

公司文化第十六講 情緒量表 憂鬱症的緩解 焦慮跟戀愛 情緒的辨識 海員的心理健康：

<https://youtu.be/X0-ck1QHnx8>

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情緒管理與心理健康

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本次講座的主要內容是，探討荷爾蒙對人體情緒的影響以及情緒的本質。

情緒回路與情緒量表

講座首先介紹了人體情緒相關的神經回路,包括海馬迴和杏仁核的作用。然後展示了一個情緒量表,通過不同顏色表示人體在不同情緒狀態下的生理反應,如幸福時頭部和心臟溫暖,憂鬱時全身冰冷等。

情緒表現與情緒識別

講座進一步分析了不同情緒，在人體的生理表現,如生氣時手部發熱、厭惡時喉嚨發熱等。同時強調了情緒識別的重要性,並指出分辨生氣和厭惡的區別很關鍵，因為前者可能會導致暴力行為。最後講解了如何識別真誠的笑容和假笑。

海員心理健康

講座最後關注了海員群體的心理健​​康問題,指出他們的自殺率是岸上人群的 3 倍,保險公司不賠付自殺,導致自殺事件被隱瞞。講座呼籲關注海員的情緒管理和心理健康。

總之,本次講座深入探討了情緒的生理基礎、表現形式和識別方法,並關注了特殊群體的心理健​​康問題,為聽眾提供了全面的情緒管理知識。

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今天是禮節講座的第三講，要來繼續探討荷爾蒙在身體裡面，會造成什麼樣的影響，以及情緒的真面目。首先，上圖就是昨天看到的情緒相關的回路，有海馬迴是主管記憶，杏仁核是主管分泌大量的化學信號，產生不同的情緒荷爾蒙。

情緒荷爾蒙也受到後天的制約，文化跟環境的因素影響，好像天氣很熱，大家自然就脾氣暴躁，或者是氣壓太低，大家就喜歡發脾氣，這是外在環境跟文化教育相乘的制約。下面看這張圖是人的情緒量表，黑色的地方表示不冷不熱，紅色表示熱，黃色表示非常熱，

這個藍色表示冷淡，白色表示非常冷。這其實科學家也沒有辦法仔細量出來，他這個是給受測試的人自己畫的，讓他畫在生氣/憤怒/高興/憂鬱時，或被挑戰的時候，會有什麼樣的情緒？身體有什麼樣的感覺？哪邊覺得冷？哪邊覺得熱？

好，最好的狀態當然是上面中間這個 **happiness** 覺得幸福的狀態，這個時候這個頭是熱的，心也是暖和的，全身都暖洋洋的，這表示人在幸福的時候，能量是最高的。再看到相對於幸福的左下角是憂鬱 **despressed** (壓抑)，這個憂鬱的情形就是什麼？頭冷的，身子冷的，手腳根本就是什麼冰冷，最冰冷的狀態。當然這是不太科學，只是受測者的這個感覺吧了。把他在圖表上面表示出來，然後統計出來的好，看生氣 **anger** 的時候，是上面的左邊，兩隻手是熱的，心也是熱的，表示有什麼打人的衝動。

然後討厭 **disgust** 的是，在幸福的左邊，這時候喉嚨是熱的，表示有很強的衝動要罵人。所以打人跟罵人是不一樣的，恐懼的時候，身體反而是熱的，還比什麼憂鬱症好多了，憂鬱症是能量最低的。在上面的右邊第二個，受到震驚 **surprise** 的時候是面紅心跳。看，驕傲 **pride** 的時候，驕傲的時候，在這個下面中間，這裡頭是熱的，心也是熱的，一頭熱/人一驕傲時心也是熱的，驕傲就會一頭熱，就會開始去找事情做。這個跟談戀愛 **love** 的時候的荷爾蒙，在左下角的第二個有什麼不一樣？驕傲的時候是理智的，談戀愛的時候，鼠膝部的能量非常強，這就是性欲啦，也就是人稱的，人類行為的最大驅動力。好，先講幾個故事，然後來做結論

經常看到有人，有憂鬱症想自殺，別人都勸他理智一點，我們看到理智是不是情緒的一種。所以，對他的能量提升有沒有幫助？根本就沒有幫助。所以對憂鬱症的人，要讓他能量最高，要讓他感到幸福，幫他做點事，安慰他，還是什麼？讓他覺得人生充滿樂趣，他的能量一高，憂鬱症的症狀才能夠緩解。

第二個是焦慮跟這個戀愛，焦慮是在下面的左邊，什麼人會焦慮啊？炒股票的人會焦慮，上一分鐘漲停板，下一分鐘可能就跌了，很多所以會焦慮的人，就是火燒心。尤其是在股票市場現場操作的人，真的分分秒秒不得閒，火燒心的結果，就是所有的能量都集中在胸口，其他地方就失去了能量。

所以我們看這個“華爾街之狼”電影裡面，在演這個菜鳥到華爾街去報到的時候，有個老鳥就跟他談了一下話，覺得這小子這個頭腦好，反應快，是個可造之材，雖然不是他直接雇屬的人(下線)，但是想要跟他結交，就請他去吃午飯，到一個非常高級的餐廳，這位前輩此時一年不知道賺一百萬？還是兩百萬美金？這是二三十年前，坐下來以後這人就開始捶心肝，

這個菜鳥就搞不清楚了，為什麼捶心臟，他也沒解釋，他就叫他跟著這樣做心臟按摩，捶捶捶，這就是要把這個炒股票的焦慮，把它捶掉。再來這位大哥又開口了，他說年輕人你一天打幾次手槍，這個菜鳥一聽就打什麼手槍啊，我一天最多打一次，要打幾次嗎？這個男的前輩就說，這是不夠的，

做這一行的一天要打三次手槍，早上來開盤前的時候要打一次，股票正熱的時候去打一次，下午收盤的時候又要打一次，他說如果不這樣子做的話，你的身體就會失去平衡，站起來走路，你就會跌倒。所以說他如果是在自慰的話，就是身體能量會跟下面這個談戀愛時是一樣的，比

較會分配到全身去，不會只集中在心臟的部位。

好，我們說人類的情緒反應是全身性的，有的時候手腳冰冷，有的時候這個拳頭發硬想要打人，喉嚨硬想要罵人，我們的大腦有沒有辦法指揮說，哪邊發冷哪邊發熱，全部都是由荷爾蒙來主導，荷爾蒙也不是一天兩天，都是經過世世代代千錘百煉調整到最好的配方，來適應你人生的這個目的，這個就是

情緒的本質。不是人的理智可以決定，每個人的情緒反應都不一樣，像有的人戀愛就很熱，有的人戀愛還是冷冰冰的，這個不一定是好/是壞。下面看情緒的辨識，這裡有六個圖案，如果你分不出來他們是什麼情緒的話，這表示你的情緒智商，就是俗稱的 **EQ** 是有問題的。好。要注意的是，厭惡跟生氣有什麼不一樣，因為厭惡的時候，最多罵人是沒有傷害性的。可是生氣的時候是會打人，所以如果你分不出來對方是在生氣/還是厭惡？你等一下馬上就被人家打的鼻青臉腫。

各位看仔細了。厭惡跟生氣有什麼不一樣？生氣一般來講是面無表情，能量都集中在手部，準備揮拳攻擊，厭惡的時候，臉上的表情非常誇張，很像上海人喜歡吵架罵大街，罵的嘴角都是泡沫，可是沒有打人的力氣。你遇到北方人不善言辭，面無表情，完了等一下你就會挨打了。好。看到右下角的幸福在笑，人是真笑跟假笑差別在哪裡？就是真笑的時候，眼尾會上揚。假笑的時候眉毛是不會動的(只有嘴角在動)。恐懼跟震驚又有什麼不一樣，受到驚嚇是比較沒有表情/嘴角無力說不出話(下巴掉下來)，如果是害怕的時候，就會面無表情/眼睛睜大(尋找後路)，這個五官會皺起來，還有一個就是下面的悲傷，悲傷的時候五官都是向下垂的，所以英文這個字就非常準確叫做 **sadness**，聽起來就是好像是這個下垂的聲音。

好不會做這個情緒辨識的人，就不要跟人家出來跑江湖啦，因為你等一下怎麼死的，都不知道。下面請看海員的心理健康，依照統計，海員的自殺率是岸上的三倍。這已經是很高的，其實還沒有全部統計完，因為不管是任何的保險，自殺都是不賠的，所以這個 **AB** 跳海，他的同伴到後甲板上看到他的兩隻拖鞋，拿起來就什麼呀？直接往海裡面一丟？要把他包裝成什麼？意外落海/在海上失蹤，這樣保險費才會賠，當然保險公司也是知道這些，所以實際上的自殺率應該是比統計上面的還要高，這就是船員的心理健康。下一節情緒管理的重點，要怎麼樣調試自己的情緒，做到放空。

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When you are proud, you are rational. When in love, the energy of the knee is very strong, that's sexual desire, which is known as the greatest driving force of human behavior. Let's first tell a few stories, and then draw a conclusion. We often see people with depression wanting to commit suicide, and others advise them to be more rational. However, is rationality a kind of emotion for us? Does it really help to increase their energy? Not at all. So, to deal with people suffering from

depression, we need to make them feel the happiest, help them do something, comfort them, or make them feel that life is full of fun. When their energy is high, their symptoms of depression can be relieved. Another thing is anxiety, and this love anxiety is on the lower left side, who will be anxious?

People who trade stocks. They may be anxious as the stock may rise one minute and fall the next, causing a lot of anxiety, especially for those who operate on the stock market on-site. Every second, their energy all gathers in their chest and loses energy elsewhere. So, in the movie 'The Wolf of Wall Street,' when the rookie arrives on Wall Street to report, the veteran has a chat with him and thinks that the rookie has a good mind and quick reactions, so he is talented. Even though he is not his boss directly, he wants to be friends with him, so he invites him to lunch at a very fancy restaurant. After sitting down, this senior earned one or two million dollars a year 20 or 30 years ago, but now he is confused and starts tapping his heart.

The rookie couldn't understand why he was doing that, but without explanation, he asked him to follow along for a heart massage. This is to knock out the anxiety of stock trading. Then, the senior spoke again, asking the young man how many times he shoots a gun in a day. The rookie was puzzled and said he might shoot once a day at most. The senior said it's not enough. In our line of work, we have to shoot three times a day: once in the morning, once when the market is hot, and once after work. He said that if you don't do this, your body will lose its balance and you will stumble while walking. So, if he is in masturbation, then energy will spread throughout the body instead of concentrating in the heart, similar to the distribution of energy in love, not focused on the heart area.

It should be systemic, sometimes hands and feet are cold, sometimes the fist hardens and wants to hit someone, the throat tightens and wants to curse someone. Can our brain command which side is cold and which side is hot? It's all controlled by hormones, not just for a day or two, but refined through generations to adapt to the best formula for your life purpose. This is the essence of emotions, not to be determined by human rationality. Everyone's emotional response is different, some people are very passionate when in love, and others are cold. This is not certain. Below, we look at the recognition of emotions. There are six patterns here. If you can't distinguish what emotion it is, it means your emotional intelligence, EQ, is problematic. We need to pay attention to the difference between disgust and anger.

Because when disgusted, the most is cursing without harm, but when angry, one may hit others. So if you can't tell if the other person is angry or disgusted, you will soon be beaten up, so pay attention. What's different between disgust and anger? Generally speaking, when angry, there is no facial expression, and the energy is concentrated in the hands ready to punch. When there is no facial expression, the facial expressions are very exaggerated, similar to people from Shanghai who like to argue loudly but don't hit others. If you encounter northerners who are not good with words and have no facial expression, then you will be beaten soon. We see happiness at the lower right corner. True laughter and fake laughter are different. True laughter will raise the corners of the eyes,

while fake laughter will not move the eyebrows.

So what's the difference between fear and shock? Being startled is relatively expressionless. When scared, there is no facial expression, and the features will wrinkle. Another one is sadness below where when sad, all the features droop down, hence the accurate English term 'sadness' which sounds like drooping. If you can't identify emotions, then don't go out and try to read people, because you won't even know how you died. Now, let's look at the psychological health of sailors. According to statistics, the suicide rate of sailors is three times that on land, which is high. Suicide is not compensated for by any insurance, so when someone jumps overboard, their companion should see his two slippers on the aft deck, pick them up, throw them into the sea directly to make it look like an accidental drowning at sea, so that the insurance will pay. However, insurance companies know this, so the actual suicide rate should be higher than the statistics. This is the focus of our lecture on emotional management etiquette: how to adjust our emotions and achieve relaxation.