 新冠疫情居家相关的压力(儿童)

## Stress at home during COVID-19 (Children)

Challenge of distance learning

远程学习相关的困难

Emotional stress

情绪压力

Behavioral problem

行为问题

Poor concentration and focus

注意力不集中

Disconnection with peers

和伙伴中断联系

# 如何向儿童讲述新冠疫情

## Talk to children about COVID-19

- 询问孩子对新冠病毒有哪些了解。简洁、诚实地回答孩子的问题，并尽可能安慰他们，向他们保证你知道如何保护家人的安全。

Ask children what they've known about COVID-19. Answer simply and honestly and provide as much reassurance as you can, assuring them that you know how to keep your family safer.

- 问问孩子的感受。用语言表达你自己的情绪，比如焦虑、担忧、悲伤等等。

Ask them how they feel. Use words to share your own feelings (anxious, worried, sad, and so on).

- 孩子可能会重复问问题，这很正常，你要做好多次回答同一个问题的准备；孩子可能会用重复提问的方式来表达他们的担心。

Be prepared to answer the same question more than once; repeating the same question may be how your child expresses concerns.

# 如何向儿童讲述新冠疫情

## Talk to children about COVID-19

原则: 坦诚, 安全感, 合适, 尊重

Principle: **honest, security, appropriate, respect**

- 坦诚地面对自己的情绪 Be aware of your own feelings: be honest.
- 回答之前先思考 Think before you answer
- 坦诚地说:“我不知道, 让我们一起来了解一下。”也是可以的  
It's ok to say "I don't know yet, let's find it out"
- 提醒你的孩子, 现状(以及我们当下的感受)是暂时的, 事情不会永远这样  
Remind children that this situation (and the feelings we're having) will not last forever.
- 倾听孩子的声音 Listen to your child.
- 尊重孩子的担忧 Respect children's concerns.

# 如何向儿童讲述新冠疫情:一些资源

## Talk to children about COVID-19

- Supporting Kids During Coronavirus (COVID-19) (National Child Traumatic Stress Network)  
<https://www.nctsn.org/sites/default/files/resources/fact-sheet/supportingchildren-covid-factsheet.pdf>
- Talking to Kids about Coronavirus (American Academy of Child and Adolescent Psychiatry)  
[https://www.aacap.org/App\\_Themes/AACAP/Docs/latest\\_news/2020/Coronavirus\\_COVID19\\_Children.pdf](https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf)
- Talking with Children about Coronavirus Disease (Center for Disease Control)  
[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)
- Sesame Street: Talking with Children about COVID-19  
[https://cdn.sesamestreet.org/sites/default/files/media\\_folders/Images/PDF3V3.pdf?ga=2.240171201.317656769.1588079371-2146768227.1588079371](https://cdn.sesamestreet.org/sites/default/files/media_folders/Images/PDF3V3.pdf?ga=2.240171201.317656769.1588079371-2146768227.1588079371)

# Yale Child Study Center 耶鲁儿童研究中心

[https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/Parents%20Guide-Helping%20Children%20Cope%20with%20COVID-19%20Pandemic-FINAL%20VERSION\\_386421\\_284\\_28977\\_v1.pdf](https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/Parents%20Guide-Helping%20Children%20Cope%20with%20COVID-19%20Pandemic-FINAL%20VERSION_386421_284_28977_v1.pdf)

## Helping Children Cope with the COVID-19 Pandemic

### Helping Children Cope with the COVID-19 Pandemic



This tip sheet is meant to help parents and caregivers address their children's concerns and worries arising from the COVID-19 pandemic and the disruptions of normal life that we are experiencing. These guidelines are intended to help caregivers identify and address signs of adjustment difficulties in children and teenagers and suggest ways to talk to them about their fears and concerns.

Children always benefit when caregivers are able to listen, understand and respond to their thoughts and feelings. While being a parent is not always easy, during stressful times it can be especially hard to know what's going on with kids. Understanding what our children are experiencing is the first step to knowing how to best respond to their distress. In the table below, some reactions that children and adolescents may be having are presented in the left-hand column and ideas for how caregivers can help children and adolescents are presented in the right-hand column.

I want you to know that:	You can help when you:
I'm worried because I really don't understand what COVID-19 is.	<ul style="list-style-type: none"><li>Remember that avoiding the topic could make me worry more.</li><li>Remind me that when I tell you about my thoughts and feelings, you can help me find ways to be less worried.</li><li>Ask me to tell you what I have heard about COVID-19 and what I'm thinking and/or feeling.</li><li>Based on what I've told you, answer my questions simply and honestly, providing me with as much reassurance as you can.</li><li>Give me enough information so I feel informed, but not so much that I feel overwhelmed.</li><li>Encourage me to talk to you about information about COVID-19 that I may be hearing in the news or on social media.</li></ul>
I'm worried and anxious that the people I love will get sick, or that I will get sick.	<ul style="list-style-type: none"><li>Remember that I'm looking to you for guidance and comfort. When you are calm, I feel reassured.</li><li>Ask me to share details about my worries about your health, my health, and the health of others whom I care about.</li><li>Reassure me that you are taking good care of yourself.</li><li>Remind me that we are protecting ourselves and helping to keep others safe by physically distancing.</li><li>Let me know that I can talk to you and ask you questions whenever I have these worries.</li><li>Help me to create and maintain daily routines so that my life can feel more predictable, and I can feel less anxious.</li><li>After we've talked about my worries, help me get back to activities that occupy my mind in other ways (music, movies, books, games, schoolwork).</li></ul>

Developed by the Childhood Trauma Center  
at the Yale Child Study Center



Yale Medicine | Yale SCHOOL OF MEDICINE

# 放松技巧 Relaxation

呼吸练习 Breathing

肌肉放松练习 Muscle relaxation

想象放松练习 Imagine relaxation



## 反思、问题、讨论

## Questions and Reflections