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心靈捕手

The spiritual healer

現代社會繁忙，人與人之間彼此競爭，生活腳步也逐漸變快，因此面臨到社會環境的變遷而導致人與人之間相處冷漠。在日新月異的社會，人往往追逐外在的富有，雖然物質享受不虞匱乏，但卻忽略內在的心靈感受，往往遭受外來事物影響，才知心靈是多麼的脆弱，因此面臨社會、事業和家庭生活、人際相處各種各樣的壓力，如果處理不當或超過自身的應付能力，就可能造成心理上較大的壓力，長期處於壓力狀態下，人就會出現疲勞，因此，健康有兩種涵義，包含身體健康和心理健康，身體健康較易了解，

In this hectic modern life, the competition between people and the quickened paces of modern life have lead to social changes that cool the interpersonal relationships. As the society changes rapidly, people usually come to pursue the flashy wealth, which might content their material appetite but ignore the internal spiritual feel. Being affected by matters away from them, they finally know how fragile our spirit is. When confronted with societal, career and family stress in all sorts of interpersonal dealings, suppression or mishandling of one's stress beyond capacity could easily lead to excessive psychological stress that could put the human body under great distress if untreated extendedly. With that, health can be interpreted in two perspectives - the physiological health and psychological health. The former can be easily understood, whereas the latter tends to manifest in poor psychological fitness or a reduced psychological awareness stemming from an



而心理健康是指長期處於超負荷的精神壓力狀態下，所造成的精神不足和精神效能降低的現象，因此若是持續不斷的壓力而無從宣洩，不發則矣，一發則不可收拾，所造成的傷害總是令人扼腕，這也是現代社會案件層出不窮的來源。而精神壓力徵候大部分是通過軀體表現出來，所以往往被忽視，常見症狀是：

- 1、早晨起床後渾身無力，四肢沉重，心境不佳、不願意說話。
- 2、工作學習提不起精神，什麼都懶得做，工作效率低下。
- 3、容易衝動，神經容易過敏，一遇不順心事便大動肝火。
- 4、全身感到不適，經常感到頭暈頭疼、眼精易疲勞、後背酸痛、噁心、腹脹等。
- 5、困倦、躺在床上不易入睡，食慾不振等。因此長期壓力下，會縮短細胞活力，不僅會使你外表憔悴，也可能使你一夜間滿頭白髮，更能讓你做出出乎意料的憾事。

而疏解壓力的方法很多，造成壓力的來源也各不相同，因此可以從以下幾點來做：

一、學習接納現實的自己：壓力大多是自己對自身的能力、外在、出身、財富許多方面感到不滿，而不能接受自己的真實面目，所謂人比人氣死人！因此害怕別人看不起自己，導致自己也看不起自己，所以總以另外一個形象出現在人面前，不願意相信自己只是一個普通人而拼命提高自己，遠離人群即能避免別人進一步了解自己短處，也聽不到別人對自己的評價，看不到他人的成功與喜悅，這樣自己會感到壓力小一點；其實問題還是出於自己能不能接納現實中的自己，不然自閉和孤獨所產生的心理壓力容易把人推向心理疾病的邊緣，因此要學會了解真實中的自己，從觀察他人、關心他人、理解他人起步，才能發掘自己的長處，過彩色的生活。

individual's subjected to excessive stress over an extended period of time that could easily spin out of the control, and the end results are often shocking to all. This explains why there are more and more social cases in today's society. A majority of psychological stress could manifest through the symptoms of our body, which will easily be overlooked. Some of them are as follows.

1. Wake up with tiredness after a night's sleep, and experiences heavy limbs, poor state of mind, and unwilling to talk.
2. Feel listless when working or studying, shun from doing things and suffering from a reduced efficiency.
3. Be easily excited, become neurotic, and getting angry when things don't come your way.
4. Experience bodily discomfort, feel dizzy, chronic eye fatigue, backaches, nausea, abdominal bloating and such all the time.
5. With tiredness, be restless while they're lying on bed, or even have a poor appetite. Under extended stress, it cuts down people's cellular agility, which makes you look haggard, and your hair could turn gray overnight, and tends to do unimaginable regrets in worst cases.

With quite a few ways for stress relief, the source of stress varies to a great extent, which can be broached from the following perspectives.

1. Learning to accept you. Stress tends to come from one's dissatisfaction toward one's own capabilities, external factors, upbringing, and wealth, shunning from accepting one's own realistic outlook. A scenario that can best be described as the frustration if you try to compare with the others, and fear of how others would look down on you, resulting in you disregarding yourself. This only leads to showing the others with a different face, while you continue to deceive yourself thinking that you are someone else. By staying away from people, you avoid others from further understanding you, while you will also lose the chance to hear others' criticism, nor find the success and joy of others, which might reduce your own pressure. Yet the problem remains that you are unable to accept yourself; otherwise isolation and loneliness could drive you over the edge of psychological disorder. It is imperative that we learn how to face up to our own demon by observing others, caring for others, and understanding how others get a head start, so we will be able to explore our strong suit and embrace a fruitful existence.
2. Redefining your goals and preparing yourself to accept new stage of your life. When faced with societal stress, one tends to feel depressed, confused, lack of sleep, or a trepidation that his life is starting to go downhill. The irony of an improving intelligence versus a deteriorating physical condition also brings people conflicting thoughts. For example,

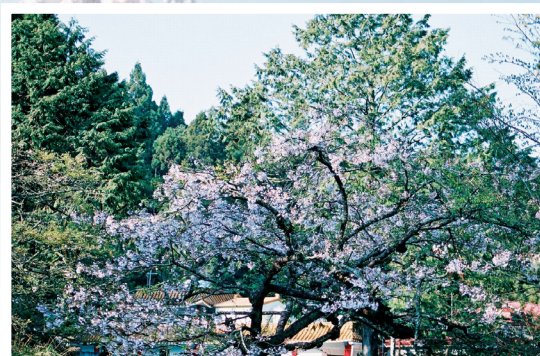


二、重新修訂目標，迎接人生新階段：面臨社會帶來的壓力，使人容易感到鬱悶、困惑、失眠，甚至感到生命已經開始走下坡路，智力的持續增長和體力逐漸衰退總會給人帶來一系列的矛盾，例如希望事業更發達、生活更富足，但身心能力卻不足之矛盾，所以這時要調整自己的步調，以更客觀的態度面對生活中的變化和挫折，使自己情緒理性化，讓自己的創造力、判斷力、觀察力和綜合分析能力更加成熟。

三、正確認識自己的價值：不良情緒是由於過高的心理壓力所產生的焦慮情緒，因此人一出生，對著鏡子時的外觀也因人而異，每個人都擁有自己的特色，如何把特色發揮出來才是重點，如同水可載舟，亦可覆舟，是好是壞端看你如何利用，因此認識自己的重要與長處進而發揮，才能建立自己的價值。

精神壓力就像香醇的酒，適當喝一點，可以提高人的興奮程度，更好發揮自己的能力去面對各種挑戰，一旦喝多了，就會失去常態，無法處理任何事情，甚至自傷或傷及他人，因此，懂得疏解壓力才能創造雙贏的局面。

（作者任職於第三二岸巡大隊機動組）



people excel their careers and live fuller, but can't seem to fight the irony of an unfilled dream. It is crucial to be able to adjust one's own pace, and confront the changes and setup in one's life with an objective attitude by rationalizing one's emotions, and working to bring whose creativity, judgment, observation and integrated analytic capabilities to a higher maturity.

3. Correctly assessing one's value perspective. Poor moods are a state of anxiety brought on by excessive psychological pressure. Looks may be deceiving as one tries to look at the mirror, yet everyone has his and her pluses, and it all depends on how you look at them. Hence it is prudent for you to realize your importance and your advantages in order to instill your own value system.

Psychological stress is much like a fine vintage, where an adequate intake could stimulate one's exhilaration, and prepares one to face various challenges with a finer capability, whereas an excessive intake could set things in the wrong course preventing one from completing anything, and might begin to hurt oneself or others. In light of which, understanding how best to relieve one's stress remains a key to creating a win-win situation for all.

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