



证道心理

Session 7

第7节

STRESS

压力

Overview of today's session

今日课程纵览



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- Definition of stress and stress response
压力及应激反应的定义
- Sources of stress
压力的来源
- Role of the stress response
应激反应的作用
- Biochemistry of stress
压力的生物化学
- Regulation stress: importance and strategies
压力调节：重要性和策略

Definition of stress and the 'stress response'

压力及“应激反应”的定义



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- Stress occurs when a situation overwhelms our ability to manage it.
当一种情况压倒了我们管理它的能力时，压力就会出现。
- Stress is what happens when we face a challenge that requires more resources that we usually have.
当我们面对一个需要更多资源的挑战时，压力就会出现。
- The 'Stress Response' is the brain's way of providing those extra resources
“应激反应”是大脑提供这些额外资源的方式

Sources of stress

压力的来源



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- Change of homeostasis: hunger, fatigue, thirst, danger
体内稳态的改变：饥饿，疲劳，口渴，危险因素
- Negative Emotions: sadness, anger, rejection, fear
负面情绪：伤心，愤怒，拒绝，害怕
- Social: rejection, bullying, Loss of loved one, loss of positive regard
社交上：拒绝，欺负，失去爱人，失去积极的关注
- Tasks/Activity: too many, beyond one's ability,
任务/活动：太多，超出能力范围
- Lack of resources: financial worry, lack of safe home, natural disaster
缺少资源：财政担忧，缺少安全的家庭，自然灾害

Evolution and stress

发展和压力



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- Body and brain are designed to expect some stress
身体和大脑是为了预计压力而设计的
- Built into brain/body are mechanisms for coping with stress
应对压力的机制深植于大脑/身体中
- Coping with stress: means we manage the stressful situation and then recover from the stress. (We return to our baseline state)
应对压力：意味着我们管理有压力的情况并且从压力中复原。
(我们回到起点状态)
- We need some stress to be healthy; but must regulate that stress
我们需要一些压力来保持健康；但是必须对这些压力进行调节



Good Stress and Bad Stress

良性压力和恶性压力

Good 良性

- Can cope with and recover
可以应对及复原
- Has a protective role
有保护的作用

Bad 恶性

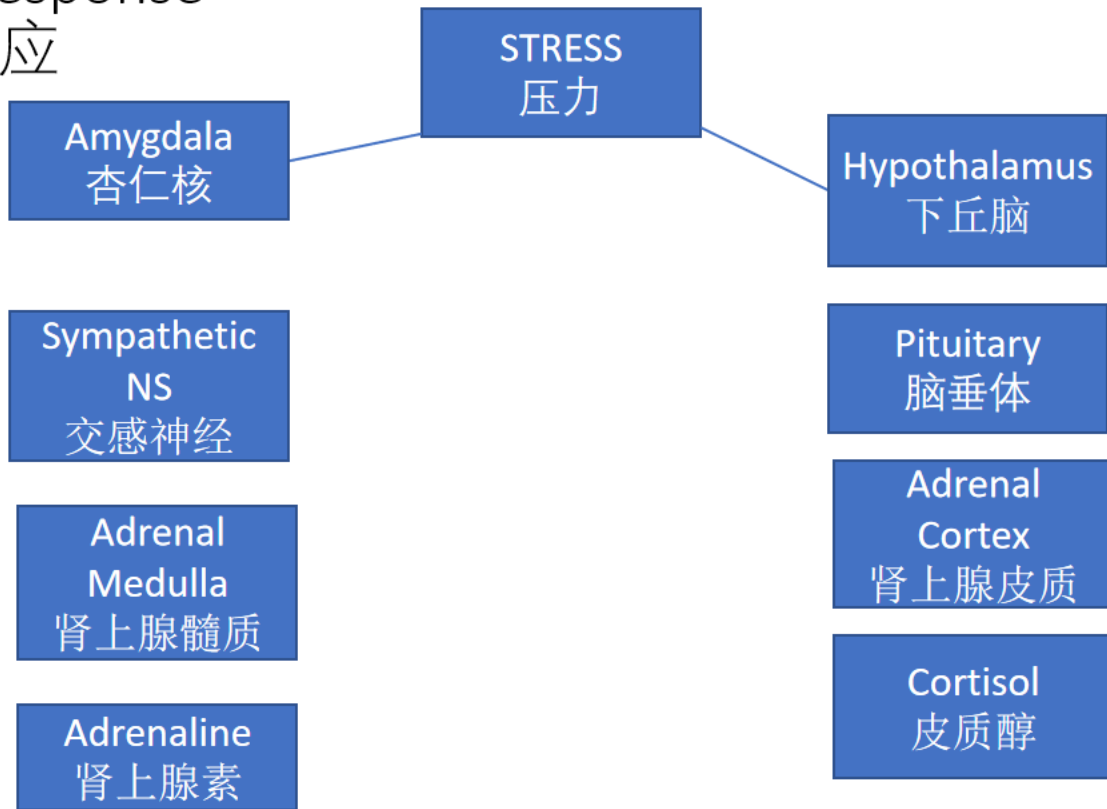
- Cannot cope with and recover
不能应对及复原
- Has a toxic effect
有毒性效果

Stress response 应激反应



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Acute
Stress
急性压力



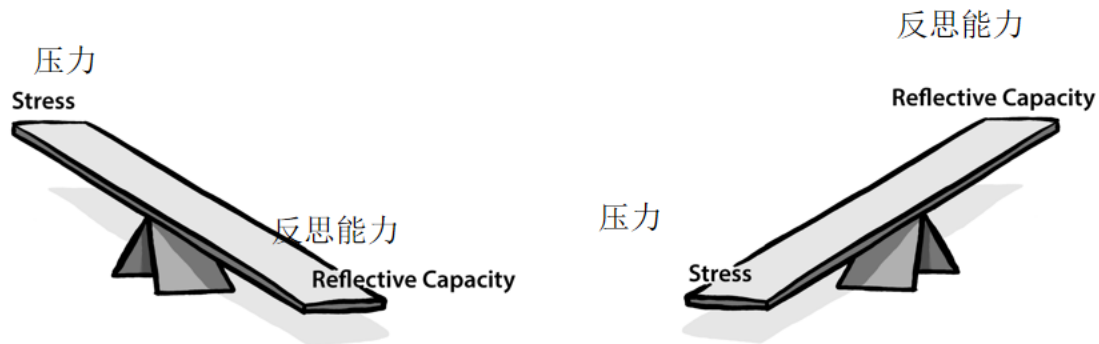
Prolonged
Stress
长期压力

Stress Impairs Reflective Capacity

压力削弱反思能力



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Stress: What goes up must come down

压力：上升后必有下降



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- Stress is OK if regulated

压力如果被调节过是OK的

- Parent's role is to be the stress regulator

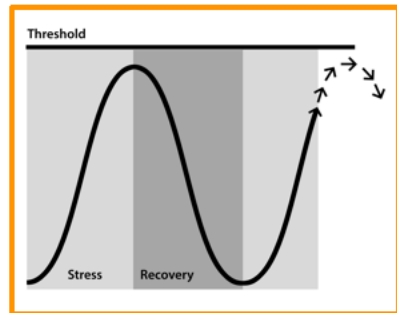
父母的角色是压力调节者

- Reflective capacity regulates stress & emotion

反思能力调节压力&情感

- Parent passes on their reflective capacity to their child

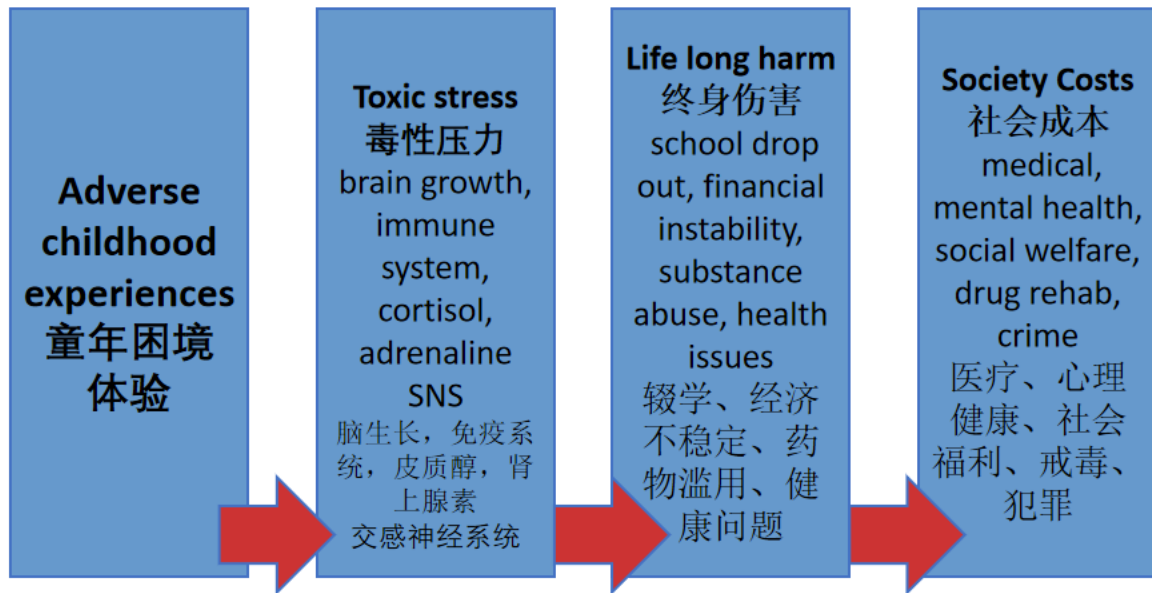
父母传递反思能力给他们的孩子



Childhood adversity is bad for kids and society 童年的困境对孩子和社会都有害



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What's the research? 30 year longitudinal study

这个研究是什么？30年纵向研究

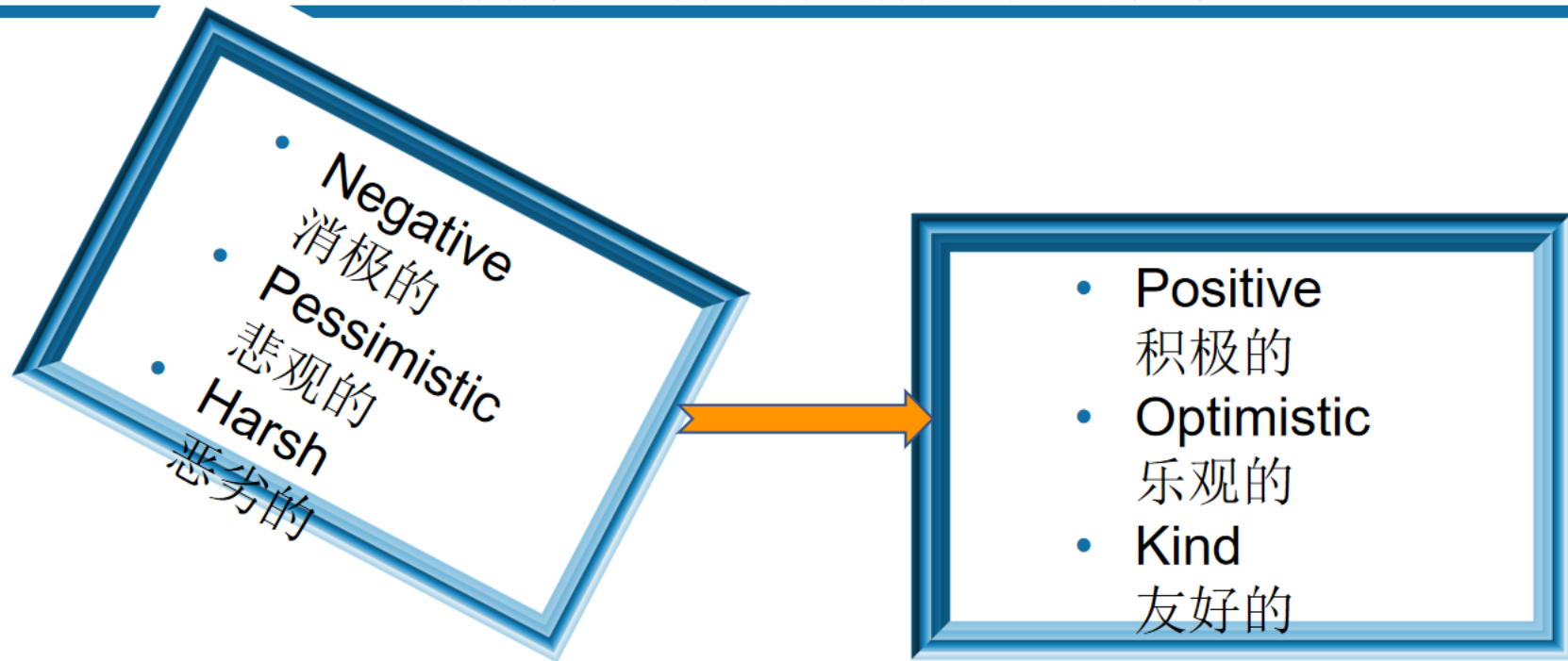
- Secure attachment has more + outcomes
安全依恋有更多+结果
- Parent is reliable source of safety and comfort
父母是安全和舒适的可靠来源
- Secure attachment and Reflective Thinking
安全依恋和反思性思维
- Reflective thinking is the key ingredient in a parents ability to provide a buffering role for the child growing up in adverse circumstances.
反思性思维是父母为在逆境中成长的孩子提供缓冲作用的关键因素。

Reinterpreting & Reframing: Reflective ways of regulating distress

重新解读&重构：调节痛苦的反思方式



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Reflective ways of regulating your child's distress

调节你孩子痛苦的反思方式



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Step in when they need it. Stay back when they don't.

他们需要的时候就介入。他们不需要的时候就退出。

- ❑ **Be there and listen**
陪伴和倾听
- ❑ **Empathize, Validate, Support**
同情，确认，支持
- ❑ **Talk: distress is normal, time-limited
& can be coped with**
谈话：痛苦是正常的，有时间限制的&可以应付的
- ❑ **Survive!**
存活！



Question 问题

- 我的一位来访者经常告诉他的孩子，别人先打你，你一定要还手。但还是几次听说孩子在学校被打，还不还手。这位来访者感到很难过、愤怒和焦虑，不知道怎么跟孩子说才有用。面对他这样的问题，我可以怎么帮助他呢？
- One of my clients often tells his child that if others beat him first, then he must fight back. I heard that the child was beaten up at school several times, but he still didn't fight back. The client felt very sad, angry and anxious, and didn't know what to say that might be helpful to the child. In the face of such a problem, how can I help him?



Question 问题

- 有些孩子在学校被欺凌，但孩子的父母因为感觉自己力量不足，对孩子受霸凌的现实采取回避和否认的态度，孩子因此变得抑郁和退缩。老师如何看待这个问题并且能否给出一些建议？
- Some children are bullied at school, but because their parents feel they are not strong enough, they avoid and deny the reality of bullying, so the children becomes depressed and withdrawn. How do you see this problem and can you please give some suggestions?