

# 压力和韧性

在灾难中生存，学习，和成长



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# 内 容

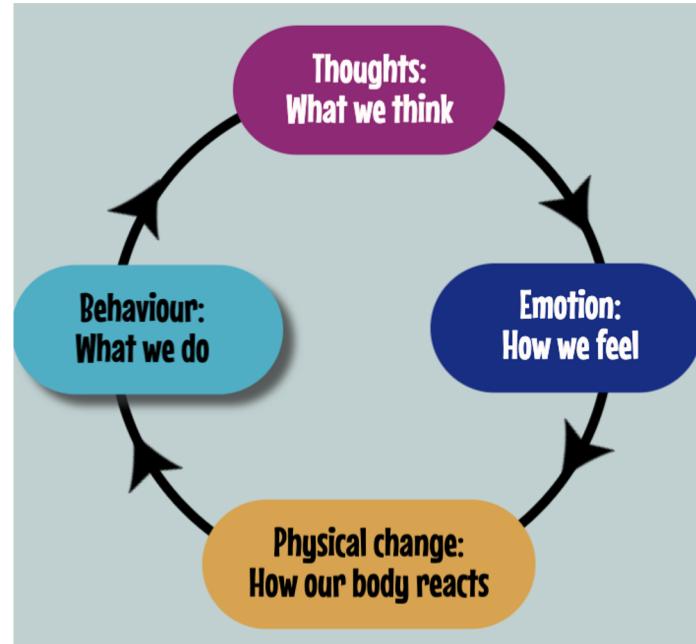
- 新冠病毒灾难和心理健康---4.4.2020
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# Anxiety

# 焦虑

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.

People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat.



## The vicious cycle of anxiety

Adapted from the *Encyclopedia of Psychology*

Source : <https://www.apa.org/topics/anxiety/>

<https://mylungsmylife.org/topics/group-1/your-mood-and-anxiety/vicious-cycle-of-anxiety/>

Words to describe anxiety: listen to peers' words to  
describe his/her mood

描述焦虑情绪的词汇：聆听同伴是如何描述ta的情绪的

stressed, scared, fear, afraid, nervous, panic, shaken up, jittery,  
worried, worked up, butterflies in the stomach

压力大，害怕，恐惧，紧张，惊慌，恐慌，担忧，神经过敏  
的，战战兢兢，紧张不安，发抖，激动，生气，忐忑不安，  
七上八下，发抖

## 一些焦虑情绪的迹象

### Phrases that show signs of anxiety

- “I can't catch my breath”
- “I always feel like I need to do something...”
- “The thought of X makes me panic”
- “Sometimes the fear is so overwhelming I feel like I can't move/think/overcome it...”
- “I often break out in a cold sweat...”
- “I just can't stand the pace...”
- “I can't stop worrying...”
- “Am I crazy??”
- “我喘不过气来了”
- “我总是觉得我需要做些什么...”
- “一想到这个我就慌/害怕...”
- “有的时候这种恐惧让我没法呼吸/思考/做任何事情...”
- “我怎么老出冷汗...”
- “我真的受不了了..”
- “我没法不担心...”
- “我是不是疯了？”

## 焦虑症的一些症状

### Symptoms and Behaviors of Anxiety

1. excessive worrying
2. feeling agitated
3. restlessness
4. fatigue
5. difficulty concentrating
6. irritability
7. tense muscles
8. trouble falling or staying asleep
9. panic attack
10. avoiding social situations
11. irrational fears

1. 过度担忧
2. 感到不安（包括手心出汗，手抖，嘴干，脉搏过快等）
3. 焦躁（感觉坐立不安）
4. 疲劳
5. 无法集中注意
6. 易怒
7. 肌肉紧张
8. 难以入睡，易醒
9. 惊恐发作
10. 避免社交场合
11. 不合理的恐惧

## 关于焦虑症的临床诊断

### Clinical Anxiety: DSM-V Diagnosis Criteria

- Categories of Clinical Anxiety 焦虑症的临床分类
  - Generalised anxiety disorder (GAD) 广泛性焦虑障碍
  - Panic disorder 惊恐症
  - Phobias, Specific Phobia 恐惧症
  - Social Anxiety Disorder 社交恐惧症
  - PTSD 创伤性应激综合症
  - OCD 强迫症

# 焦虑症状的自己我调节

## Anxiety Management Strategies

- slow breathing
- progressive muscle relaxation
- get enough sleep
- try to stay in the present moment
- healthy lifestyle
- challenge your self-talk
- take small acts of bravery
- plan worry time
- get to know your anxiety
- be kind to yourself

- 尝试放慢呼吸
- 练习逐渐放松肌肉
- 保证充足的睡眠
- 尝试专注当下（正念练习）
- 养成健康的生活习惯（饮食健康、运动等）
- 尝试挑战自己的思考方式（从不同角度考虑问题）
- 一步步来（一点点尝试接近让你感到焦虑的事物）
- 给自己计划一些可以担忧的时间
- 了解、记录你的焦虑
- 善待自己

# 帮助惊恐发作（Panic Attack）的朋友

## Help a friend undergoing panic attack

It's understandable to feel frightened if someone you care about experiences a panic attack – especially if it seems to happen without warning. But it can help if you:

- **try to stay calm**
- **gently let them know** that you think they might be having a panic attack and that you are there for them
- encourage them to **breathe slowly and deeply** – it can help to count out loud, or ask them to watch while you gently raise your arm up and down
- encourage them to **sit somewhere quietly** until they feel better.
- **You should never encourage someone to breathe into a paper bag during a panic attack.** This isn't recommended and it might not be safe.

Source: (<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/for-friends-family/>)

当身边的人出现惊恐发作的症状时，你也许会一时间不知所措，这是可以理解的反应。但以下方式可以帮助到你的朋友：

- 保持镇静
- 轻柔地告诉朋友ta可能正在经历惊恐发作
- 让朋友缓慢地呼吸
- 让朋友坐在安静地地方
- 不要让朋友用纸袋呼吸，只会加重症状

## 注意事项：需要做什么

### Dos

- Listen to the words carefully 仔细倾听同伴的话语和表述
- Clarifies the meaning of warning signs (words, phrases, body language, etc.) 向同伴询问、澄清“警示”现象的意义
- Reflection (echoes peer's words) 回应：附和同伴的话语
- Show empathy 展现出同理心
  - “I am here for you”“我陪你”
  - “You're not alone in this”“你不是一个人”
  - “I might not understand exactly how you feel right now, but I want to help you”“我虽然可能无法完全理解你的感受，但是我想帮助你”
  - “Tell me what I can do to help”“告诉我，我可以怎么帮助你？”

## 注意事项：需要做什么

### Dos

- Be helpful: 提供帮助
  - Educate yourself about what type of anxiety your peer has 了解你同伴具体的焦虑症情况
    -
  - Do activities that can alleviate anxiety with your peer, such as exercise/yoga, doing meditation or breathing exercise together 和同伴一起做一些缓解焦虑的活动, 如运动、瑜伽、冥想、呼吸练习等。
  - Work through a hierarchy of things that your peer is putting off due to anxiety, such as setting up a weekly “power hour” to tackle something your peer has been avoiding due to feeling overwhelmed 和同伴一起列出让ta感到焦虑的、回避的事情, 并设置每周有一定的时间去克服这件事情。

## 注意事项：需要做什么

### Dos

- Be helpful: 提供帮助
  - Destigmatize your friend's experience of anxiety "正常化"同伴的焦虑经历, 让ta不感到羞耻。
  - be aware of the reassurance-seeking trap 意识到同伴常常想要寻求消除疑虑的保证。
  - be present with the peer when he/she is having an anxiety attack and help them concentrate on slow breathing 当朋友惊恐发作时, 陪在ta身边, 帮助他们专注在呼吸上, 缓慢的呼吸。
  - Encourage your peer to face their fears and celebrate their success 鼓励同伴面对ta们的恐惧, 并庆祝他们的进步

## What to Say 可以说些什么

- I know you are uncomfortable and scared, but you will get through this;
- As inconvenient as they are, these are your feelings and you will figure them out;
- I know you are scared, and I am standing with you;
- We'll get through this together.
- What can I do to help?
- Would it help if I just sat here with you?
- I'm always here for you, no matter what's going on
- Would you rather I just listen?

- 我知道你现在很不安/害怕，但是你可以挺过去的
- 这些想法真的很烦，它们是你的情绪，你会有办法理解它们的
- 我知道你很害怕，我陪你
- 我们会一起度过这个困难的时期的
- 有什么我可以帮助你的吗？
- 我就坐在这里陪你，可以吗？
- 我会一直在这儿的，不管发生了设么
- 你希望我听你说说吗？

## 注意事项：不要做什么

### Don'ts

- Dismiss your peer's feeling 否定同伴的情绪：
  - “calm down, there's no reason to be anxious” 冷静一点，没什么好焦虑的
  - “there's nothing to be afraid of” 没什么好怕的呀
  - “you don't have to be afraid” 你没必要怕呀
  - “everyone gets stressed --this is so normal.” 每个人都会有压力，这太正常了
- Ask too many questions or give suggestions 提太多问题或给建议
  - Even if you don't mean it that way, your questions and suggestions can feel like judgment and pressure 你的建议和问题可能会听起来像评价或是施压，即使你自己不这么觉得
  - “just stop worrying and you'll feel so much better.” “别担心了，你就会好的。”



## 反思、问题、讨论 Questions and Reflections