

## 壓力來自何方？

任何事情也可以為您帶來壓力，不論壓力的源頭是甚麼，身體的反應都會是一樣。

### 甚麼是壓力？

壓力是指身體在功能方面應付過量的要求，這可能源自情緒、時間限制、飢餓或痛楚。壓力可以予人愉快或不快的感覺。



其實，壓力可以發揮其正面的作用，例如增加工作效率，但亦可能產生負面的影響而令您感到煩困。壓力的形成視乎個人對某項事情的看法；而性格和人生經驗也將決定您對事情的反應。

身體對壓力的反應是自然而生，同時會影響神經和荷爾蒙系統，這些反應包括心跳突然加速、血壓增高、肌肉變得緊張，以及血液從胃部和皮膚流向您的手臂和腿部等。您亦會進入警覺的狀態。

當這種「壓力反應」一啟動，您的身體未必能在反復受壓的情況下恢復過來。長期承受壓力更會導致多種症狀，如頭痛、背痛、熱疹、不能入睡或集中精神。再過一段時間，您便會筋疲力竭，而且更容易患病。

### 壓力會否導致心臟病發作？

每個人對壓力的反應不一，有些壓力可能使人產生正面的感覺，有些則會加重精神負擔。雖然如此，現時仍未能證明壓力會引致心臟病發作。



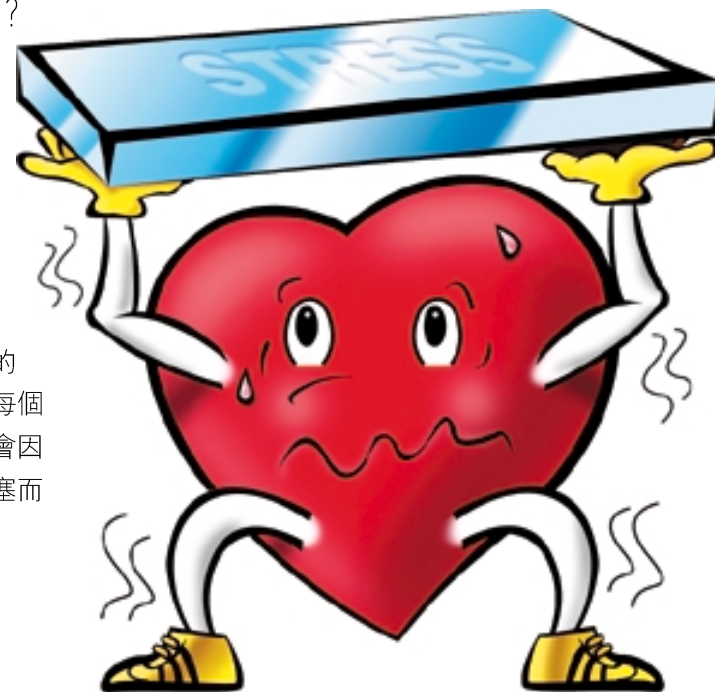
然而，壓力與某些不良習慣的形成卻有直接關係，如您正承受壓力、步伐急促和感到緊張的話，便會容易胡亂進食（例如買外賣、食朱古力或薯片等）、少做運動，或過度抽煙飲酒等。

這是您的寫照嗎？

### 我可以如何減壓？

由您來回答這條問題最恰當，想想甚麼東西使您感到有壓力。

■ 認識和確認壓力的存在。如您知道每個星期一早上，您會因上班途中交通擠塞而感到有壓力。



■ 當您確認壓力的根源時，應尋求紓緩的方法。嘗試作出改變或與別人傾訴，您會感覺一切都能在您的「控制」範圍內。例如要應付交通擠塞，可提早十五分鐘出門，在車輛停定期間聽一些柔和的音樂，或記下當天要處理的工作。

### 減壓的秘訣

- 懂得照顧自己：
  - 妥善分配運動和午膳的時間。
  - 出外閒逛和用膳可提高下午的工作效率。
- 學懂說「不」：
  - 訂立時間表安排工作。
  - 處事的優先次序，並量力而為。

■ 戒煙酒：

- 吸煙及飲酒只可為您帶來片刻的紓緩作用，治標不能治本，還會有損健康。

■ 思想樂觀：

- 不要對自己要求過高。

■ 做運動：

- 定期做適量運動已證實是紓緩壓力的好方法；做一些您認為是享受的運動。

■ 放鬆自己：

- 不要憂慮那些在您控制範圍以外的事情，如交通擠塞。

■ 學習紓緩壓力的技巧：

- 如呼吸、冥想、聽音樂、想像或做伸展動作。

■ 尋求幫助：

- 如果您不清楚壓力來自何方，可與專業醫護人員或朋友傾訴，讓他們為您提供協助。

記著壓力是我們日常生活中的一部分。關鍵在於認清壓力的來源和學習如何妥善處理。

明德國際醫院設有營養師諮詢服務、運動顧問計劃、Heartscans 和健康普查服務，讓您盡早發現健康的問題，以便及早治療。查詢詳情，請電 2849 0188。



## What is there to stress about?

Well just about anything can be stressful. Regardless of the source of stress, your body's reaction is the same.

### What is stress?

Stress is any functionally excessive demand which is placed upon your body. It may come from emotions, time constraints, hunger or pain. Stress can be pleasant or unpleasant.



The effect of stress can be good as it can help to achieve a task, but it can also be harmful and cause distress. Each situation which causes stress is a combination of the event and our interpretation of that experience. Your personality and past experiences determine how you will react.

The stress response occurs automatically and triggers both the nervous and hormonal systems. This reaction may show as a sudden increase in your heart rate and blood pressure. Your muscles become tense and the blood flows to your arms and legs and away from the stomach and skin. Your mental awareness becomes more alert.

When this "stress response" is activated, your body may not recover from one stressor before you are exposed to another. The cumulative effect of stress can present itself in many different ways like headaches, backache, rashes, inability to sleep or concentrate. Alternatively over a period of time, you get run down and become more susceptible to illness.

### Does stress cause a heart attack?

We know that each person responds differently to stress. Some stress gives us a positive feeling and other stress just feels like it is mounting up. However, at this point there is no absolute link to stress being a cause of a heart attack.



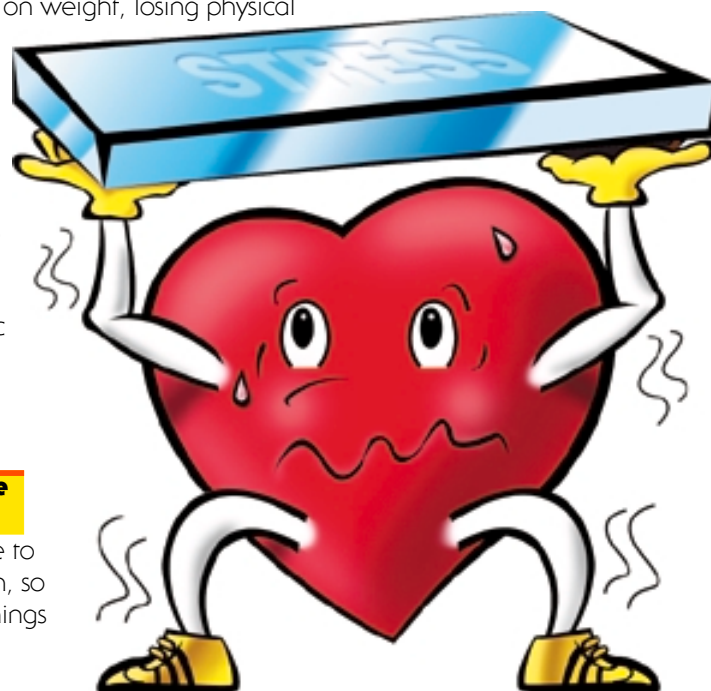
What has been identified is a direct link to BAD HABITS which you foster when you are stressed e.g. if you are under pressure, rushing and tense, you are more likely to eat poorly (grab a take-away, nibble on chocolate or crisps), take less exercise, perhaps smoke or increase alcohol intake.

So if you are putting on weight, losing physical fitness, skipping meals, eating irregularly, smoking more or taking more alcohol to try and relax, all of this adds to your risk of heart disease and other problems e.g. gastric ulcers and coughs.

Is this you?

### What can I do to reduce stress?

You are the best one to answer that question, so take a look at the things that make you feel stressed.



- Recognise and acknowledge your stress. For instance, you know every Monday morning you get wound up because you have to face the traffic jam on the way to work.
- Once you have acknowledged it, look at it and think about how or what you have to do to handle that situation. You will feel more 'in control' if you take some steps to change or discuss the situation. For instance, to cope with the traffic jam, leave 15 minutes early, put on some calming music, take a piece of paper and pen to make notes while your car is stopped and focus on the jobs you will do when you get into the office.

### Tips to reduce stress:

- Look after yourself:
  - Give yourself time to exercise and eat lunch.
  - Taking a short stroll and eating away from your desk makes for a more productive afternoon.
- Learn to say NO:
  - Work out your priorities and stay with them.
  - You cannot be everything to everyone.
- Cut down on alcohol and smoking:
  - The relief is only temporary they don't change the situation but to add to your health problems.
- Think positively:
  - You are what you think.

- Exercise:
  - Regular light exercise is a proven stress reliever so do something you enjoy.
- Relax:
  - You must not worry about things you cannot control, e.g. traffic jam.
- Learn to relax:
  - Learn techniques that you can put in place when you feel yourself getting stressed; it may be breathing techniques, meditation, music, visualisation or stretching.
- Get help:
  - If you need help in getting control of your stressors, talk to your health professional or a friend.

Remember that stress is a normal part of our lives. The key to a healthy life is recognising stressors and learning to manage them.

**The Matilda International Hospital offers dietary consultation, exercise programme advice, heartscans and full health screening which allows for early detection and effective management of your risk factors. For more information phone 2849 0188.**



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齊來討論

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