

心靈快報

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“Creativity requires the courage to let go of certainties.”

「創造力有賴於拋開確定感的勇氣。」
— 埃里希·弗羅姆，社會心理學家



個別諮商預約

想要增加自我了解嗎？對自己、關係、生活處境或目標感到困惑或遇到難處，都可以運用心理諮商來幫助自己。無論是人際、感情、學習、家庭、性別、生涯、情緒、生活適應、壓力調適、生命意義等議題，都歡迎你來前程規劃處諮商輔導中心找諮商老師晤談。預約請至：前程規劃處(A棟2樓)，或撥打專線：(02)2883-0510。

心靈補給站 - 情緒與壓力調適

焦慮不一定是弱點--翻轉焦慮為能力

by 鄧善庭心理師

I. 焦慮是種讓人不舒服的情緒，常會影響到我們的工作、日常與表現

▼ 若以1到10分計，你的焦慮有幾分？

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0 1 2 3 4 5 6 7 8 9 10

II. 焦慮是種讓人不舒服的情緒，常會影響到我們的工作、日常與表現

▼ 但焦慮其實是有區分的！你是哪種？



日常焦慮	焦慮症
擔心繳不出帳單、找不到工作、和情人分手等重要事件	持續且毫無根據的憂心，導致嚴重的痛苦並影響日常
在不自在或尷尬的社交情境中丟臉、難為情	避免社交場合，因為擔心被批判、怕丟臉或是被羞辱
重要的測驗、簡報等各種活動，感覺緊張流汗	毫無來由的恐慌症發作，一直害怕再次發作
對危險物品、地方或情況感到真實的恐懼	非理性的恐懼或避開某些東西、地方或情境，但這其實沒有或很小威脅
經歷創傷性事件後不久，會感到焦慮、傷心或難以入睡	反覆出現創傷性事件有關的噩夢、恐怖經驗或情緒

III. 想翻轉焦慮，請思考：

- ▼ 1. 你都如何感受焦慮？ 2. 哪些情境會觸發你的焦慮？ 3. 你通常如何應對焦慮？



A. 提升 壓力忍受

透過此步驟練習自在接受不舒適的空間，而非逃避，以創造出情緒空間，才能有心力將焦慮轉換成生產力，做出不同選擇。

B. 培養 復原力

復原力是適應生活艱困的時刻，並且恢復正常的的能力。強化復原力的方式就是學習有彈性地思考，並且接受失敗的經驗不代表一切。

C. 進入 心流

焦慮在某個程度以下都是好的，因為它能讓你專心，並且提供動力。若超過一定程度，表現就會下降。但當我們做事的技巧越好，腦—身體表現就越有效率，也能逐步提升最佳表現。

D. 強化 注意力

「萬一」就是會打斷思緒、令人怠惰、不安甚至恐至的討厭事：萬一失敗？萬一失業？萬一…？透過練習想像壞結果中的好結果可能性，並從中學習對擔心的忍受力。

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連結：<https://reurl.cc/06maqM>



| Health & Wellness Series |

Managing Alone Time and Loneliness during the Holidays

For many, the holidays are filled with friends, family and constant celebration. People put socialization on overdrive and seem to take no breaks. However, for others, the holidays can feel lonelier than any other time of year.

Not everyone has close friends and family to spend their time with during these cold few months. Some may have it reserved for extra alone time, and not by their own choice. Taking more time for yourself during the holidays is not unhealthy on its own, but doing so too much can lead to negative emotions and feelings of isolation.

Balancing alone time during the holidays

There is a difference in taking some alone time to avoid being around others. “Taking some time alone is kind of like taking a break at halftime of a football game,” says Megan Williams, Director of Suicide Prevention for Centerstone. “You’ve been chatting with people, trying to keep the conversation going for a couple of hours, and you need to take a 15-minute break to step away and recharge your batteries.”

Alone time can be healthy as it provides time to focus on yourself and what makes you happy. There are several ways you can celebrate on your own:

Start a new tradition! Try creating a new holiday tradition for yourself, such as baking a holiday treat or watching a new holiday movie. Rediscover an old talent. Pick up that dusty old guitar, put on those dance shoes, or do anything else that makes you feel like yourself.



Do something out of the house. Go explore that museum you’ve heard so much about or, if weather permits, spend some time out in nature.

Write letters and make phone calls. You may just be alone for the holidays because you’re loved ones are too far to see this year. Spend some time talking to them on the phone or writing to them to stay connected. Even one short call can be uplifting. While having meaningful alone time is good for the soul, it is important to know your limits and when you need to recharge socially. All people, whether introverted or extroverted, need some level of socialization to be healthy.





Being alone can become unhealthy when alone time turns into avoidance or prolonged isolation. Feelings of anxiety and loneliness can cause us to avoid social interaction altogether as a coping mechanism. This isolation can lead to depressive symptoms, which end up further increasing feelings of loneliness – it's a cycle.

Other ways to cope with holiday loneliness

One of the best ways to cope with holiday loneliness is seeking out time with people. "If being around others could alleviate any loneliness you feel, seek social interactions out," says Megan Williams. "You can always take a break or limit those interactions as you see fit to ensure good self-care." If you don't have loved ones nearby, this may take more initiative on your part.

Look for volunteer opportunities. There are plenty of ways to help others, and opportunities only increase during the holiday season. Volunteering allows you to make a positive difference while socializing without all the pressure.

Say yes. Accept invitations from friends and coworkers to do things, even if they're not people you usually spend much time with. You don't have to say yes to everything, but putting yourself out there in this way can help you feel less isolated.

If you're feeling sad and lonely, try to not exacerbate these feelings by comparing your plans to others'. Stay off social media – it's only a "highlight reel" of someone's life and can make you feel small in comparison. Practice healthy coping strategies, and remind yourself what is best for you, even if that's spending some extra time on self-care.

Source: <https://centerstone.org/our-resources/health-wellness/managing-alone-time-and-loneliness-during-the-holidays/>