

## Take Care of Yourself

### 生活自理



不管你是数学大佬或者一位举世闻名的科学家，每个人在生活中最重要的技能就是知道怎么照顾自己。该吃饭就吃，该睡觉就睡，该运动就出去跑步 --- 其实就是基本的自我责任。如果你不知道怎么照顾自己，怎么会有精神去照顾其他人呢？我们应该多花时间追求自己的兴趣爱好、多休息，这样才能够充分地享受每一天。大多数的大学不会让学生太极端地挑战自己，而每一个学期会有设定的课程限制。很多大学生（包括我）会觉得自己要赶紧把学位考完，因此会在自己的身上放过度的压力。虽然这种态度是诚实的，过分忽视自己的能力极限实际上弊大于利。

There's no skill more important in your life than being able to take care of yourself. This is not a choice – it is a responsibility to yourself, your family and to society at large. There's a reason why universities and colleges have a unit cap on how many classes that a student can take in a given quarter or semester, for every unit that you take you need at least 0.1 units allotted as time for self-care, reflection and introspection. For every hour that you work you need 6 minutes to recharge, refuel and appreciate the world around you. Don't overestimate what you can handle, move forward but with a fine balance with what's possible. Usain Bolt says don't think limits, but I say don't ignore them either.

不要为了你的“工作”牺牲你的兴趣爱好，这种生活态度长期来说保持不下来。我个人觉得现在社会过分重视外表“成功”的概念，而忘记怎样获得自己心中的“成功”。在社会常规的目标下，最成功的人不一定是最快乐的人、但反而来说最快乐的人肯定获得了自己定义的成功。儿童年之间，生活集中在快乐方面上，随着岁月的流逝越来越认真、生活沉重。但“快乐”和“工作”其实不是互斥的概念，而其实是互相补充。认真的对待自己的工作并不意味着需要压制自己的快乐，不能享受生活。

There's no point in leaving behind the activities that you enjoy – the sports, the arts and music – to focus on your “work”. What does it mean to “work” anyways? Refiling documents, reformatting data, typing words and symbols on a document, absorbing information from a textbook? I dislike the way the term is used in everyday conversation, sure it's important to take your work seriously, but I think it's more important to infuse *joy* and *play* into your perception of *work*. What's the point of having “work” to do, a career to build if you don't *enjoy* what you do? The people I admire the most are the ones that bring energy and passion into their field of study or their day to day. At what age did the fun-loving, wild-spirited child get left behind?

那到底怎样去对待自己的工作呢？我觉得首先一定要完全了解自己，第二就是一定要了解其他人对你的要求。最理想的就是同时能够满足的责任而也能够做那些让自己和你周围的人取得快乐的活动。如果你每天黄昏以后躺在床上对那一天的事情感觉满意的话，已经足够好了。大家都有自己的生活，自己的才能，自己的爱好，对社会会有自己的独特贡献，不要去比较。正如爱因斯坦之前说过 *“Everybody is a genius.*

*But if you judge a fish by its ability to climb a tree, it will spend its entire life believing that it is stupid.*”如果你能够找到你生活中的独特和谐，就是世界上最宝贵的礼物啊。

This is my take on what work is: Work is something that you carry out in order to make yourself and the community around you feel *fulfilled*. Interpret this as you will, but anything activity that deviates from this to a high degree, cannot be called work. It doesn't matter what it is, the truth is that society doesn't really care what you define as your work; and as long as it makes YOU feel fulfilled, that's more than fine. Every-day, we eat the food that someone painstakingly harvested from the earth, that someone else beautifully shaped into a presentable meal. We sleep in the beds and houses made by the countless homemakers and architects who meticulously designed every nook and cranny. We drink the water that mother nature provided for us and live among the communities that god gifted us with.

多年来，我发现一个学生另一种重要的技能就是能够专心努力、一心一意的把事情做完。因为我热爱数学，每天都会遇到不少难以解决的题或者定义，需要完全沉浸在自己的思想中去攻击这些问题。在我专心的状态中，世界上没有任何人可以使我分心。我是那种一定要把事情做完，一定要把难题解决的人 --- 我不想输给我自己。数学本身是一种训练坚持不懈的心态。

From my years as a student, the most important skill I've picked up is to block out the rest of the world. When I'm in my focused mode there's really nothing that can snap me out, even if a hundred thousand cars were honking at me. The moment I go to bed and close my eyelids there's nothing that can wake me up during my six and a half to seven hours of rotating through light, deep and REM sleep. Mathematics trains this skill better than any other activity in the professional world, simply because there's no chance in a million that good mathematics can be outputted when you are distracted by noise. You can make a subpar presentation, investment or diagnosis/prognosis and mostly still get by fine, but deeply understanding a Mathematical proof requires you to engage your entire cognitive capacity and more.

“人生天地之间，若白驹之过却，忽然而已”。在人生的路程上不要花时间去过别人的生活，不要过分重视别人的意见。把自己想要做的事情做好，把自己该要做

的事情做好就行了。我们的时间本身是有限的，千万不要浪费在微不足道、无关紧要的事情上。

The lives that we lead are simply blips in the immense evolution of the Universe. It's crucial to be a good colleague, friend and neighbor in our short time in this world, but what's not important is to concern yourself with the noise that is produced by unrealistic societal expectations; Even more that you do not forget about what you truly love to do, what you truly believe in and who you truly are. There's no time to care about what doesn't matter.

~ Bruce Changlong Xu, 徐長龍 23/01/21