

壓力管理



您在車陣中動彈不得。現在是工作最忙碌的時候。孩子們吵個不停。您的肩膀緊繃、頸部疼痛，頭好像被鉗子緊緊夾住了。簡單地說，您的壓力很大。

什麼是壓力？

壓力是當我們對身體有所要求時，身體所產生的非特

定反應。*不同的生活也會有不同的壓力來源。壓力有時是開心的（您的團隊贏得比賽），有時卻會令人不舒服（離婚）。壓力可能來自於人際關係、工作，甚至是環境。

我們不能，也可能不想避免所有的壓力，不過當壓力不斷增加而持續時，就會傷害到我們的身體與精神健康。

失控的壓力可能會使免疫系統變弱、引起氣喘、一般過敏症、皮膚紅疹、頭痛、潰瘍、胃痛、消化不良、焦慮與疲憊、暴飲暴食與酗酒、心臟病發作以及高血壓。如何處理壓力成為決定我們生活品質的關鍵。

排解壓力的活動

聰明應對 — 自我管理和合理技巧。本運動系列有助於您控制壓力的病症。留出一段能讓自己放空、完全沒有干擾的時間。找一個溫度舒適且安靜的地方，鬆開所有

緊繃的衣物並解除壓力。

1. 肌肉繃緊法。緊握拳頭並捲屈腳趾。保持這個姿勢，數到二然後再放鬆。儘可能抬高眉毛，拉緊前額肌肉。保持這個姿勢，數到十。試著回想在緊繃和放鬆時，您雙手、雙腳和前額肌肉的感覺。學會辨認您肌肉緊張時的狀態，這是學習放鬆的第一步。

2. 想像法。負面的心理「畫面」通常可能導致壓力。正面圖像有助於排解壓力。閉上雙眼。想像您在溫暖的海灘、三溫暖或溫水游泳池的畫面。跟著您的心到令您感覺溫暖與舒適的特別地方。實際體驗您感受到的溫暖知覺。現在，加強這樣的經驗，讓溫度再變更暖。練習這個活動，直到您實際能自如地控制溫度為止。

3. 控制呼吸。深深吸一口氣，然後完全吐出。吐氣時放鬆全身，然後再深深吸一口氣並屏息 15 秒。每次重複此活動時試著拉長屏息的時間，最多至 30 秒。重複本活動，讓身體隨著您每次吐氣而愈來愈放鬆。

4. 減輕壓力性頭痛。雙手冰冷和頭痛有關。您的目標是在不使用處方藥的情況下消除（或至少降低）這類頭痛強度。儘可能把雙眼睜大。儘量向上凝視；現在，重複這個動作，這次往左凝視，然後視線往下，再朝右凝視。眼睛不要動得太快；要慢慢地往上、往左、往下、往右凝視。每次做動作時都要深呼吸；連續做 10 次。

Stress Management



You're stuck in traffic. It's your busy season at work. The kids are arguing. Your shoulders are tense, your neck aches and you feel as if your head is gripped in a vise. In a word, you're STRESSED.

What is stress?

Stress is the non-specific response of our body to the demands we put upon it.* The causes are as varied as our lives. Sometimes stress is pleasant (your team won the game); sometimes it's unpleasant (a divorce). It can develop from our relationships, our jobs and even the environment.

We can't and probably don't want to avoid all stress, but when stress increases and is sustained, it can damage our physical and mental health. Uncontrolled stress can weaken the immune system, cause asthma, general allergies, skin rashes, headaches, ulcers, back pain, digestive problems, anxiety and burnout, overeating and problem drinking, heart attacks and hypertension. How we cope with stress ultimately determines the quality of our lives.

Exercises for coping with stress

Get SMART – Self-Management And Rational Techniques. This series of exercises can help you control your stress symptoms. Block out a period of time when you'll have no interruptions. Find a quiet place that has a comfortable temperature, loosen any tight clothing and de-stress.

1. Muscle-tensing techniques. Clench your fists tightly and curl your toes. Hold for a count of two, then release. Tense the muscles in your forehead by raising your eyebrows

as high as you can. Hold for a count of ten. Try to recall how your hands, feet and forehead muscles felt when tensed and when relaxed. Learn to recognize when your muscles are tense; this is the first step in learning how to relax.

2. Imagery. Negative psychological "pictures" often can result in stress. Positive imagery can help eliminate stress. Close your eyes. Picture yourself on a warm beach, in a hot sauna or a heated pool. Allow your mind to take you to that special place that makes you feel warm and comfortable. Actually experience the warm bodily sensations that you feel. Now, intensify this experience, making the temperature become increasingly warmer. Practice this exercise until you actually control the temperature in your hands.

3. Controlled breathing. Take a deep breath, then exhale completely. As you exhale, relax your entire body, then take another deep breath and hold it for 15 seconds. Each time you repeat this exercise, increase the length of time that you hold your breath, up to 30 seconds. Repeat this exercise and allow your body to become more relaxed each time you exhale.

4. Reducing stress headaches. There is a relationship between cold hands and headaches. Your goal is to eliminate (or at least reduce) the intensity of these headaches without the use of prescription drugs. Open your eyes as wide as they will go. Stare all the way up. Now, repeat the exercise, this time staring all the way to the left. Then shift your eyes down, then to the right. Don't twirl your eyes around; take time to focus up, left, down and right. Breathe deeply during each movement. Do this exercise 10 times.



SMART stress-reduction cues

Once you've mastered these exercises, your next goal is to be able to recall the positive sensations you achieved during the relaxation experiences. You can do this by repeating many of the phrases you may have said to yourself while learning to relax. Here is a partial list to get you started:

- My mind is at ease.
- All negative thoughts are gone.
- I have control over my thoughts.
- Tension is leaving my body.
- My head, neck and shoulders are relaxed.
- My hands are becoming warm.
- My entire body feels quiet.
- I'm relaxed, but not tired.
- I feel perfectly at ease.
- I can feel tension leaving my body.
- I can visualize a special relaxation place in my mind.
- I can slow my pulse and heartbeat.

Stretch away tension

At work, at home or wherever you are, take a few moments to release stress. Use these exercises once an hour, if necessary. You'll feel better and prevent tension from building up in your body. These simple stretches and rolls can help relieve tightness in your "Stress Triangle."

Neck roll. Stretch your right ear to your right shoulder, keeping your left shoulder down. Roll your head down (your chin should be on your chest). Continue to your left side. Do rolls from side to side. Begin with eight, build up to 16.

Shoulder shrug. Move your shoulders as if you were drawing a big circle with them, one at a time. Start with four, build up to eight times, going clockwise, then counterclockwise.

Pick fruit. With one hand, reach up as if you were picking an apple from a tree slightly ahead of you. Go from one arm to the other, building up to eight times on each side.

Massage yourself. Use your right hand to work on your left shoulder, and use your left hand on your right shoulder. Work your fingers gently, but firmly, beginning with your left shoulder blade, moving up toward the neck and including the scalp.

Standing body roll. Let your head roll forward until your chin is on your chest. Keep rolling down as your knees begin to bend. When your hands are hanging near your knees, rest there a moment and slowly roll back up. Work up to ten times.

For more information about UnitedHealthcare's Asian American Markets, visit www.uhcasian.com.



* Source: American Institute of Stress, www.stress.org

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聰明減壓提示

一旦熟練了上述活動，您的下個目標是能夠回想您在放鬆經驗中得到的正面感覺。您可以重複說些您在學習放鬆時曾對自己說過的話，幫助您達成目標。下列是幫助您起步的一些做法：

- 我感到安心。
 - 所有負面想法都不見了。
 - 我可以控制自己的想法。
 - 緊張逐漸離開我的身體。
 - 我的頭、頸和肩膀放鬆了。
 - 我的雙手開始變溫暖了。
 - 我的全身感覺平靜。
 - 我感到放鬆卻不疲倦。
 - 我感到完全安心。
 - 我可以感覺緊張逐漸離開我的身體。
 - 我可以在心中想像讓自己特別放鬆的地方。
 - 我可以讓我的脈搏和心跳變慢。
- 無論在上班、在家或在任何地方，花點時間來抒壓。如有需要，每個小時做一次下列運動。您會感覺更舒服，可以避免壓力在身體累積。這些簡單的伸展與轉動可以幫助緩和您「壓力三角」中的緊繃度。

伸展放鬆

無論在上班、在家或在任何地方，花點時間來抒壓。如有需要，每個小時做一次下列運動。您會感覺更舒服，可以避免壓力在身體累積。這些簡單的伸展與轉動可以幫助緩和您「壓力三角」中的緊繃度。

欲查詢有關 UnitedHealthcare 亞裔市場部的詳細資訊，請上網 www.uhcasian.com。



*資料來源：美國壓力協會 www.stress.org

UnitedHealthcare 與上述網站並無關聯。

本資訊僅供一般教育之用。如果您有關於本傳單專題或其他健康病況的特定疑問，請向醫師諮詢。

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