

「在工作中發現微笑—紓解壓力，促進健康」

# 第六岸巡總隊 心輔巡迴教育有感

“ Finding Smile At Work – Releasing Pressures and Promoting Health” – Thoughts On Education Tour From The Psychological Counselor, The Coast Patrol Corps 6.

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由於去年底役期縮減以至於人力暫時短缺，一線單位弟兄們都面臨勤務工作量增加、壓力變大的情況。為提供弟兄們對壓力的認識與有效紓解壓力的方法，第六岸巡總隊心輔官特於安排至轄屬各安檢所及勤務中隊為弟兄們講授「在工作中發現微笑—紓解壓力，促進健康」課程，以期海巡弟兄們能有健康的身心來完成勤務，減低單位危安因素發生，並以正確及健康的態度在單位服役。

現代社會工作繁忙，憂鬱症成為人們最常見也最畏懼的文明病，而壓力正是造成憂鬱症的最大原因，因此現在人人皆「聞壓色變」。然而壓力並非是工作的絆腳石，相反地適當的壓力是有助於工作成效。心理學家發現工作成效與壓力大小的關係成一鐘型曲線，過於輕鬆或是壓力過大時都會使得工作表現變差，唯有存在適度壓力時方能得到最佳工作成效。因此無須畏懼壓力的來臨，因為這可能是一次工作上精采表現的開始。

The manpower of CGA is temporarily in short due to serving duration being shortened last year. Officers working at the frontline have to tackle with increasing workload and stress. In order to help officers gain a full understanding on “ stress” and ways to effectively release it , psychological counselors of the Coast Patrol Corps 6 have arranged a program of “Finding Smile At Work – Releasing Pressures and Promoting Health” and toured all inspection offices within its jurisdiction, in the hope that all patrol officers complete missions with a healthy mind and body so that the occurrence of unit risk factor can be diminished and patrol officers can serve their units with a correct and healthy attitude.

In modern society, due to heavy workload, depressive disorders have become the most common and fearful modern disease among people and “stress” is the key factor to depressive disorders. Up until now, depressive disorders have become something everyone dreads. However, stress is not necessarily a stumbling stone at



壓力事件是中性的，並無所謂好與壞，以消極負向視之，會成為我們的負擔，甚至壓得喘不過氣來；但若能以積極正向視之，則可成為生命過程中的歷練，促使我們成長。因此克服壓力應先從改變自己的「認知」開始，換個角度與想法來看待自己和週遭的人、事、物，雖壓力事件仍舊存在，但自己的心態改變了，它就不再是個負擔，而轉化為工作的動力，這正是情緒管理的精髓。

課程中針對壓力紓解提出四個觀念（2000，黃龍杰），讓海巡弟兄們在面對壓力時做為紓解的參考方法：

1、身心靈A（Action）計畫：創新行動、解決問題坐而言不如起而行，等待與空想是沒有用的，唯有身體力行才能解決問題。史蒂芬史匹柏曾說過「只有傻瓜才會每天做同樣的事，卻期待有不同的結果。」

六總隊心輔官林盈州利用巡迴宣教時機，鼓勵弟兄用健康及正確態度紓解工作壓力。

Lin Yin chow, psychological counselor, from the Special Police 6th Headquarters, encourages police comrades to exploit health and correct attitude to release their work pressure.

work. Contrarily, adequate stress is helpful in work results. According to psychologists' research, work results and stress have constituted a "Bell-Shaped Curve" Too much relaxation or stress will have bad effects on work results. Only adequate stress can produce best work results. Hence, we do not have to fear for stress because it could be the beginning of excellent work performances.

A stressful incident is neutral in itself. If we look at it negatively, it will become a burden so heavily that makes us breathless. However, if we look at it positively, it could be another important life experience to prompt our growth. Consequently, overcoming stress should start with changing "self-cognition", looking at ourselves, people incidents and objects around us are from a different angle or thinking. If we do that, although stress is not yet gone, our mindset is different. Stress is no longer a burden, instead, it has transformed into work motivation. This is the essence of emotion management.







2、身心靈B (Belief) 計畫：調整觀念、轉化壓力，俗話說：「危機就是轉機」，危機就是壓力，但如何把它化為助力呢？重點就在於你有無調整你的觀念來轉化壓力，以不同的角度去思考解決問題。就如看到半杯水時，你也許會想怎麼「只剩半杯水」，但換個方式想是「還有半杯水呢！」。英國詩人米爾頓說得好：「心，可以把地獄看成天堂，也可以把天堂看成地獄。」

3、身心靈C (Connection) 計畫：善用關係、紓解情緒，當感到壓力太大時，找家人、師長、好朋友說說話，讓自己的負面情緒能夠適當地宣洩。諺語曾說：「分享快樂，使快樂加倍；分擔痛苦，使痛苦減半。」

4、身心靈D (Distraction) 計畫：適時轉移、培養興趣。

The program offers 4 ideas (2000, Huang, Long-jie) in releasing stress for all patrol officers when tackling with stress:

1. Plan A (action) for body, mind and spirit: Act innovatively. The best way to solve a problem is not just talking about it, but taking actions! Waiting and thinking are useless. Practice what one preaches is the only way to solve problems. Steven Spielberg once said "Only fools hope for different results when doing the same thing every day."

2. Plan B (belief) for body, mind and spirit: Adjust your mindset and transform stress into something good. There is an old Chinese proverb saying "A crisis is a turning point.". Crisis is the stress, but how do we transform it into help? The key point is whether or not you re-adjust your mindset in order to transform stress into something good, and think about how to solve a problem from a different point of view. For instance, when you see a glass cup



當壓力、問題一直無法解決時，讓自己暫時放空，去做別的事或從事自己感興趣的活動，例如跑步、騎單車等。暫時拋開壓力，再回首時往往會有好的點子出現。另培養自己專屬的興趣與紓壓方式，才可讓自己有獲得鬆弛與喘息的機會。

現今社會中我們無法避免地要面臨種種的變化與挑戰，壓力紓解是每人都需學習的情緒管理議題。若能抱持著正面的態度，學習以樂觀的思想去面對壓力，努力完成自己能力所及的事情，並適應自己不能改變的事實，就能讓壓力成為工作的推動力，進而讓自己生命持續地發光發熱。😊

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half full, you may think “the glass is only half full”. But the positive way to think is “the glass is still half full” As the British poet Milton said “The mind is its own place, and in itself can make a Heaven of Hell, a Hell of Heaven.”

3.Plane C (condition) for body, mind and spirit: Make the best use of relationships and release your stress. When feeling down, talk to family members, teachers or good friends so that the negative feelings can be released. There is an old saying “Sharing happiness will make you feel twice happier; sharing sorrows will make you feel half as sorrowful.”

4.Plan D (distraction) for body, mind and spirit: To timely shift your stress and cultivate more hobbies. When you can't release stress or resolve problems, it is suggested that you relax and think nothing of your problems and stress for a while. Do something else or something that interests you, such as running or bicycling. Be free from stress for a while, then, when you look back at your problems, chances are you will come up with great ideas to deal with it. In addition, it is also suggested you develop personalized interests and a way of releasing stress so that you have chances to relax and take some time-off.

Nowadays, it is impossible for us to avoid various changes and challenges. Therefore, releasing stress has become an emotion management issue that everyone must learn. If we look at everything with a positive attitude, learn to tackle stress with positive thoughts, do our best to complete everything that is in our power and adapt ourselves to things that we can not change, we can certainly transform stress into work motivation and continue to make the best use of our lives.

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