

不想工作：专家助你度过工作倦怠期 PDF转换可能丢失图片或格式，建议阅读原文

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感受：不是疲劳，不是压力，就是什么事都不想干；没有原因，没有矛盾，就是干什么都提不起精神。很多人以为这是工作压力大造成的，其实这是职场上的另一种现象：工作倦怠！听专家教你如何顺利度过工作倦怠期。 Transcript H:

Host (Helen) P: Psychologist (Pam) S: Sufferer (Steve) H: I ' d like to thank you both for coming along today. Pam, this is your new

book “ Taking the Blues out of Work - how to deal with

work-related health problems ” . P: Yes. H: And Steve. You ' ve just recovered from work burnout one of the most serious and common

work-related problems yes? S: Yes, that ' s right. I ' m in the book! (laughing). Pam used me as a case study. P: Yes. Steve came along to

my clinic for help. He had a serious case of burnout. He followed a course of therapy and ... S: ... and she helped me to get my health

back again. H: That ' s great. It ' s good to hear there ' s a happy ending. Pam, could you tell us what work burnout actually is? Aren

' t we just talking about stress here? Is there a difference? P: Yes!

There is a difference. A very big difference. But that ' s a good

question because most people make the mistake of thinking that burnout is just another word for stress so I ' ll start with that.

Everyone understands stress. We live in a world where stress is part of our everyday lives. Burnout can be the result of too much stress

but it isn ' t the same thing. I once heard somebody say that if stress

is like drowning in an overload of work, burnout is more like being all dried up. With stress we lose our energy, with burnout we lose much more our motivation, our hope ... and one very important difference between stress and burnout is that we know when we are stressed but we don't usually realise we are suffering from burnout ... (小编：工作倦怠和工作压力大不是一回事。工作倦怠可能是由于工作压力大而产生的，但工作倦怠不等于工作压力大。压力大的时候，我们会感到疲劳，失去能量；而倦怠的时候，我们会失去的更多，我们没了动力，没了斗志，没了希望。俗话说，哀莫大于心死，工作倦怠就是这种情况，是让你连去拼、去斗、甚至去咒骂、去抱怨都懒得动的极端情况。更可怕的是，工作压力大，我们往往都能意识得到，而工作倦怠却在不知不觉中消磨着我们的热情和希望。) H: ...until it's too late. P: Exactly. H: Steve, how did you know that your problem was more serious than just being stressed? S: Well, I didn't realise myself. Other people realised first. I changed my behaviour and started feeling really negative and cynical about everything. That wasn't me at all. I've always been a happy-go-lucky sort of bloke. It got to the point where I felt so hopeless and depressed that I couldn't even face getting up in the morning. My wife made me an appointment with the doctor. He was helpful and referred me to Pam. (小编：工作倦怠往往自己意识不到，而是由别人发现的。你的家人朋友可能发现你最近不太一样，你从一个乐天派变成了一个郁郁寡欢、闷闷不乐的人。你从一个“今朝有酒今朝醉”的乐活者变成了一个愤世嫉俗、看什么都不顺眼的“愤青”。这时，你就要当心了，可能你已经处于工作倦

怠期了。 ) P: Steve was lucky to have the support of his family and friends. It ' s difficult to get better on your own. It ' s important to do normal things, exercise, socialise, go for a walk, meet a friend for a coffee ... H: And did Steve need medication? S: No. P: We decided to try with everything else first ... medication can be effective, anti-depressants aren ' t the same these days as they used to be but Steve got better without any. In fact it was something he felt quite strongly about. S: I don ' t even like taking an aspirin unless I really have to so I think I made a real effort to listen to Pam and do the things she suggested. I even started meditating! H: Meditating? P: Yes, it can really help. It calms the mind and helps to shut out the world ' s distractions. ( 小编：冥想。冥想对于现代人、尤其是职场人来说真的很有必要。我们每天都在忙忙碌碌，就是缺少时间静下心来，问问我们的内心，这样的生活到底是我想要的吗？我做的这些工作到底是为了什么？冥想不一定要在安静的地方进行，只要你可以和你的内心对话，哪里都可以进行冥想。冥想也不一定要很长时间，哪怕只是一两分钟，也是对心灵的一次洗涤，对大脑的一次放空。 ) H: And how are you now Steve? S: I feel great. Better than I have for years (laughing) H: I ' m glad to hear it .. now let ' s talk a bit ... (fade out) #0000ff>点击此处，免费下载本文音频 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)