

# 如何解决焦虑

题目: How to cope with anxiety

作者: Olivia Remes

Imagine that you're getting ready to go to a party. You feel excited, but also nervous, and you've got this feeling in your stomach almost like another **heartbeat**. There's something holding you back, holding you back from getting too happy. "No, you mustn't get too happy. Better to be cautious, **otherwise**, something bad might happen." You start wondering, "Who should I talk to when I get there? What if no one wants to talk to me? What if they'll think I'm weird?"

想象一下,你正准备去参加一个派对。你感到兴奋,但也紧张,你的胃里有种感觉,就像又一次心跳。有东西在阻止你,阻止你变得太快乐。“不,你不能太高兴。最好还是小心点,否则会发生不好的事情。”你开始想,“当我到了那里,我应该跟谁说话?”如果没人想跟我说话怎么办?如果他们觉得我很奇怪怎么办?”

When you arrive at the party, someone comes up to you and starts talking with you, and as this is happening, your mind starts racing, your heart begins pounding, you start sweating, and it feels almost like you're **dissociating** from yourself, like it's an out-of-body experience, and you're just watching yourself talk. "Keep it together," you say to yourself, but you can't.

到达聚会时,有人对你出现,并开始与你交谈,因为这正在发生,你的大脑开始赛车,心脏开始跳动,你开始出汗,感觉就像你逃避自己,喜欢它的“灵魂出窍”,你只是看着自己说话。“保持在一起,你對自己說,但你做不到。

And it's just getting worse: after a few minutes of conversation, the person you've been speaking to leaves, and you feel **utterly defeated**.

更糟糕的是:几分钟的交谈后,和你交谈的人离开了,你感到彻底的挫败。

**heartbeat**

n.心跳;  
情感

**otherwise**

adv.否则;  
不然

**dissociate**

v.分离; 分裂

**utterly**

adv.完全地; 彻底地

**defeat**

v.击败; 挫败

This has been happening to you in social situations for a long time. Or imagine every time you go out, and you're in crowded places, you feel this **panic** starting to arise.

长期以来，这种情况一直发生在你的社交场合中。想象一下，每次你出门，你在拥挤的地方，你会感到这种恐慌开始出现。

**panic**  
n. 恐慌

When you're **surrounded** by lots of people, like on a bus, you start to feel hot, nauseous, uneasy, and to prevent this from happening, you start avoiding a lot of places which makes you feel lonely and **isolated**.

当你被很多人包围时，比如在公交车上，你会开始感到热、恶心、不安，为了避免这种情况发生，你开始避开很多让你感到孤独和孤立的地方。

**surround**  
v. 包围

**isolated**  
adj. 孤立的

You or the person in both of these **scenarios** have anxiety disorders, and what I can tell you is that anxiety is very common, much more than people think. Right now, one in 14 people around the world have an anxiety disorder, and each year, it costs over 42 billion dollars to treat this mental health problem.

你或者这两种情况下的人都有焦虑症，我可以告诉你的是焦虑症非常普遍，比人们想象的要普遍得多。现在，全世界每14个人中就有一人患有焦虑症，每年，治疗这种心理健康问题要花费420亿美元。

**scenarios**  
n. 焦虑症

To show you the impact that anxiety has on someone's life, I will just mention that anxiety can lead to **depression**, school dropout, suicide. It makes it harder to focus, and to hold down a job, and it can lead to relationship break down.

为了向你们展示焦虑对于生活的影响，我只想提到焦虑会导致抑郁、辍学和自杀。这会让人难以集中注意力，难以保住工作，还可能导致关系破裂。

**depression**  
n. 抑郁

But a lot of people don't know this, that's why, a lot of times, people **sweep** anxiety under the rug as just nerves that you need to get over, as a weakness, but anxiety is so much more than that.

但很多人并不知道这一点，这就是为什么很多时候，人们把焦虑掩盖起来，认为焦虑只是你需要克服的神经，是一种弱点，但焦虑远不止于此。

A reason why so many people don't think it's important is that they don't know what it is. Is it your **personality**? Is it an illness? Is it a normal sensation? What is? That's why it's important to **differentiate** what is normal anxiety from what is an anxiety disorder.

很多人认为它不重要的一个原因是他们不知道它是什么。是你的个性吗？是一种疾病吗？这是一种“正常的感觉吗？”是什么？这就是为什么区分什么是正常的焦虑和什么是焦虑障碍很重要。

Normal anxiety is an emotion that we all get when we're in stressful situations. For example, let's say, you're out in the woods, and you come face-to-face with a bear. This will probably make you feel a little bit anxious, and you'll probably want to start running like crazy. This anxious feeling that you get is good because it protects you, it saves you, and it makes you on a **hightail** it out of there, although maybe it's not such a good idea to start running when you see a bear. I really don't think you can out run a bear.

正常的焦虑是一种情绪，即当我们处于紧张的情况下我们都会有这种情绪。例如，假设你在森林里和一只熊面对面。这可能会让你感到有点焦虑，你可能会想要开始疯狂地跑步。这种焦虑的感觉是好的，因为它保护了你，拯救了你，它让你逃离那里，尽管当你看到熊的时候，逃跑可能不是一个好主意。我真的不认为你能跑得过熊。

**sweep**

v. 扫视； 打扫

**personality**

n. 个性

**differentiate**

v. 区分； 区别

**hightail**

v. 迅速逃走

Anxiety helps us meet our deadlines at work and deal with emergencies in life, but when this anxiety emotion is taken to the extreme and arises in situations which don't pose a real threat, then that's when you might have an anxiety disorder.

焦虑帮助我们在工作的最后期限前完成任务，处理生活中的紧急情况，但当这种焦虑情绪达到极端，并出现在不构成真正威胁的情况下，那么你可能患有焦虑症。

For example, people with **generalized** anxiety disorder worry excessively and constantly about everything going on in their lives, and they find it very difficult to control this worry. They also have **symptoms** like **restlessness**, fear, they find it hard to fall asleep at night, and they can't concentrate on tasks. In spite of whatever kind of anxiety you might be suffering from, there is something that you can do to lower it.

例如，患有广泛性“焦虑障碍”的人对生活中发生的一切过度和不断地担忧，他们发现很难控制这种担忧。他们还会出现躁动不安、恐惧等症状，夜间难以入睡，无法集中精力完成任务。不管你有什么样的焦虑，你都可以做一些事情来降低它。

It works, and it's simpler than you may think. All too often, we're given **medication** for mental disorders, but it doesn't always work in the long run. Symptoms often come back, and you're back to where you started. So here's something else to consider: the way you cope or handle things has a direct impact on how much anxiety you're experiencing, and if you tweak the way you're coping, then you can lower your anxiety.

它确实有效，而且比你想象的要简单。我们经常接受治疗精神障碍的药物治疗，但长期来看并不总是有效。症状经常复发，你又回到了开始的地方。所以还有其他需要考虑的事情：你处理或处理事情的方式对你经历的焦虑程度有直接影响，如果你调整处理方式，你就可以降低你的焦虑。

**generalized**  
adj. 广义的；  
普遍的

**symptom**  
n. 症状；征  
兆

**restlessness**  
n. 坐立不  
安；不安定

**medication**  
n. 药物；药  
品

In our study at the University of Cambridge, we showed that women living in poor areas have a higher risk for anxiety than women living in richer areas. These results didn't surprise us, but when we looked closer, we found that women living in poor areas, if they had a particular set of coping resources, they didn't have anxiety, while women living in poor areas without these coping resources had anxiety.

在剑桥大学的研究中，我们发现生活在贫困地区的女性比生活在富裕地区的女性患焦虑症的风险更高。这些结果并不让我们惊讶，但当我们仔细观察，我们发现生活在贫困地区的女性，如果她们有一套特定的应对资源，她们就不会焦虑，而生活在贫困地区的女性没有这些应对资源就会焦虑。

Other studies showed that people who had faced extreme **circumstances**, who had faced adversity, been through wars and natural disasters, if they had coping resources, they remained healthy and free of mental disorders, while others, facing the same **hardships** but without coping skills went on a **downward** spiral and developed mental disorders.

其他研究表明，人们谁曾面临极端面临逆境、经历过战争和自然灾害的环境，如果他们有应对资源，他们仍然健康，没有精神障碍，而其他的人，面临同样的困难，但没有应对技能，继续下行，并发展为精神障碍。

So what are some of these coping resources, and how can we use them to lower our anxiety? And before I dive into what they are, I'd like to point out - and I think this is so interesting - you can develop these coping resources or coping skills on your own through the things that you do; you can take charge of your anxiety and lower it, which I think is so empowering.

那么这些应对方法有哪些呢？我们如何利用它们来降低焦虑呢？在我深入探讨它们是什么之前，我想指出一点我认为这很有趣，你可以通过你所做的事情自己开发这些应对资源或应对技能；你可以控制你的焦虑并降低它，我认为这是非常强大的。

**circumstance**

n. 条件；情况

**hardship**

n. 困苦；艰难

**downward**

adj. 向下的；下降的

Today I'll be talking about three coping resources, and the first one is feeling like you're in control of your life. People who feel like they're more in control of their life have better mental health. If you feel like you're lacking in control in life, then research shows that you should engage in experiences that give you greater control. I'll show you what I mean: do you sometimes find that you put off starting something because you just don't feel ready enough? Do you find it hard to make decisions like what to wear, what to eat who to date, which job to take up? Do you tend to waste a lot of time deciding what you might do while nothing gets done? A way to overcome indecision and this lack of control in life, is to do it badly.

今天我要讲三种应对方法，第一种是感觉自己掌控了自己的生活。那些感觉自己能更好地掌控生活的人心理健康状况更好。如果你觉得自己在生活中缺乏控制力，那么研究表明，你应该参与那些能给你更大控制力的经历。我来告诉你我的意思：你是否有时会发现你推迟开始某件事是因为你觉得自己还没有准备好？你是否觉得做决定很困难，比如穿什么，吃什么，和谁约会，做什么工作？你是否倾向于浪费大量的时间来决定你要做什么，却什么也没做？克服优柔寡断和生活中缺乏控制力的一个方法就是把它做得很糟糕。

There's a quote by writer and poet GK Chesterton that says, "Anything worth doing is worth doing badly the first time." The reason why this works so well is that it speeds up your decision-making and catapults you straight into action, otherwise, you can spend hours deciding how you should go about doing something or what you should do.

作家、诗人切斯特顿(GK Chesterton)曾说过：“任何值得做的事，都值得在第一次做得很糟糕。”这个方法如此有效的原因是它能加快你的决策速度，让你直接行动起来，否则，你会花好几个小时来决定你应该如何去某事或你应该做什么。

coping  
resource  
应对方法

engage in  
从事于

overcome  
v. 克服；解决

indecision  
n. 优柔寡断

catapults  
n. 弹弓；发射机



This can be **paralyzing** and can make you afraid to even begin. All too often, we aim for perfection, but never end up doing anything because the standards that we set for ourselves are too high, they're **intimidating**, which stresses us out so we delay starting something, or we might even abandon the whole thing altogether. Do it badly frees you up to take action.

这可能会让你麻痹,甚至让你害怕开始。我们常常追求完美,但却从来没有完成任何事情,因为我们为自己设定的标准太高,令人生畏,让我们压力重重,所以我们推迟开始某件事,甚至可能放弃整件事。如果做得不好,你就可以采取行动。

I mean you know how it is: so often, we want to do something perfectly we can't start until it's the perfect time, until we've got all the skills, but this can be **daunting** and stressful so why not just jump into it just do it however, without worrying if it's good or bad? This will make it that much easier to start something and as you're doing it badly to finish it, and when you look back, you'll realize, more often than not, that actually it's not that bad. 我的意思是你知道它是:经常,我们想要完美地做事不能开始,直到它的完美的时间,直到我们得到了所有的技能,但这可以令人畏惧和压力所以为什么不跳进去做不过,不担心如果是好还是坏?这会让你更容易开始做一件事,而当你做得很糟糕时,你会发现,通常情况下,它其实并没有那么糟糕。

A close friend of mine who has anxiety started using this **motto**, and this is what she said, "When I started using this motto, my life transformed. I found I could complete tasks in much shorter time periods than before.

我的一个有焦虑症的亲密朋友开始使用这句格言,她说:“当我开始使用这句格言时,我的生活改变了。我发现我可以在比以前更短的时间内完成任务。

**paralyze**  
v.使...麻痹

**intimidate**  
v.威胁

**daunting**  
adj.令人生畏的

**motto**  
n.座右铭;  
格言

Do it badly gave me wings to take risks, to try something differently, and to have way more fun during the whole process. It took the anxiety out of everything and replaced it with excitement." So do it badly, and you can improve as you go along. I'd like to ask you to think about this: if you start using this motto today, how would your life change?

做得不好给了我冒险的机会，尝试不同的东西，并在整个过程中获得更多乐趣。它消除了一切的焦虑，取而代之的是兴奋。”所以，如果你做得不好，你就会不断进步。我想请你想一想：如果你今天就开始用这句格言，你的生活将会发生怎样的改变？

The second coping strategy is to forgive yourself, and this is very powerful if you use it. People with anxiety think a lot about what they're doing wrong, their worries, and how bad they're feeling. Imagine if you had a friend who constantly pointed out everything you're doing wrong, and everything that was wrong with your life. You would probably want to get rid of this person right away, wouldn't you? Well, people with anxiety do this to themselves all day long. They're not kind to themselves. So maybe it's time to start being kinder with ourselves, time to start supporting ourselves, and a way to do this is to forgive yourself for any mistakes you think you might have made just a few moments ago to mistakes made in the past.

第二种应对策略是原谅自己，如果你做到了，这是非常有效的。患有焦虑症的人经常思考他们做错了什么，他们的担忧，以及他们的感觉有多糟糕。想象一下，如果你有一个朋友，他总是指出你做错的每一件事，指出你生活中的每一件错事。你可能想马上摆脱这个人，不是吗？有焦虑症的人整天都会这样对自己。他们对自己不好。所以，也许是时候对自己好一点了，是时候开始支持自己了，而做到这一点的一个方法就是原谅自己在几分钟之前所犯的错误和过去所犯的错误。

excitement

n. 令人激动的事

constantly

adv. 总是；经常



If you had a panic attack and are **embarrassed** about it, forgive yourself; if you wanted to talk to someone, but couldn't muster up the courage to do so, don't worry about it, let it go; forgive yourself for anything and everything and this will give you greater **compassion** towards yourself. You can't begin to heal until you do this.

如果你有恐慌发作而感到尴尬，原谅自己；如果你想和某人说话，却没有勇气，不要担心，放手吧；原谅自己的任何事情，这将给你对自己更大的同情。你不这么做是无法治愈的。

And last but not least, having a purpose and meaning in life is a very important coping mechanism. Whatever we do in life, whatever work we produce, however much money we make, we cannot be fully happy until we know that someone else needs us, that someone else depends on our **accomplishments**, or on the love that we have to share. It's not that we need other people's good words to keep going in life, but if we don't do something with someone else in mind, then we're at much higher risk for poor mental health.

最后但同样重要的是，在生活中拥有目标和意义是一种非常重要的应对机制。无论我们在生活中做什么，做什么工作，赚多少钱，只有当我们知道有人需要我们，有人依赖我们的成就，或者依赖我们分享的爱时，我们才会感到完全的快乐。这并不是说我们需要别人的好话来维持生活，而是如果我们在做事情的时候没有考虑到别人，那么我们就有很大的风险出现心理健康问题。

The famous **neurologist** Dr. Victor Frankel said, "For people who think there's nothing to live for and nothing more to expect from life, the question is getting these people to realize that life is still expecting something from them."

著名的神经学家维克弗兰克尔博士说：“对于那些认为生活没有任何意义，也没有任何期待的人来说，问题是让这些人意识到生活仍然对他们有所期待。

**embarrassed**  
adj. 尴尬的

**compassion**  
n. 同情

**accomplishment**  
n. 成就；成绩

**neurologist**  
n. 神经学家

Doing something with someone else in mind can carry you through the **toughest** times. You'll know the why for your **existence** and will be able to bear almost any how; almost any how. So the question is do you do at least one thing with someone else in mind?

和别人一起做一些事情可以帮助你度过最艰难的时刻。你会知道你存在的原因，并且能够忍受几乎所有的事情，几乎所有的“如何”。所以问题是，你在做至少一件事的时候，心里是不是想着别人？

This could be volunteering, or it could be sharing this knowledge that you gained today with other people, especially those who need it most, and these are often the people who don't have money for **therapy**, and they're usually the ones with the highest rates of anxiety disorders. Give it to them, share with others, because it can really improve your mental health.

这可以是志愿服务，也可以是把今天学到的知识分享给其他人，尤其是那些最需要的人，这些人通常没有钱接受治疗，他们通常是焦虑症发病率最高的人。把它给他们，与他人分享，因为这真的可以改善你的心理健康。

So I would like to conclude with this: another way you can do something with someone else in mind is finishing work that might benefit future generations. Even if these people will never realize what you've done for them, it doesn't matter, because you will know, and this will make you realize the **uniqueness** and importance of your life.

所以我想总结一下：另一种与他人一起做事的方式是完成可能造福后代的工作。即使这些人永远不会意识到你为他们所做的一切，也没关系，因为你会知道，这将使你意识到你生命的独特性和重要性。

**toughest**  
adj. 坚强的；  
坚韧的

**existence**  
n. 存在；生存

**therapy**  
n. 治疗；  
疗法

**uniqueness**  
n. 独特性；  
独一无二