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我的壓力調適方法

My ways of pressure adjustment

一個人在生長的過程中，每個階段都會有著不同的壓力，壓力可以說是人的一種情緒反應，每個人處理壓力的方式不一定相同，但它是我們必須要去做。

生活中的任何改變都可能成為壓力的來源，壓力所帶來的後果因人而異。當壓力超過個人所能負荷的程度時，便會引起困擾的、不利的、危機重重的後果；這些不良後果可能包括身體症狀，焦慮、憂鬱或恐懼等情緒困擾，甚至引發精神症狀等。但是，適度的壓力卻反而可以提高個人的動機，促進工作的效率，使個人適應的更好。也就是說，適當的壓力讓我們能夠更進步，過重的壓力會造成我們身體的負擔。因此，面對與因應外在壓力成為個人心理健康的重要一環。

雖然，我們可能無法避免一些生活事情的發生，但我們可以在某種程度內降低它的衝擊，或是產生免疫的效果，以降低對自己的影響。也就是所謂因應壓力的調適方式。以下，是我面對壓力時最常運用的調適方法：

其一，尋找支持。若我們能夠尋求別人的協助與慰藉，便能緩和可能造成壓力的事件或問題，因為有時我們會因為壓力而使自己在原地不停的繞，藉有與別人的溝通可以轉移自己的注意力，又能讓自己放鬆心情，藉此找到解決的方法，自己的壓力也就不會那麼大了。

Throughout the growing process, everyone encounters different kind of pressure in every stage of life. Pressure can be described as a human emotional reaction, as everyone has a different way of handling stress, yet it is something that we all must do.

Any change in our lives could become a source of stress, and the results brought by stress vary from person to person. When the level of stress exceeds what a person is able to bear, disturbance and disadvantageous and crisis-ridden outcome could result, which could manifest emotional disturbances of physiological symptoms, anxiety, depression or fear, and even led to psychological symptoms as well. Yet, adequate stress could adversely motivate an individual, excel his working efficiency, and motivates an individual to be better adopted. It means that adequate pressure motives us to progress, whereas excessive stress could burden our bodies. Hence, the ability to face up external pressure has emerged to be a vital link in maintaining an individual's physiologically health.

In spite that we cannot avoid certain things from occurring, we could however manage to reduce their impact to a certain degree, or create an immune situation that would poise to reduce the impact to ourselves, meaning the countermeasure to offset stress. Followings are some of the adjustment means that I often adopt at time of stress.

One of which, look for support. Our ability to look for help and consolation from others would help to ease stress-related incident or problem, for our minds tend to loop as distracted by pressure. The opportunity to communicate with others helps to shift one's attention and relax one's moods, which provides a relief and eases your stress.

Two of which, achieve effective time management. The presence of stress could come from the many tasks that we need to complete, and stress could quickly mount if we did not have enough time to complete the tasks at hand. Suppose you are able to prioritize matters by urgency and arrange a schedule to complete them though smart time management, you can definitely avoid creating stress right from the source. Just like when faced with heavy workload, I tend to devise an

其二，有效的時間管理。有時壓力產生的原因可能是我們所要處理的工作變多，需要在短時間內完成，當我們沒有充足的時間完成工作時，便會產生壓力。若能將事情的輕重緩急加以區分，妥善安排計畫，做適當的時間分配，則可避免一些壓力來源的產生。像我面對工作量變重時，便會製作一個時間表來提醒自己，什麼時間該做什麼事情，這樣不僅不會不知所措，也可將作完的事情一一做記號，來告訴自己還有哪些事情未做，這樣才能有效率的處理工作量。

其三，運動以增加體力。透過運動及體力的維持，如：打球、慢跑等運動讓自己流汗，可以減少壓力的產生，也是轉移注意力放鬆自己的一種方法，便能將壓力對健康所產生的傷害降到最低。

其四，面對壓力的準備。我們對於一些無法避免的壓力，可事先加以準備，例如模擬考試的情境與因應考試的結果，就像事先施打預防針一般，降低壓力事件的衝擊。

其五，修正自己的想法。一件事情之所以成為壓力，造成我們產生壓力反應，其中關鍵的因素就是我們對於這個事情的想法與觀點。若能改變自己對於事情的詮釋，擺脫負面的想法，尋找正面積極具建設性的方法，則對於相同的事情將有不同的感覺。

生活中適度的壓力能夠促進動機與表現，但過量的壓力則將對健康造成威脅。壓力調適的目的並非是消除壓力，而是將其調節至適當的程度，使它在我們能夠承受的能力範圍，最重要的還是自己的想法，要以正面的角度去面對它，才能擁有健康的人生。（作者任職於第42大隊三條崙安檢所）

itinerary to remind me when to do what. In such way, you will not be caught thoughtless, and will be able to complete your tasks systematically by ticking the list on things you have completed and what needs to be done next, so to efficiently process your workload.

Three of which, engage in exercise to improve physical endurance. Through exercise and physical en-

durance building, such as playing ball, jogging that bring you to perspire, the routine helps you moderate stress and helps to shift your attention, relax your self, reducing the harm of stress to your health to a manageable level.

Four of which, prepare to confront stress. We could well prepare some of the unavoidable stress by preparing ahead of time, such as simulat-

ing the scenario of an exam and responding to the test results, much like getting a vaccine shot that could help to reduce the impact of a stressful event.

Five of which, modify your own thoughts. A key behind an event becoming a stress lies in the stressful reaction that we experience, essential our thoughts and perspectives toward the issue. Our ability to reinterpret an event by surpassing our fixed thinking logic and looking for a positive and constructive approach could defined create a totally different perspective in how we view the same event.

In our lives, adequate stress could excel our motivation and performance; on the contrary, excessive stress could threaten one's health. The purpose of stress adjustment lies more than stress relief, but how best to bring it down a tolerable level that our psychological system could withstand it, and most important it hinges on how we could face up our thoughts with a positive thinking in order to make the best of our lives.

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