

TED 如何在纷扰的网络世界中 回归平静

题目: Tips for reclaiming your peace of mind online

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Cloe Shasha Brooks: Hello, welcome. You are watching a TED interview series called How to Deal with Difficult Feelings. I'm Cloe Shasha Brooks, your host and a **curator** at TED. And today we'll be focusing specifically on anxiety. So first I'll be speaking with author and model Naomi Shimada about the anxiety associated with **social media**. She **coauthored** a book called "Mixed Feelings: Exploring the emotional impact of our digital habits." It's all about how the internet has created a new layer of **perfectionist** pressure on our lives and how we can better manage our relationship with our online worlds. Hello, Naomi. Great to see you.

克洛·莎莎·布鲁克斯: 大家好, 欢迎。您正收看的是 TED 访谈系列《如何调节复杂情绪》。我是主持人兼 TED 负责人 克洛·莎莎·布鲁克斯。今天我们重点关注于焦虑问题。首先我将对话作家兼模特: 岛田直美, 讨论与社交媒体相关的焦虑问题。她与人合著了《五味杂陈: 探索数字化习性 带给我们的情绪冲击》。全书探讨了互联网是如何从完美主义这个新层面 给我们的生活施压, 而我们又该如何才能更好地与网络世界相处。你好, 直美。幸会幸会。

Naomi Shimada: Hello, Cloe, great to see you, too. I'm honored to be here.

岛田直美: 你好, 克洛, 同样幸会。荣幸受邀。

CSB: Oh, well, thanks for joining us. So, Naomi, you have written and spoken about the relationship between social media and anxiety a whole **bunch**, such as the anxiety to post online or not to post. So can you tell us a little bit more about that?

克洛: 好的, 感谢应邀。直美, 你曾登过文也发过声 尽述社交媒体与焦虑问题之间的关系, 例如在决定是否发帖时的焦虑。对此你能不能更深入地聊一聊?

curator

n. 馆长; 园长

social media

社交媒体

coauthor

v. 合著

perfectionist

n. 完美主义者

bunch

n. 串; 群;
突出物

NS: So I always want to start by saying, even though I have written about it, I still don't really feel like an expert because this is just -- I always want to decenter my voice as an expert because I'm just feeling this out like everyone else. But in my experience, social media and anxiety are connected, you know, or social media **exacerbates** anxious feelings. It exacerbates the human condition.

直美：我一直希望能申明，即便我写过相关方面的书籍，我仍不觉得自己是个专家 因为这实在是——我一直想让自己的语气有别于专家，因为我和大家一样只是在试探自己的感受。但鉴于我本人的经验，社交媒体与焦虑问题是相通的，或者说，社交媒体会加剧焦虑感。使人的状况恶化。

And so things that we may have **insecurities** and anxieties around, like, you know, our relationships, our bodies, our work, the things that make up our sense of self, I think the anxiety we feel or we can feel when we use social media can sometimes act as a marker for things that show us where we need to do work or where we feel insecure. And sometimes it's just a message being reflected back to us. And also, like I said, social media exacerbates the human condition. You know, as humans, I think we so often just want to be loved and cared for and seen and adored or just acknowledged. So social media has also become, you know, our main mode of communication, our method of work. Some of those things, those lines can start to become very **blurred**.

于是我们就可能会让自己置身于焦虑与不安之中，比如，我们的情感关系，我们的体型，我们的工作，这些构成我们自我意识的事物，我认为我们感受到的焦虑或者说在我们使用社交媒体时，感受到的焦虑有时也是一种标杆 用来衡量我们何时应该工作 何时感到不安。有时这不过是反映我们自身问题的信息。同时，我说过，社交媒体会使人的状况恶化。要知道，作为人类 我认为我们过多的渴求他人的喜爱、关注、视线、崇拜、或者仅仅只是认同。于是社交媒体也成为了我们沟通和工作方式的主要模式。它们中的一些界线都开始变得模糊了。

exacerbate

v.使恶化；
使加重

insecurity

n.不安全；
危险

blurred

adj.模糊的

CSB: Absolutely. Yeah, and in addition to making lives look shiny and perfect, social media also seems to fuel a lot of FOMO, or fear of missing out. And I'm curious what you'd suggest for people who experience a lot of anxiety from seeing videos and images of other people having a ton of fun and, you know, not knowing how to deal with that.

克洛：诚然。在把生活包装得光鲜亮丽之余，社交媒体似乎也大大加剧了“FOMO”现象，也就是错失恐惧症。我很好奇你要如何谏言于那些在看了他人享乐的照片与视频后会产生大量焦虑的人，那些不知该如何调节自己情绪的人。

NS: I think, like I said slightly earlier, the feelings of anxiety when they come up, like, what is that message, you know, taking that step back and being, like, why do I feel this way? Why is this making me feel like this? And kind of reading into it.

直美：正如我稍早前所说，当焦虑的情绪来袭，这说明了什么，往后退一步，想想为什么我会有这样的感受？为什么这件事会令我作此感受？试着去看透这种感受。

And in my personal experience, the thing that works for me is just taking a step back, taking a moment, you know, if something is making me feel bad, for example, if social media -- if we thought of it as a substance, for example, if something was making you feel bad, what would you do about it? Would you stop using it? You know, I think there's levels to this because sometimes, you know, we may have work now that is so intertwined with social media and it can't just be like, oh, stop using it.

从我个人经验来看，对我管用的办法就是退一步，缓一缓，如果有什么东西令我难受，比方说，如果社交媒体——假如我们能把社交媒体当作一个物件，如果某个物件令你难受，你会做什么？你会不再使用这个物件吗？我觉得这事往往得分层级而定，现在有些工作与社交媒体有着千丝万缕的连系无法说断就断，说停就停。

absolutely
adv.完全地；绝对地

shiny
adj.有光泽的；闪耀的；晴朗的

substance
n.物质；主旨；实质

intertwin
v.缠结在一起

And I know that there's a **spectrum**. And I'm also navigating this constantly myself when as a public-facing person, my job is so intertwined with social media and it's something I want to do less and less.

我知道有这么一套层级体系。作为一名公众人物 我本人也在不断地探索，我的工作就与社交媒体纠缠不清，而我希望的就是能将其能简化。

So I'm navigating that kind of boundary for me all the time. So it's just **negotiating**, sometimes it's not as clear cut, you know, it may for you start as take the weekends off, or you know, I actually personally most of the time don't have social media on my phone. And just when I have to do something for work, that's when I interact with it, especially this year that's been so heavy, you know, and where there is no "off" button and every new day bringing such bad news, like, I'm a very sensitive person, so I have to do the things I know that I need to **take care of myself**, which is not scroll.

所以我无时无刻 不在为自己探索着边界。这就是一种交涉，有时确实做不到一刀两断，但也许可以从 过个清静的周末开始，实际上我本人大部分时间 都不会用手机上社交媒体。只有在工作必要时，我才会使用社交媒体，尤其今年是如此沉重的一年，事事无法叫停，每天都会看到坏消息，我是个非常敏感的人，所以我必须用自己所知的 有效的方式照顾自己，那就是不要划手机。

Also, I've had an injury in my hand, which means I can't actually scroll, so I'm like, "This is a sign! I'm just not supposed to be interacting like that right now." So just listening and knowing that you don't have to fall under the pressure.

而且，我的手受过伤，所以我也没法划手机，于是我就想：“这是一个征兆！此时此刻的我不该划手机。”所以我听之任之 让自己不再受其压力所扰。

spectrum

n.光谱；范围

negotiating

n.谈判

take care of

照顾

Like, I think so often we think that if we don't post, we don't exist. Our existence, you know -- we only exist when other people see us existing. Like, that, that whole line, like, "Oh, if you didn't post about it, it didn't happen." That concept. We've started to **internalize**, you know, especially my generation of **millennials**, gen-Z, like, if you didn't post it, it didn't happen.

我觉得大家过份地认为 如果自己不发帖，自己就不存在了。我们的存在，就像——只有在别人看到我们时，我们才算存在。就像那句话，“如果你不发帖，事情就没有发生。”这样的概念。我们已经开始将其内化，尤其是我们这代人，千禧一代，或者 Z 世代，如果不发帖，就当事情就没有发生。

And so it's just like going back and being like, OK, is that true? Why do I feel the need to share this? And asking those questions. And that's what I do. So like I said, I'm not an expert, I too I'm working this out and every day feels totally different. But asking those questions is a great place to start. 所以就得退一步，好好想想：好吧，这是真的吗？为什么我需要发帖分享此事？提出这类问题。我就是这么做的。所以就像我说的，我不是什么专家，我也在试着去摸索，每天都有不同的感受。但提出这些问题就是个好的开始。

CSB: Thank you for that. So we have a question from the audience. Let's bring that up. OK, so related to this, from Facebook, "What question should we be asking ourselves before we post on social media?"

克洛：谢谢。我们有一个来自观众的提问。我们开始吧。来自 Facebook 的相关问题：“在我们发帖到社交媒体之前，我们应该先问自己什么问题呢？”

internalize
v.使内在化

millennial
adj.一千年的

NS: So I like to ask myself, like, why do I want to share this right now? Is this something -- as a person that has grown up on the internet, on social media, so often how I **validated** myself and my sense of self was posting something and people reacting to it. And I think that's just very **murky** territory. I think like, you know, why do I feel the need to share this? Is this something that feels also private to me?

直美：我会问自己，我现在 为什么会想要发帖分享此事？会不会是——作为一个成长于 互联网与社交媒体的人，将发帖和待人回帖 过份地看作是验证 自我和自我意识的方式。我觉得这是一个阴暗的领域。我认为 为什么我会有发帖分享此事的需求？这难道不也是我的私事吗？

validate

v.确认；证实

murky

adj.阴暗的；可疑的

You know, in my opinion, on whether, and I guess, you know, I have not the biggest social media following, but a social media following, that sometimes, when I'm like, does that person, for me, does my family member want to be shown online, for example, like, or is this a private moment? I think **navigating**, like, do I feel not good about myself right now and is posting a picture of myself looking, like, hot, or whatever the **equivalent** of looking really happy -- I think sometimes so often we post about the things that we are yearning for, whether that's attention, love, craving.

navigate

v.驾驶；操纵

equivalent

adj.等同的；等效的

在我看来，我的社交媒体粉人数 虽然不是最多的，但也不算少了，有时候，我会想，他人的意愿，对我而言，比方说，我的家人 是否愿意被展示在网上，或者说，这算不算是私人时光？我认为试探自己当下是否难过 并贴出自己秀身材 或是秀幸福的照片——我认为我们往往会贴出自己的渴求，不外乎关注、喜爱、执念。

And I think there's deeper underlying messages behind posting sometimes, you know, and that it is a **projection** of the things that we want in our lives, for example, posting photos of people you want better relationships with or, you know, there's a big spectrum of experience. But for me, I just try to ask myself, why do I feel the need to make this public right now? Is this something that I am proud of? And it's no **critique**. This is really questions that are just a **gauge** where I'm at or where someone else is at with it. Like, is this something that actually I just need to pay attention to in my own life privately, of, like, this is something I should be working on or thinking about, or there's just deeper questions about context, I think, that are important.

而且我认为在发帖行为的背后 有时还藏着更深层的含意，那就是我们在生活中 对渴望的事物的投影，例如，贴出你希望能 与之关系更进一步的人的照片 知道吗，许多人都有过这样的经验。但对我而言，我只想问自己，为什么我会有将此事公之于众的需求？此事会令我引以为豪吗？这不是批评。这些问题其实是用来衡量 应该如何给自己定位 或者给他人定位。这真的是 我应该在私人时间里关注的事情吗？这件事应该由我来处理或考虑吗？还是说整件事具有更深层次的问题，我认为，这些问题都很重要。

CSB: Yeah, yeah. And I think as we're now at our final question, which is something that I think is related to what you're saying around when to post or not to post, but from a different angle, which is, you know, a lot of people have anxiety about whether or not to post their social justice activism on their accounts and **regardless** of the activism they might be already doing outside of social media, right?

克洛：是的，是的。这是我们的最后一个问题，问题与你刚刚的话题相关 问到了何时发帖何时缄默，但提问的角度有所不同：许多人的焦虑在于 自己的社交媒体账号 是否发帖声援社会正义的活动，而社交媒体之外 却没有什么实际行动，对吧？

projection
n. 投掷；发射

critique
n. 批评；评论文章

gauge
n. 厚度；直径

regardless
adv. 不顾后果地

And some people just find it **performative**. But at the same time, there was a fear of looking apathetic if people are not posting about social justice on social media. So how do you suggest people deal with that anxiety and think about that?

有些人认为这不过是装腔作势。但与此同时，人们会担心 如果在社交媒体上 都不对社会正义发声，就会显得自己很冷漠。那么你又会为这些人的焦虑问题 提出怎样的建议和想法呢？

NS: I mean, that's **definitely** an anxiety of our generation, right? Anxieties around posting about social justice. I think the big question here is asking ourselves, like, what am I doing in my own life? You know, and again, there is a spectrum, because there's a lot of people who are sharing a lot of important information via social media. So you have, like, **organizers** and then everybody else. But if you are -- Once again, you know, I can't speak for everybody, but just I think it's -- I read this quote by an activist in Oregon, a lifetime organizer called Grace Lee Boggs, and she said that, you know, that a lot of times in our lives we don't **prioritize** the importance of self-reflection and revolution. And I think, you know, we so care about optics. We don't want people to think that we are racists, sizeist, sexist, etc.

直美：这确实是我们这代人才有的焦虑，不是吗？面对社会正义发帖与否的焦虑。我认为这里主要的问题在于自省：我究竟在自己的生命中做了什么？知道吗，这同样有一套体系，因为许许多多人都会在社交媒体上分享重要信息。所以会区分组织者和所有其他角色。但如果你是——再次申明，我说的话不能代表所有人，但我是这么认为的——我在俄勒冈州读到过一位社会活动家说的话，她叫陈玉平，毕生致力于组织社会活动，她说过，在我们的生命中我们往往不会首先想到自我反省和自我变革的重要性。我认为，我们太看重表象了。我们不希望被他人视作种族、体型、性别等方面的歧视者。

performative
adj. 表述行为的

definitely
adv. 明确地；确切地

organize
v. 组织；使有系统化

prioritize
v. 优先考虑

But to not create and redo this kind of harm in the world, we need to understand and really reflect on these systems that we've all internalized to some effect. So to understand, like, where am I on the **spectrum**? How do I benefit? All of these things actually really take time and deep, you know, self-reflection and work. And that kind of questioning, I think, is something that I find it helpful to be offline because I'm like, otherwise, I'm just listening to what everybody else is saying.

但为了不在世界上制造和重复这类伤害，我们需要理解并真正反思这套我们都已内化到了一定程度的系统。那么，想要了解自己处于这个体系的什么位置？自己会如何受益？这一切都得花时间，深刻地自省，发力。我想，能提出这样的问题就会在网络之外的世界对自己有所帮助的。因为，另一方面，我也只是在倾听，倾听大家都在说什么。

Like, are these my thoughts and my feelings or am I just internalizing what other people are just shouting into the **atmosphere** and into the internet? I think, there's moments where obviously, a lot the uprisings in June would not have happened if it wasn't for the information that was shared and that action, of course, was so important. But I think there's different phases, you know. And when it's just about shame and optics, that's not how we change the world. For us to change the world, we need to **inhabit** and act on these reflections.

听听这些是否也是我的所思所感，还是说我只是内化了那些被他人宣泄到全世界以及互联网上的言语？我认为，明显有好几次，如果没人分享信息那么六月里的许多社会活动都不会发生，而分享信息这一行为当然是非常重要的。但我认为也要分阶段来讨论，如果都只是在讨论丑事和表象，那就和我们改变世界的方式相左了。我们要想改变世界，就得深入反思并思而后行。

spectrum

n. 光谱；

范围

atmosphere

n. 光谱

inhabit

v. 栖息于

So I think there are again, more questions to ask ourselves, like, do I just not want people to think that I do this? And often we are in echo **chamber** of the people who follow us and people we follow, right? So a lot of the times we're just sharing and shouting into the atmosphere of people who have the same ideals as us. And that energy can be used in a different way. And also sometimes inhibits, I think, real harder conversations from happening, because I think social media isn't often an intimate enough of a space to be able to ask each other questions that we're afraid to ask.

所以又有了更多要留给 我们自己的问题： 我是否想让大家知道 事情是我做的吗？ 我们往往是在自己的 关注者和被关注者中 人云亦云罢了，不是吗？ 所以许多时候， 我们只是在对着那些 和我们有着相同理念的人 进行分享和呐喊。 而这股能量 会被引向不同的方向。 而且，我觉得有时候还会 限制更沉重的话题， 因为我认为社交媒体往 往算不上是什么亲密空间， 不足以让我们相互提出 难以启齿的问题。

Or mistakes, it's not favorable to making mistakes anymore, which is my **critique** and sadness about social media. You know, our biggest fear is being called out for something. But this call-out culture, sometimes, not always, I understand its role and place in society, but sometimes doesn't allow for us to have more engaged conversations around these systems that we've internalized. And we all make mistakes and we all have to learn and sometimes it doesn't allow for that to happen.

犯错，也成了不再提倡的事， 为此我对社交媒体 感到不忿与悲哀。 知道吗，我们最大的恐惧就是 应为某件事情而被人点名。但这种点名文化， 有时候，并非总是， 我能理解它的社会作用和地位， 但它有时候让我们 无法围绕那些被我们内化的系统 展开更紧密的对话。 我们都会犯错， 都要在是教训中成长， 而有时候社交媒体 没给我们成长的机会。

chamber
n. 室； 膛；
会所

critique
n. 批评

CSB: Yeah, yeah, yeah. Well, I think that's beautifully said and we've come to the end of our time here. But I am so grateful to you for this conversation, Naomi, and thank you for sharing all this. I'll talk to you soon. Take care.

克洛：是的，是的。好的，我觉得说得很棒 而且时间也差不多到了。很感激你能参与到 这次对话，直美， 谢谢你分享的一切。我们之后再聊。保重。

NS: Thank you, Cloe and everyone. Much love.

直美：谢谢克洛，谢谢大家。爱你们。