

公司文化講座第十七講 海員的心理康 免費的擁抱 情緒管理

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這個討論主要圍繞海員的心理康問題展開,總結如下:

情緒困擾的表現:

情緒不穩定,容易發脾氣和攻擊性行為,這可能是由於身體狀況不佳導致的。

恐懼、焦慮和過度依賴,可能是由於身體能量不足引起的,長期下去會導致失眠和做噩夢等問題。

有時會出現自殺傾向,這是潛意識的一種反應。

船上娛樂休閒活動:

船上已經有很多娛樂活動,如健身房、游泳池、卡拉 OK 等。也可以通過網路與家人聯繫。

對於一些無聊的時間,可以通過專注於讀書、健身等來打發。

情緒管理(EQ)的重要性:

EQ 包括情緒辨識、情緒自立、同理心等,能幫助我們更好地管理自己的情緒。

情緒智力可以提高我們的思考力、理解力和自我激勵能力。

提高 EQ 需要自我認識、自我管理和人際關係管理等方面的努力。

情緒管理的方法:

改變身體狀態,如洗熱水澡、運動等,可以幫助化解負面情緒。

用正面的陳述代替指責,接納並正向解讀自己和他人的情緒。

創造正面的記憶,通過模仿和編碼等方式來解決情緒困擾。

總的來說,這個討論強調了海員心理康的重要性,並提出了一些具體的情緒管理方法,希望能幫助他們更好地應對工作中的各種情緒困擾。

文章探討了海員在工作中可能遇到的情緒困擾,並提出了一些應對方法,包括改善身體狀況、合理安排工作時間、發展人際關係、提高情緒智力等。

情緒困擾的表現

文章指出,海員可能會出現情緒不穩定、容易發脾氣、恐懼焦慮、過度依賴等行為,這些都與身體狀況和工作強度有關。

船上娛樂休閒活動

文章提到,現在船上已經有了健身房、游泳池、卡拉 OK 等娛樂設施,可以幫助海員緩解無聊感。此外,也可以通過讀書、練習等方式來打發時間。

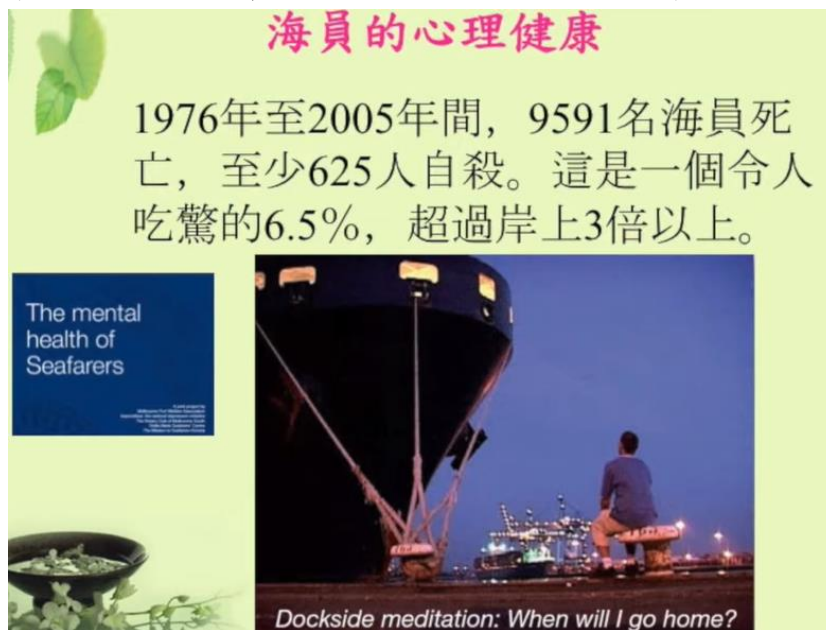
情緒智力(EQ)的重要性

文章強調,情緒智力是一個人成功的關鍵因素,包括自我認識、自我管理、自我激勵、同理心等方面。提高EQ可以幫助海員更好地處理自己的情緒,與他人相處。

管理情緒的方法

文章提出了一些管理情緒的具體方法,如改變身體狀態、用正面陳述代替指責、創造正面記憶等,幫助海員更好地應對情緒困擾。

總之,海員的心理健康是一個需要重視的問題,需要從多個方面入手,包括改善身心狀況、發展人際關係、提高情緒智力等,才能幫助他們更好地應對工作中的情緒困擾。



心理健康一定是從這個情緒困擾開始,最近看到網路上面的PO文,我們的小朋友跑船,覺得很無聊,其實這可能是缺少了人際之間的互動,上了船,船上的十幾個人就是我們的家人,有我們的長輩,有我們的晚輩,有我們的朋友,要跟他們想辦法打成一片,才不會說失去了家庭的溫暖,其實上船大家面對的大海,覺得好像人生乏味,你坐在公司裡面難道就不是人生乏味了嗎?也是一樣的

況且你在公司是一成不變的生活,這個做不完的事情,在外面還有一點變化,當然我們情緒管理不能說,一定要做到每天都愉快,但是至少要能夠把不好的情緒,把它排解掉。首先我們看看這個情緒困擾的幾種行為:

第一情緒不穩定,容易發脾氣,攻擊性的行為,與其說這是情緒,其實是我們的身體狀況不好,所以就是頭痛/牙痛/神經痛,容易有發脾氣,有攻擊的行為。所以把身體保養好,是維護良好情緒重要的一環。

第二恐懼/焦慮/過度依賴，就可能是身體的能量不足，長期的悶悶不樂，久了以後能量低落，就會開始起床，就會有這個恐懼/焦慮跟退縮，失眠跟常做噩夢就是腦子裡面有事，所以就不容易睡，不容易睡起床的時候，就會情緒不穩定，對話提到自殺/消失等字眼，就已經是潛意識的一種反應，當然這些都是情緒困擾的行為之一。

情緒困擾時的可能行為

- 1 情緒不穩定、易發脾氣、攻擊行為
- 2 焦慮和恐懼、退縮
過度依賴，可能出現分離焦慮
- 3 悶悶不樂，經常抱怨
- 4 失眠或常做惡夢
- 5 對話提到「自殺、消失」字眼

平心而論，現在船上的娛樂休閒活動已經很多了，可以到健身房上運動，好一點的三溫暖，有小小的游泳池泡一泡，可以唱卡拉 OK、書報雜誌、錄影帶這些東西不缺，偶爾還可以打個 LINE 跟家裡人 1 筆談一下，靠碼頭，接到 WiFi 還可以視訊見面。

船現在就是兩種一種是散裝/油輪/不定期船，靠碼頭的機會少，在海上的無聊的時間多，這個其實還比較好解決，你就是專心讀書，還是沉迷電動，還是專心練卡拉 OK，專門去健身。另外一種定期船就是疲勞過度，一天一個碼頭，早上靠碼頭，晚上離碼頭，中間要當碼頭班，家裡人還要你下地去買什麼東西？連續的睡眠不足，就容易脾氣暴躁，沒有辦法下地，也可能會產生憂鬱症，這些都是我們要忍耐的，因為我們上船，是一個過程啊，就是熬資歷，混年資，時間不到的時候，就是忍耐一下。

情緒智力 與 同理心 互為表裡

- 情緒智力是一種「監控自己與他人的感受與情緒，區辨他們，並運用這些訊息以引導個人思考與行動的能力」
- --情緒智力五個內涵
- 「認識自身的情緒」、「妥善管理情緒」、「自我激勵」、「認識他人的情緒」，以及「人際關係的管理」。



何謂 EQ Emotional Quality 就是自我的情緒管理，代表一個人能否處理自己的情緒:包括自制跟自我驅策。這就是我們孔子說的，克己復禮之為仁，克制自己，恢復禮節，就是跟人的相處之道。跟人相處，一定眼色要利，我們看下面這七個，就是不同情緒的辨識。

情緒智力跟同理心互為表裡，能夠掌握自己的情緒起伏，跟別人就比較好相處，

這包含五個內容:

1. 認識自己，因為要知道你什麼時候/會有什麼樣的反應？就是知道自己開始在發脾氣?或者是焦慮？才能加以管理。
2. 自我激勵：是我們自我領導的一部分，包括
3. 情緒管理
4. 認識他人的情緒以及
5. 人際關係的管理。

好，下面我們看到這是一個著名的外星人案例，左邊這個女的出了車禍以後，回家看到老公，還是還是女兒/兒子，怎麼看都像是什麼？外星人。

為什麼，因為她看到兒子已經沒有感覺了。家人拿以前的照片/錄影帶給她看，以前你跟你兒子多親密呀，這個分明就是你兒子，你為什麼不承認他？她也沒有辦法說得出來，其實就是我們的情緒，跟荷爾蒙會主導我們的人際關係，就好像談戀愛的時候也是一樣，遇到別人沒有感覺，遇到他就心臟蹦蹦跳，大家就認為我已經戀愛了。



事實上這個愛不愛是誰決定的？是我們血液裡面的荷爾蒙決定的？誰決定這個人你要愛？那個人你不要愛？是你的列祖列宗替你決定的，所以有時候我們的戀愛對象亂七八糟的，是完全門不當戶不對的，你還是嫁給他。因為這是為了種族繁衍的需要，才能有更多的基因，在種族的基因庫裡面，生的後代會比較聰明，比較能適應新時代。

所以說起來，我們臺灣人是亞洲混種/混最多的，從這個幾百年前來，山地人跟大陸人混血，跟這個荷蘭人混血，混完了，這幾十年是本省跟外省混血，混完了，我們臺灣人又跟什麼？大

陸妹，跟這個新南向這些國家的女性在混血，所以臺灣大概除了中南美洲以外，混血混的最多的地方。

好。下面我們看情緒智力啊，這個應叫做EQ，情緒智力可以提高我們的思考力、理解力，管理情緒，也可以自我激勵。所以俗話說，心情好了學習效果也會好。小孩子讀書，我們逼他打他罵他，他的心情不好，讀出來的書也是半斤八兩，所以要讓他樂意去讀書，不要爭小學的一百分跟九十分，長大是沒有差別的。

好。認識EQ啊，智商只要有一般的水準擁有較高情緒品質的人，會有較高的成就，情緒的品質，其實是需要自我管理/自我調適，有的人也是不會調適，所以任由情緒去做反應，造成升遷之路的不順。要提升EQ是要有方法的，情緒雖然有正負面，但是我們要怎麼樣處理？我們負面的情緒，是我們下一講要講的。



圖上我們看到這個美女拿一個牌子叫做Free Hug，免費的擁抱，路上有兩個女生拿的這個牌子，依照我本人的意願，應該是比較喜歡後面胖胖這個，像老婆又白白的，但是一走過去，這瘦子就衝過來，我也只好勉為其難的跟瘦子來個愛的抱抱，所以各位看到我臉上的表情是有點痛苦的，因為錯失了抱這個胖子的時機啊，些人是不是花癡啊？看見男的就要抱，不是的，這些人是有憂鬱症？他的抱抱是醫師給他的處方，我們說憂鬱症的人能量很低，一個有愛的人就是能量比較高，昨天的情緒量表可以去再看看，所以、她跟這個能量高的人抱一抱啊，她自己也會吸收到一點能量、一天多抱幾個以後，這心情就會愉快多了、像去年我外孫的幼稚園舉辦了一個歌舞發表會，小朋友跳的題目就是：誰在我的頭上大便啊？可能是小鳥，可能是大象，還是獅子，老虎，小朋友就表演動物一下。

頭上被人家大了便，小朋友怎麼處理？小朋友就是”媽媽給我抱一抱”啊，也許我就不會生氣了。所以、抱一抱也可以緩解我們什麼憤怒的情緒，總之愛就是一切的解藥，可以解決情緒上面所有的困擾，早上老婆又講了，她說：你看街上個女的發神經病的，都是因為家裡有一個老

公，所以她都是在街上罵她老公？男的發神經病都是什麼？都是單身漢，因為他沒有老婆可以發洩，所以他就在街上發神經病罵別人，我老婆說的，這聽聽就好，她哪有我厲害啊？

好、下面我們看看管理情緒的方法，人多少會有情緒壓抑，所以要學著改變自我情緒的反應。其實改變情緒，我們剛剛看到情緒量表。不同情緒有身體的不同部位冷熱的反應，所以你只要改變一下身體的物理狀態，就可以改變我們的情緒。好像你現在憂鬱全身冰冷，你去洗個熱水澡，身體熱起來，你憂鬱的荷爾蒙就被化解掉，當然對任何不好的荷爾蒙，運動是最有效的，你去跑步流汗，把這些東西排掉，人就會有腦啡的分泌、改變你的情緒。

第二個真誠，

1. 用正面的陳述代替指責，講了一大堆理由，都不是處理情緒的方法，要誠實先把我的感覺講出來，我現在覺得害怕，我覺得不安。
2. 也不能逃避，就是不能假裝不知道，要趕快處理自己的情緒。
3. 要接納別人的情緒，你不能接納別人的情緒，你的做人就是失敗。做人一失敗的話，你的情緒就沒有人照顧了。
4. 要正向解讀情緒，創造正面的記憶，這個就是等於自我欺騙、自我安慰，這個都是末流了，我們會講一些比較高深的解決方法，就包括魔法、編碼，來解決自己的情緒困擾。

公司文化講座第十七講 免費的擁抱 情緒管理 愛不愛是誰決定：

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Alright, the mental health of sailors must start with these emotional disturbances. Recently, I saw some posts online. Our children find running a boat very boring, but actually, it may be due to a lack of interpersonal interaction. On board, there are a dozen of people who are our family members, including our elders, our juniors, and our friends. We need to find a way to get along with them so that we won't feel like we've lost the warmth of our family. In fact, when facing the sea on board, life may seem dull, but isn't sitting in the office also monotonous? It's the same. Moreover, in the office, life is stagnant with endless tasks, whereas outside, there's some variation. In emotional management, we can't always be happy every day, but at least we should be able to release negative emotions.

Firstly, let's take a look at several behaviors associated with emotional disturbances. Firstly, unstable emotions and easily getting angry and aggressive behavior are often not just emotional issues but also a sign of poor physical health such as headaches, toothaches, and neuralgia. Taking care of our bodies is an essential part of maintaining good emotions. Secondly, excessive fear, anxiety, and over-reliance may indicate insufficient energy in the body. Prolonged feelings of unhappiness can lower energy levels, leading to fear, anxiety, withdrawal, insomnia, and frequent nightmares, as the mind is preoccupied with issues. Difficulty sleeping and unstable emotions,

talking about suicide, disappearing, and other words indicate subconscious responses. These are all behaviors associated with emotional disturbances and require attention. Now, in terms of entertainment and recreational activities on board, there are already plenty of options.

You can go to the gym to warm up a bit, relax in the small swimming pool, sing karaoke, read newspapers or magazines, watch videos, and more. Sometimes, you can also make a call using LINE to talk to your family. When near a port, you can get WiFi to video chat, which is possible nowadays. There are two types of cruises now. One is docked less often, providing more idle time at sea. However, this can be easily resolved by dedicating your time to activities like reading, playing video games, focusing on karaoke, hitting the gym, or finding other interests. The other type is fatigue from excessive work, unloading at a port in the morning, loading at night, and having to run errands for family members, leading to a lack of continuous sleep, irritability, and possibly depression.

These are all things we need to endure as being on board is a process, enduring hardships, and managing time. What is Emotional Intelligence (EQ)? It refers to managing one's emotions, indicating whether a person can handle their emotions, including self-government and self-motivation, as Confucius said, self-restraint, self-recovery, and self-control. Four aspects of interacting with others include understanding oneself to know when and how to react. Getting angry or anxious needs to be managed, and self-motivation includes emotional management, understanding others' emotions, and managing interpersonal relationships. Now below, we see a famous alien case, where a woman, after a car accident, goes home and sees her husband or daughter, all looking like aliens. Why? Because she does not feel anything when seeing her son. They show her old photos and videos to remind her of the past intimacy with her son.

Although it is clear it is her son, she cannot admit it, as our emotions and hormones govern our relationships. When falling in love, meeting someone may not feel special, but meeting another may make your heart race, and you believe you are in love. In fact, love is determined by hormones in our blood. Who you love or not is decided by your genes. Sometimes, our love interests may be messy or incompatible, aiming for genetic diversity to have smarter offspring. This explains the mixed heritage in Taiwan, with various blends over the years from mountain people, mainlanders, to Dutch, and more recently, intermixing with women from southern countries. Taiwan, besides the Dutch, is where most mixed races are found. Next, let's talk about emotional intelligence, known as EQ.

Emotional intelligence can enhance our thinking, understanding, and emotional management, leading to self-motivation. As the saying goes, when you're in a good mood,

your learning efficiency improves. Instead of forcing children to study through punishment, it's better to motivate them positively. Simply scoring 100 or 90 in elementary school makes no difference in the long run. Knowing EQ, if your IQ is average but you have higher emotional quality, you are likely to achieve more. Emotional quality requires self-management and adjustment, as those who cannot control themselves let emotions hinder their path to success. We must have methods to improve EQ, so how should we deal with emotions, although emotions have both positive and negative aspects? The negative emotions we have will be discussed next. In the picture, we see a beautiful woman holding a sign that says Free Hug.

There are two girls on the street holding this sign. According to my own preference, I should prefer the chubby one who looks like my wife, but as I approached, the skinny person came over, so I had to reluctantly give a loving hug to the skinny person. So you can see from my facial expression that I am a bit pained because I missed the opportunity to hug the chubby person. Are these people infatuated? Seeing a man and wanting to hug him? No, these people have depression, and the hug is prescribed by a doctor. We say that people with depression have very low energy, and a loving person has higher energy. You can absorb some energy by hugging a person with high energy, hug a few more people a day, and your mood will be much happier.

Last year, my grandson's kindergarten held a singing and dancing performance. The theme the children danced to was about who pooped on my head, possibly a bird, an elephant, or a lion. If someone pooped on their head and made them small, how did the children deal with it? They just asked for a hug from their mother, and maybe they wouldn't be angry anymore. So, hugging can also relieve our anger. In short, love is the remedy for everything and can solve all emotional troubles. In the morning, my wife said again, she said, look at the women on the street acting crazy, it's all because they have a husband at home, so they curse their husbands on the street. The men acting crazy are all single, because they have no wives to vent to, so they act crazy on the street. Well, let's see now the methods to manage emotions. People must have repressed emotions, so we have to change our self-emotional responses. Changing emotions, as we just saw from the emotional scale, involves the different parts of the body reacting hot or cold. So, you just need to change your physical state to change your emotions. For example, if you feel depressed all over, take a hot bath and warm up your body, then the depressive hormones will be dissipated. Of course, exercise is the most effective way to get rid of any bad hormones. Go for a run, sweat it out to get rid of these things, and your brain and lungs will secrete. Secondly, sincerely replace accusations with positive statements in your hands. They stated a bunch of reasons, but that's not a way to deal with emotions. First, express our feelings, I feel scared now, I feel uneasy, and we can't escape or pretend not to know. We must quickly address it,

accept others' emotions. If you can't accept others' emotions, then you fail as a person. If you fail, no one will take care of your emotions. To interpret emotions positively and create positive memories, this is like self-deception, self-comfort, which are all superficial. We will discuss some more advanced coping methods, including imitation, encoding to solve our emotional distress.