

心理月刊 PSYCHOLOGIES

调查 INVESTIGATION

家庭暴力

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方法：预测、改变暴力模式

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我嫉妒他的过去

聚焦 FOCUS

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《拒绝焦虑 告别失眠》

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卷宗 DOSSIER

健康地生活

我还是那个
喜欢浪漫的我”

■ 更健康需要付出代价吗？ ■ 访谈：“生命的自由感最该被尊重”
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SAY NO TO ANXIETY SAY GOODBYE TO INSOMNIA

The way the high-stress class relaxes

As the "zero-stress class" strides into the cities, many of them, notably among the high-stress, white-collar workers, still suffer from anxiety and insomnia. How can we really say no to anxiety and say goodbye to insomnia in order to live with confidence and with zero stress?

Confession hut - What is a "high-stress" life?

"I toss about in the bed all night and cannot go into sleep. As the clock ticks away, I gradually fall asleep but soon the sun rises and it is time to get up to work!" Lily complains. Since she was promoted to supervisor last year, pressure from top management has not been allowing her a good sleep at night. Psychologists are seeing a ballooning "high-stress" class which Lily belongs to. According to the "Report on the research study on the health of white collar workers in China" over 90% of white-collar workers in this country suffer from various extents of insomnia, anxiety and other psychological disorders, with 6% of them approaching the dangerous limit. Although these people are smartly dressed up, they can be identified with their less-than-satisfactory health and are constantly plagued by depression, anxiety and insomnia. We therefore refer to these people as the "high-stress" class.

A quick test - Are you in the "high-stress" class?

Are you in the "high-stress" class, being tortured by high pressure too? Ask yourselves if you had the following experiences in the past one month. If you did in more than four cases, then you definitely should read on to learn how to reduce your stress.

- You have many reflections while in the bed. You could not sleep.
- Your memory deteriorates. You do not remember things so well.
- Your head, stomach and digestive system ache, repetitively.
- You are anxious and troubled with even trivial matters.
- Your skin texture becomes worse. It is coarse and lacks luster, etc.
- You feel defeated when you failed in an attempt to do something.
- You suppress anxiety with cigarettes, alcohol, drugs and snacks.
- You lose temper easily with family members, friends, colleagues.
- You are often mentally tense. You seldom laugh heartily.

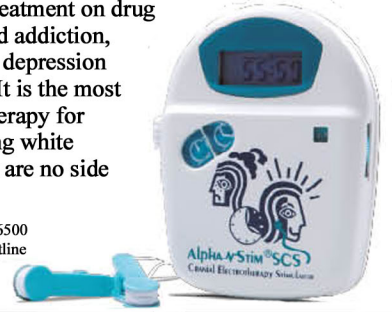
The solution - Sleep with "zero stress" to be free from stress.

Stress often stems from mental fatigue. To be free from it and regain confidence, you must balance your work with rest to loosen yourself up. Therefore, good sleep is critical to stress relief. A glass of milk before sleep, light music, soaking your feet in warm water, comfortable pillows and stop surfing the net one hour before going to bed will help ensure a good sleep. If you suffer from insomnia and anxiety regularly, visit a medical doctor immediately for treatment with a scientific instrument under the guidance of the doctor. You have to attack your stress in these two fronts to realize your dream of a zero stress, confident and happy life.

Experts' advice - See how the white collars in Europe and US reduce stress.

Let's see how the white collars in other parts of the world reduce stress. In the US, white collars avert stress and insomnia with a new instrument known as the Alpha-Stim, which stimulates the peripheral system of the brain with an electric current to relax and be happy. During treatment, a current with a customized waveform flows out of the Alpha-Stim device and radiates outwards in all directions onto the peripheral of the brain, directly stimulating thousands of neurons and regulating the abnormal brain wave of a sleepless person who will then become relaxed and relieved and will therefore fall asleep readily. Besides, Alpha-Stim is equally well accepted by white collars in Europe. The safety and efficacy of Alpha-Stim is now endorsed by the highly critical FDA in US and SFDA in China primarily for treatment on drug dependence and addiction, severe anxiety, depression and insomnia. It is the most widely-used therapy for insomnia among white collars as there are no side effects.

Alpha-Stim. RMB6500
National unified hotline
400-600-4936



Alpha-Stim chief scientist
Dr. Daniel Kirsch

Do you know why Alpha-Stim is so effective and safe?

- Alpha-Stim is relaxing and induces peace of mind to help you fall asleep. It stimulates the release of endorphins which are able to relieve a sleepless person of his excitement and anxiety.
- Alpha-Stim is able to relax the brain, relieving the brain of fatigue because it affects and rectifies abnormal brain wave and restores it to the normal state.
- Alpha-Stim reduces the occurrence of pessimistic sentiments such as anxiety and depression as it increases the release of GABA and dopamine in the body, thereby suppressing the activities of the conscious system and the negative sentiment.

Heart-to-heart talk --- Get rid of insomnia. Zero stress life.

When the pressure is too much, consciously slow down the pace of life and settle the messy problems steadily and calmly. Do not reprimand yourselves even if you err. Instead of keeping your frustration, pain, anxiety and sorrow to yourselves, which will only make things worse, share them with your friends and relatives. Although they may not be able to solve your problems, their sympathy with you could alleviate your frustration by half and make you happier. When you feel like crying, cry heartily to vent any suppressed energy and balance your body functions. There is always sunshine after a rain storm. Similarly, you will one day get rid of all the matters that upset you. You will then live a happy and zero stress life.



拒绝焦虑 告别失眠

高压一族的情绪舒缓之法

当“零帕族”以燎原之势，在城市高压重灾区——白领人群中蔓延开来时，依旧有众多白领在沉重压力之下，饱受焦虑、失眠的折磨，到底，如何才能拒绝焦虑、告别失眠，自信开启零帕生活呢？

策划 / 张希 文字 / Tina 设计 / 杨耀昕

倾诉小屋——什么是“高帕”生活？

“晚

上躺在床上翻来覆去睡不着，听着钟声数着点，好不容易迷迷糊糊睡着了，天又亮了，不得不起床上班。”提起失眠，Lily一肚子苦水，自从一年前担任公司主管后，巨大的业绩压力就让她从未睡过安稳觉。心理专家说，像Lily这样被失眠困扰的高帕一族越来越常见，据《中国白领健康调查研究报告》显示，国内超过九成的白领存在着不同程度的失眠、焦虑等心理问题，而6%白领的压力已经达到了极限。这些外表看似光鲜、亚健康问题突出的都市白领们，被苦闷、焦虑、失眠折磨着，身心俱疲，这些人也因此被称为高帕人群。

小测试——你是不是高帕一族呢？

你是不是也是高帕族群，饱受压力煎熬呢？请回想一下自己在过去一个月内是否出现下述情况，如果超过4个情况和你一致，你非常有必要继续阅读下面内容，学习如何为自己减压了！

- 上床后觉得思潮起伏，很多事情牵挂，难以入睡。
- 感觉记忆力没有之前好了，总是会忘记事情
- 有头痛、胃痛、消化道的毛病，而且反复发作
- 会因为非常小的事情纠结、烦恼
- 皮肤状况越来越差，暗沉、粗糙等问题层出不穷
- 遇到挫败时会非常沮丧
- 需要借助烟酒、药物、零食等抑制不安的情绪
- 与家人、朋友、同事相处时容易发脾气
- 精神经常处于紧绷状态，很久没有开怀大笑了

解决之法——

远离压力 睡眠一定要“零帕”！

压力往来源于精神疲惫，要想彻底摆脱压力，重拾自信生活，一定要学会适当调整工作与休息的时间，放松绷紧的神经。因此，良好的睡眠是从根本舒缓压力的方式，睡前喝杯牛奶、听听音乐、温水泡脚、添置舒适的床上用品、睡前一小时不上网等方法都可以帮助你安然入睡。如果你长期失眠、焦虑，则应该尽快就医，在医生的指导下通过科学仪器帮助自己尽快摆脱失眠和焦虑的困扰。双管齐下，方能帮你实现零帕理想、自信快乐的生活！

专家推荐——看欧美白领如何减压

不妨让我们看看世界上其他国家的白领如何减压，在美国，白领们为了摆脱压力和失眠，都在使用一种借助电流刺激大脑边缘系统让人们感到放松和快乐的新仪器——安思定。治疗时，一个特殊的波形从安思定治疗仪中发出，向大脑边缘的各个角度向外辐射，直接作用于成千上万的神经细胞，从而帮助调节失眠失眠者异常的脑电波，使之达到一种放松、平静的状态，从而更易入睡。不仅在美国，在欧洲安思定一样倍受白领青睐。目前，安思定的有效性和安全性已经被最为严格的美国联邦药监局FDA和中国国家药监局SFDA认证，主要应用于对药物依赖、成瘾和严重焦虑、抑郁、失眠疾病的治疗，是最受白领欢迎，没有副作用的失眠治疗方法。

安思定 RMB. 6500
全国统一支持热线：400-600-4936



安思定首席科学家丹尼尔博士

你知道吗——安思定为何如此安全有效？

- 安思定可以帮助人们达到一种放松、平静的状态，更易入睡，是因为它可以分泌出一种内源性吗啡肽，缓解失眠患者在面对失眠时的紧张、恐惧情绪。
- 安思定能够放松大脑，缓解大脑因疲劳状况，来自于它对异常脑电波的影响和改善，帮助脑电波从不正常的状态回归到正常的状态。
- 安思定有效帮助人们减少焦虑、抑郁等消极情绪的出现，源自它可以增加体内 γ -氨基丁酸以及多巴胺的分泌量，从而抑制觉醒系统神经元的活动，帮助抑制负面情绪。

心灵物语—— 摆脱失眠 零帕生活

如果觉得压力太大，不妨有意识的放慢生活节奏，沉着、冷静地处理各种纷繁复杂的事情，即使做错了事，也不要责备自己。与其把自己的烦恼、痛苦埋藏在心底里，只会加剧自己的苦恼，不如把心中的忧愁、烦恼、痛苦、悲哀向你的亲朋好友倾诉出来，即使他无法替你解决，也能得到朋友的安慰，你的烦恼也因此减半了，这时你的心情就会感到舒畅，该哭的时候就痛痛快快地哭一场，释放积聚的能量，调整机体的平衡，大雨过后有晴空，心中的不良情绪也会一扫而光，快乐迎接新的零帕生活！

