



# 如何从倦怠中恢复

题目: How to recover from activism burnout

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In the summer of 2017, a woman was **murdered** by her partner in Sofia. The woman, let's call her "V," was beaten for over 50 minutes before she died. The morning after, her neighbors told the press that they heard her screams, but they didn't intervene. You see, in Bulgaria and many other societies, **domestic violence** is typically seen as a private matter. Neighbors, however, are quick to react to any other kind of noise.

那是 2017 年的夏天，在索非亚，一个女人被她的伴侣谋杀了。让我们把这个女人称作“V”，在她死亡之前，她被殴打长达 50 分钟。第二天早上，她的邻居告诉媒体，说他们听到了她的尖叫，但是他们没有干涉。在保加利亚和其他很多社会中，家庭暴力普遍被看作是一件私事。然而，邻居却总是迅速对其它噪音作出回应。

We wanted to expose and affect the **absurdity** of this. So we designed an experiment. We rented the apartment just below V's for one night. And at 10pm, Maksim, the artist in our group, sat on the drum set we had assembled in the living room and started beating it. Ten seconds. Thirty seconds. Fifty seconds. A minute. A light came on in the hallway. One minute and 20 seconds. A man was standing at the door, **hesitant** to press the bell. One minute and 52 seconds. The doorbell rang, a ring that could have saved a life.

我们想要去曝光、去改变这件荒谬的事情。所以我们设计了一个实验。我们租了“V”的公寓正下方那间房间一个晚上。在晚上 10 点的时候，马克西姆，我们组中的艺术工作者，坐在我们于客厅架好的鼓前，然后开始敲鼓。10 秒。30 秒。50 秒。1 分钟。一束光打在了走廊上。1 分钟 20 秒。一个男人站在门口，犹豫要不要按门铃。1 分钟 52 秒。门铃响了。一个本可以挽救一条生命的门铃。

**murder**

v. 谋杀

**domestic**

**violence**

家庭暴力

**absurdity**

n. 悖论；荒谬的

**hesitant**

adj. 犹豫不定的

"Beat." is our project exploring the **ominous** silence surrounding domestic violence. We filmed the experiment, and it became instantly viral. Our campaign amplified the voices of survivors who shared similar stories online.

“敲”，我们的这个项目探索了 围绕家庭暴力的沉默。我们拍摄下了这个实验，它瞬间引起热议。我们的这项实验放大了 那些在网上分享了自己故事的幸存者的心声。

It equipped neighbors with specific advice, and many committed to taking action. In a country where every other week, the ground quietly **embraces** the body of a woman murdered by a partner or a relative, we were loud, and we were heard.

它也给了邻居详细的建议，他们很多都付诸了行动。在这样一个国家——每隔一周，就有一个女人的尸体悄然拥入大地的怀抱，她被伴侣或者亲戚杀死——这样的国家里，我们响亮地发声，我们的话语得到了关注。

I am an activist, **passionate** about human rights innovation. I lead a global organization for socially engaged creative solutions. In my work, I think about how to make people care and act. I am here to tell you that creative actions can save the world, creative actions and play. I know it is weird to talk about play and human rights in the same sentence, but here is why it's important. More and more, we fear that we can't win this. Campaigns feel dull, messages drown, people break.

我是一个活动家，热衷于人权革新。我带领了一个全球组织，致力于构思社会参与的创新解决方案。在我的工作中，我思考如何鼓动人们去关心、去行动。我想站在这里告诉你：创新行为可以拯救世界，创新行为和玩乐。我知道在同一句子中谈论玩乐和人权很奇怪，但接下来我要说出这很重要的原因。更多的是，我们害怕我们赢不了这场斗争。活动变得乏味，信息被淹没，人们精神崩溃。

**ominous**  
adj. 预兆的；  
不吉利的

**embrace**  
v. 拥抱

**passionate**  
adj. 多情的；  
激情的

Numerous studies, including a recent one published by Columbia University, show that burnout and depression are **widespread** amongst activists. Years ago, I myself was burned out. In a world of endless ways forward, I felt at my final stop. 很多研究, 包括最近哥伦比亚大学发表的一项, 显示: 力竭和抑郁在活动家群体中广泛蔓延。几年前, 我也曾经历力竭。在这个还有有无数条路可走的世界上, 我却觉得自己走到了最后一站。

So what melts fear or **dullness** or gloom? Play. From this very stage, **psychiatrist** and play researcher Dr. Stuart Brown said that nothing lights up the brain like play, and that the opposite of play is not work, it's depression. So to pull out of my own burnout, I decided to turn my activism into what I call today "play-tivism."

所以什么化解了恐惧, 枯燥或忧郁呢? 玩乐。从这个阶段开始, 心理学家、“玩乐”研究者斯图亚特·布朗博士说道, 没有任何东西像玩乐一样可以点亮大脑, 与玩乐对立的不是工作, 而是抑郁。所以为了让我自己摆脱力竭, 我决定把我的活动主义方向变为——“玩乐活动主义”。

When we play, others want to join. Today, my playground is filled with artists, techies and scientists. We fuse **disciplines** in **radical collaboration**. Together, we seek new ways to empower activism. Our outcomes are not meant to be playful, but our process is. To us, play is an act of resistance. For example, "Beat.," the project I talked about earlier, is a concept developed by a **drummer** and a software engineer who didn't know each other two days before they pitched the idea.

当我们玩乐的时候, 其他人会希望加入。今天, 我的游乐场上充满了艺术家, 技术人员和科学家。我们通过深度合作融合了行为准则。共同努力, 我们寻找新的方法来为活动主义赋能。我们的成果并不会是充满玩乐的, 但是我们的过程是。对我们来说, 玩乐是坚强的表现。比如说, 我之前提到的“敲”项目, 是由一位鼓手和一位软件工程师发明的概念, 他们在推广这个概念的两天前甚至不认识对方。

**widespread**  
adj. 普遍的;  
广泛的

**dullness**  
n. 钝度

**psychiatrist**  
n. 精神病医生

**discipline**  
v. 训练

**radical**  
**collaboration**  
深度融合

**drummer**  
n. 鼓手

"Beat." is the first winner in our lab series where we pair artists and technologists to work on human rights issues. Other winning concepts include a pop-up bakery that teaches about fake news through beautiful but horrible-tasting cupcakes --04:37

or a board game that puts you in the shoes of a dictator so you get to really grasp the range of tools and tactics of oppression.

“敲”是我们实验系列中的第一个优胜者，以这种方式，我们把艺术家和技术人员们配对去研究人权问题。其他的优胜概念包括一个弹窗面包店，通过外表华丽但味道极差的小蛋糕来宣讲假新闻相关知识……还有一个桌游，让你扮演一名独裁者，来让你真正了解压迫的工具和手段范围之广。

We did our first lab just to test the idea, to see where it cracks and if we can make it better. Today, we are so in love with the format that we put it all online for anyone to implement. I cannot overstate the value of **experimentation** in activism. We can only win if we are not afraid to lose.

我们的第一个实验室只是为了验证这个想法，去检验它是否有漏洞，我们能否修复它。如今，我们如此喜爱这种模式以至于我们把它放到网上让每一个人都能实施它。我认为，无论怎样宣扬活动主义实验的重要性都不过分。只有不怕失败，我们才能胜利。

When we play, we learn. A recent study published by Stanford University about the science of what makes people care **reconfirms** what we have been hearing for years: opinions are changed not from more information but through empathy-inducing experiences.

玩乐的时候，我们学习。斯坦福大学最近发表的一项关于“是什么令人们关心起来”的科学研究再次证实了我们多年以来经常听到的事实：观念的转变不是由更多信息导致的而是通过能引发情感共鸣的体验。

**experimentation**

n. 实验

**reconfirm**

v. 重新确认

So learning from science and art, we saw that we can talk about global armed conflict through light bulbs, or address racial inequality in the US through postcards, or tackle the lack of even one single monument of a woman in Sofia by flooding the city with them, and, with all these works, to trigger **dialogue**, understanding and direct action.

**dialogue**  
n.对话

所以从科学和艺术我们得知， 我们可以通过灯泡讨论全球武装冲突， 或者通过明信片响应 美国种族不平等问题， 又或者应对在索菲亚， 甚至一座女性雕像都没有的问题， 方法是让女性雕像遍布该城， 通过这些工作， 来开启对话、理解和直接行动。

Sometimes, when I talk about taking risks and trying and failing in the context of human rights, I meet raised eyebrows, eyebrows that say, "How **irresponsible**," or, "How insensitive." People often mistake play for negligence. It is not. Play doesn't just grow our armies stronger or spark better ideas. In times of painful injustice, play brings the levity we need to be able to breathe. When we play, we live. 有时，当我在谈论人权的时候， 提到冒险、尝试和失败时， 我会遇到一些冷眼， 这些冷眼仿佛在说：“真不负责任！”或者，“真麻木不仁！”人们常把玩乐当作忽视。其实不然。玩乐不仅仅让我们的队伍更强，或者激发灵感。当令人痛心的不公发生时，玩乐给我们带来能让我们喘息的轻松。玩乐的时候，我们活着。

**irresponsible**  
adj.不负责任的

I grew up in a time when all play was forbidden. My family's lives were crushed by a communist dictatorship. For my aunt, my grandfather, my father, we always held two funerals: one for their bodies, but, years before that, one for their dreams. Some of my biggest dreams are nightmares. 我小的时候，所有的玩乐形式都是被禁止的。我们全家的生活都被一个“共产主义”独裁政权摧垮了。为我姨、我的祖父、我父亲，我们都举行了两场葬礼：一个埋葬他们的肉体，但在多年前，另一个埋葬他们的梦。

I have a nightmare that one day all the past will be forgotten and new clothes will be dripping the blood of past mistakes. I have a **nightmare** that one day the **lighthouses** of our humanity will crumble, corroded by acid waves of hate.

我最大的梦中有一些是噩梦。在一个噩梦中，有一天，所有的过去都被遗忘了，只有新衣上还沾着过去的错误所留下的血迹。在一个噩梦中，有一天，人性的灯塔已然倒塌，被仇恨之浪侵蚀着。

But way more than that, I have hope. In our fights for justice and freedom, I hope that we play, and that we see the joy and beauty of us playing together. That's how we win.

但尽管如此，我还抱有希望。在为公正与自由而战时，我希望我们玩乐起来，我希望我们在我们共同玩乐时找到其中的快乐与美。这，就是我们取胜的办法。

nightmare

n. 噩梦

lighthouse

n. 灯塔