

同情疲劳 Compassion fatigue

Hello. This is 6 Minute English from BBC Learning English. I'm Rob.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是罗伯。

And I'm Sam.

我是萨姆。

As awful as the coronavirus pandemic has been, it's also highlighted the compassionate side of human nature - doctors and nurses helping the sick.

尽管新冠疫情如此糟糕，它仍凸显出了人性中富有同情心的一面 —— 医生和护士们帮助病人。

Yes, and people helping out elderly relatives and neighbours, raising money for charity or wearing a face mask to keep others safe.

是的，以及帮助年长的亲戚和邻居的人，为慈善募捐的人，以及戴口罩保护他人安全的人。

But the pandemic has also highlighted a more worrying issue called 'compassion fatigue'.

但是疫情也凸显出了一个更为令人担心的问题，叫做“同情疲劳”。

Have you heard of that, Sam?

你听说过这个吗，萨姆？

Yes, I think compassion fatigue is a kind of emotional exhaustion which reduces your ability to empathize or feel compassion for others.

听过，我认为同情疲劳是一种情绪枯竭，这会削弱你共情或同情他人的能力。

Yes, exactly, Sam.

是的，没错，萨姆。

Compassion fatigue has long been a problem for people working in medical professions and is the topic of this programme.

同情疲劳一直以来都是从事医疗工作的人要面对的一个问题，同时也是本期节目的话题。

We'll be hearing how the suffering and unhappiness we see on the TV news can increase feelings of helplessness.

我们将会听到我们在电视上看到的磨难和不幸是如何增加无助感的。

But first, let me ask you my quiz question, Sam.

但是，首先，我要问你我的问题，萨姆。

Humanitarian workers see human suffering on a daily basis and can easily fall victim to compassion fatigue.

人道主义工作者每天都看到人们遭受磨难，并且很容易成为同情疲劳的受害者。

Founded in 1971, Médecins Sans Frontières is one of the biggest humanitarian organisations.

成立于 1971 年，Médecins Sans Frontières 是最大的人道主义组织之一。

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But what does Médecins Sans Frontières mean?

但是 Médecins Sans Frontières 是什么意思呢？

Is it a) Medicine to the frontline, b) Doctors without borders, or c) Medicine first?

是 A. 前线药物，B. 无国界医生，还是 C. 药物优先？

I remember newspapers calling it MSF and using its English name, which I think was, b) Doctors without borders.

我记得报纸上叫它 MSF，而且用的是它的英语名称，我认为是 B. 无国界医生。

OK, Sam, we'll find out the answer later on.

好的，萨姆，我们稍后会揭晓答案。

Compassion fatigue centres on the idea that we can feel too much empathy and that feeling can lead to emotional burnout.

同情疲劳主要是我们感受到太多同情心，而这种情感可能导致情绪耗尽。

According to psychologist, Margaret Heffernan, caring and fatigue are closely connected.

根据心理学家玛格丽特·赫费尔南的说法，关爱他人和疲劳是紧密相连的。

Caring for others means taking on someone's pain yourself and this can have unhealthy consequences for the carer.

关心他人指的是把他人的痛苦附加在你身上，而这可能会让关心他人的人产生不健康的后果。

Well, here's Margaret Heffernan talking to BBC World Service's, The Documentary Podcast.

嗯，以下是玛格丽特·赫费尔南对话 BBC 的世界服务节目《The Documentary Podcast》。

See if you can hear the effects of compassion fatigue she mentions.

看看你能否听出她提到的同情疲劳的影响。

As you find people spending more and more time online, reading more and more and more depressing news and they become more and more numb, they also become more and more addicted to it.

当你发现人们花费越来越多的时间上网，阅读越来越多的令人压抑的新闻，他们会变得越来越麻木，他们也会越来越沉迷于此。

And this develops a kind of state of mind, that is a kind of...it's a form of learned helplessness - because I'm consuming something that's upsetting me but I cannot do anything about it.

而这产生了一种心理状态，这是一种.....这是一种习得性无助 —— 因为我正在吸收让我不开心的东西，但是我对此无能为力。

Margaret Heffernan mentions that spending too much time reading depressing online news can leave us feeling numb - unable to feel any emotions or think clearly because we are so upset or afraid.

玛格丽特·赫费尔南提到花太多时间阅读网上的令人压抑的新闻会让我们感觉麻木 —— 无法感受到任何情绪或清晰地思考，因为我们太郁闷或害怕了。

The news exposes us to human suffering around the world which we feel powerless to help.

新闻让我们看到世界各地的人们遭受磨难，这让我们感觉无力去帮助他们。

This can lead to something which in psychology is called learned helplessness - giving up trying to feel better because your previous attempts have not worked.

这会导致心理学上所谓的习得性无助 —— 放弃感觉更好，因为你之前的尝试没有起作用。

This is all incredibly depressing, Rob!

这太令人压抑了，罗伯！

It sounds like we have limited amounts of compassion.

听上去好像我们的同情心是有限的。

Well, there are more positive ways of looking at it, Sam.

嗯，还有更积极的看待它的方式，萨姆。

Here's an alternative view from Tom Rivett-Carnac, speaking with BBC World Service's, The Documentary Podcast.

以下是来自 Tom Rivett-Carnac 的另一种视角，他对话了 BBC 的世界服务节目《The Documentary Podcast》。

I understand why you're saying that it's finite - but I also think compassion is a habit.

我理解你为什么说它是有限的 —— 但是我还认为同情心是一种习惯。

So dwelling with that, developing that habit - yes, there are a lot of headwinds to that and the rapid acceleration of the news cycle, the focus on the next problem so quickly draws our attention away from developing those deeper habits as humanity that gives us that courage and that strength to make these big transformations.

所以接纳它，培养那种习惯 —— 是的，它有很多障碍，而且新闻周期的迅速加速，对于下一个问题的关注会很快让我们的注意力转移，从而无法把它养成像人性这样的更深层次的习惯，它能够让我们有勇气和力量做出这些巨大的转变。

Like Margaret Heffernan, Tom Rivett-Carnac believes the news media is part of the problem.

就像玛格丽特·赫费尔南一样，Tom Rivett-Carnac 认为新闻媒体是问题的一部分。

Online newspapers and social media, speed up the news cycle - the reporting of a particular news story, from the first instance to the last.

在线报纸和社交媒体加速了新闻周期 —— 对某个新闻故事从头到尾的报道。

As a result, we are constantly worrying about the next problem - and this can easily lead to emotional fatigue.

因此，我们不断地要担心下一个问题 —— 而这很容易会导致情绪疲劳。

Tom emphasises compassion as a habit to be developed, instead of something finite - limited or having a fixed size.

汤姆强调同情是一种需要培养的习惯，而不是某种有限的东西 —— 有限制的，或者有固定的大小。

But such compassionate habits can be difficult to cultivate because they face many headwinds - forces blowing in the opposite direction which stop you moving forward.

但是这种同情的习惯很难培养，因为它们面临很多障碍 —— 朝着相反方向的力量，让你无法前行。

Headwinds such as the rapid news cycle which distracts us from developing compassion and courage.

障碍诸如快速的新闻周期，它让我们注意力分散，无法培养同情心和勇气。

Maybe the answer is to help in whatever ways we can, without becoming hard-hearted - like the volunteers of MSF.

也许答案在于想尽一切方法尽一份力，而不是变得铁石心肠 —— 比如 MSF 的志愿者。

Ah, yes, your quiz question, Rob.

啊，是的，你的问题，罗伯。

You asked what the French name Médecins Sans Frontières means in English.

你之前问法语 Médecins Sans Frontières 在英语中是什么意思。

And I said, b) Doctors without borders.

我说的是 B. 无国界医生。

Which was the correct answer!

回答正确！

Well done!

干得漂亮！

Doctors Without Borders offer volunteer medical assistance in the world's worst conflict zones.

无国界医生在世界上冲突最严重的地区提供医疗协助。

OK, Rob, let's recap the vocabulary, starting with compassion fatigue - emotional exhaustion which reduces your feelings of compassion.

好的，罗伯，我们来回顾词汇，从同情疲劳开始 —— 削弱你同情心的情绪枯竭。

This can leave you numb - unable to feel any emotions because you are so shocked or scared.

这会让你麻木 —— 无法感受到任何情绪，因为你非常震惊或害怕。

Learned helplessness is a psychological term for when someone stops trying to feel better because their previous attempts failed.

习得性无助是一个心理学名词，表示某人不再感觉更好，因为他们之前的尝试失败了。

Some people believe that compassion is finite - limited or having a fixed size.

有些人认为同情心是有限的 —— 有限制的，或者有固定的大小。

And it can be disturbed by the news cycle - the round of media reports and reactions to a news story.

而这可能会被新闻周期 —— 媒体报道并对某个新闻故事做出反应的周期 —— 干扰。

Which can be a headwind or opposing force, which stops us caring for others.

这可能是一种障碍或者阻力，这会阻止我们关心他人。

And that's it for this edition of 6 Minute English.

本期六分钟英语就到这里。

Bye for now!

再见！

Bye!

再见！
