

Steps to Effectively Manage Stress: Part II

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Medium-term and long-term strategies for effective stress management

Effective Stress Management: Medium-term

Some stress management techniques take time to practice, and you may not see immediate results. It might take a week or even longer.

- Reduce sources of stress
- Have genuine friends
- Accept that change is part of life
- Make effective, long-term investments in yourself.
- Set goals
- Foster a positive outlook
- Look at things from different perspectives
- Maintain a hopeful outlook
- Take care of your own physical health

Reduce sources of stress. Take a moment to write down your sources of stress. Identify one stressor that can be changed. Reducing stress sources doesn't mean quitting your job. It's about choosing one thing every day or every week that you can change, let go of, or reduce. For example, I've heard some say, "I have to cook four dishes and a soup every meal." Your family won't remember that you made four dishes and a soup every meal, but they will remember if you all have a happy meal together, even it's just one dish and one soup.

Have genuine Friends. There are three types of friends; you can place them in three circles. The outermost circle is for acquaintances, the second circle sits between acquaintances and true friends. The innermost circle is for true friends, the ones you can share your true thoughts with. Remember to nurture these relationships, like scheduling important tasks on your calendar. Maintaining genuine friendships should be one of your most vital investments in life and mental health.

有效管理壓力的步驟（下）

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有效抗壓的中期和長期策略

有效抗壓：中期

抗壓的方法，有些需要時間，不見得馬上看到結果，有些需要花一兩個禮拜，或甚至更久，才可以看到效果。

- 減少壓力來源，
- 有真心的朋友，
- 接受 “改變的是生活的一部分” ，
- 在自己身上做有效及長期的投資
- 有目標，
- 培養積極看法，
- 用不同角度來看事情，
- 保持一個充滿希望的前景，
- 保重自己/身體健康

減少壓力來源：把你的壓力來源寫下來。找出一個壓力來源，是可以做出改變的。

減少壓力來源不是要你辭掉工作，而是選擇每天或每星期，選擇一個我們可以改變，可以放掉或減少的事情。例如我聽到有些媽媽說，我每天都要做四菜一湯，孩子家人不會記得你每天做四菜一湯，你可以減化，也可以是做一菜一湯，但是你們吃得很開心。

有真心的朋友：朋友分三圈，最外圈是泛泛之交，第二圈是在泛泛之交跟真心朋友之間，可以移動他們的。第三是真心的朋友，對這些真心的朋友，才可以分享你真正的想法。記得要用心去維持這個關係，就像寫在行事曆上要提醒自己去。真心的朋友要好好地維持，是對人生和心理健康最重要的投資。

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Change is a part of life. We must accept change because human nature tends to favor routine. When things change, a typical reaction is, "How could this happen?" That is resistance. If you notice change happening, remember: acceptance is the first step in taking action.

Making effective and long-term investments in yourself is critical for managing stress. Having goals in life is a good way to promote long-term stress resistance. Our brains become indifferent to the same old things. When there's a new self-discovery, our brains become more alert. It doesn't necessarily mean going to class; sometimes, it's trying something new. Say yes to something new.

Have goals: The goals don't have to be grand; everyone's goals are different. Small goals give daily life focus. When life has focus, you're more likely to achieve bigger goals. Perhaps your goal is to take a 10-minute walk every day, or maybe it's to call a friend every other day. It's important to have goals. Even a small goal can impact your life. Change is part of life, and your goals can change too.

Encourage positive thinking in children. It's not always about telling your children "you can definitely do it well." Sometimes, the outcome might not be as expected. But we can help them see the opportunity as a way to solve problems. "Let's find a way to solve this problem." Encouraging them to look at things from different perspectives and maintaining a hopeful outlook, even if things take a turn for the better, is a positive approach to life.

Take care of your physical health. Regardless of your current health status, it's essential to take care of your physical well-being. Without a healthy body, managing stress becomes very difficult.

Effective Stress Management: Long-term Practice

Know what matters most.

Spend ten minutes each month writing down the ten most important things to you.

改變是生活的一部分，這是我們要接受的，因為人性喜歡規律，事情有變化的時候，人的反應常是，"怎麼會這樣子！"，這個是不接受。如果你發現事情有變化的時候，回到我們剛才說的，接受是行動的第一步。

在自己身上做有效及長期的投資：人生要有目標，這是長期抗壓的重要方法，人的大腦對於同樣的東西，會變得不在乎。當有任何新的自我發現時，大腦會比較覺醒。不見得是上課，有時是嘗試新的東西。Say yes to something new.

有目標：不需要是大目標，每個人的目標不一樣，小目標讓每天生活有重心。當生活有重心的時候，有更大的目標去完成。也許你的目標是每天出去走10分鐘，也許是每兩天打電話給自己的朋友。一個小目標可以影響你的生活，但是一定要有目標。改變是生活的一部分，這個目標是可以改變的。

對孩子說積極看法：不是一定要對孩子說"你一定可以做得好"，有時候不見得有好的結果，但我們可以發現解決問題，"Let's find a way to solve this problem."用不同角度來看事情，保持一個充滿希望的前景，也許事情會好起來，這是積極面對人生的態度。

保重自己身體健康：不管現在身體健康如何，一定要保重自己身體健康，沒有健康身體，抗壓就很難。

有效抗壓：長期練習

知道最重要的事情是什麼

建議大家每個月花十分鐘，把對自己十個最重要的東西寫出來。然後在這一個月之內，要生氣，要難過，要吵架的時候，看一下這個單子，如果不在這個單子，告訴自己可以放掉。放掉廚房必須一塵不染，別人傷你自尊心要不要難過？有在你的單子上嗎？在我們單子上可能說要做個善良的人，所以有人說你不漂亮，因為跟你善不善良沒有關係，不需要在意。

Then, throughout the month, when you feel angry, sad, or argumentative, look at your list. If it's not on the list, tell yourself you can let it go. Does it matter if your kitchen is spotless? Should you be upset if someone makes you feel bad about yourself? Is it on your list? Your list might say be a kind person. So, if someone says you're not beautiful, it doesn't matter because kindness has nothing to do with your appearance.

Knowing what's important and focusing on those important things is a highly effective way to manage stress.

"Observe" instead of "react"

When someone insults us and we insult them back, it's called a "react." One useful strategy is to replace "react" with "observe." Instead of reacting, you can take a deep breath, pause, and think about three different choices of action that can make you happy. Will cursing and getting angry make you happy? Swearing is an emotional outburst that does not bring happiness. Remember to replace your reaction with observation. It takes practice.

Mental Illness

If you or a family member have these symptoms for a two-week period, it may indicate a mental illness.

- Being unable to shake off a sense of depression
- Having thoughts of suicide
- Constant and uncontrollable worrying
- Inability to control emotions and behaviors
- Feeling like you're not yourself
- Sleeping all the time but still feeling tired or having difficulty falling asleep
- Experiencing emotional effects on work, family, and personal life

If you experience these symptoms, it's not because you're lazy. It could be due to a mental health condition or not having learned how to cope effectively. If you or someone you love is exhibiting these symptoms, it's important to seek professional help.

[To learn more about how to seek professional help, click here.](#)

知道重要的東西，把生活重心放在最重要東西時，是非常有效的抗壓。

「觀照」取代『反射』

有人罵我們，我們就罵回去，這叫反射。觀照的意思是 observe，事情發生，可以深呼吸一下，停下來，想自己可以有三個不同的選擇，而做一個讓自己開心的選擇。我破口大罵會讓我開心嗎？破口大罵是情緒的發洩，不是開心。所以記得用關照 observe 去取代反應，是要花很多時間去練習。

心理疾病

如果您自己或家人有以下這些症狀，持續兩個禮拜，這是有心理疾病，希望能夠早治療。

- 走不出憂鬱
- 想死
- 停不下來的擔心
- 沒有辦法控制情緒和行為
- 覺得”不是自己了”
- 一直睡但是還是很累或者就是睡不著
- 情緒影響到工作家庭自己

當你有以下症狀的時候，通常不是因為你懶惰，通常可能是因為心理疾病，或是沒有學到怎麼去應對，所以有病要看醫生。

[如何尋求專業的協助：輕點此。](#)