

情緒最高處，其實只有短短 6 秒。當你感到不安、焦慮煩亂、恐懼，不能控制地胡思亂想時，請停一停，用以下介紹的【6 秒冷靜法】，深呼吸六秒，專注於呼吸上，令自己重奪情緒主導權，不被情緒綁架！冷靜下來，先處理心情，後處理事情。

【6 秒冷靜法】（引自 Dr. Charles F. Stroebel）

步驟一：用 2 秒，深呼吸第 1 次 → 專注於身體現時的狀態

身：檢視身體反應

行動：停下一切你正在做的事情。
問一下自己剛剛發生了什麼事情，
想想及檢視身體有否出現緊張 / 驚慌 / 害怕的生理反應



檢視

步驟二：用 2 秒，深呼吸第 2 次 → 專注於冷靜身體

心：冷靜身體

行動：運用「腹式呼吸」的技巧，
用『深呼吸』與身體溝通
放鬆臉部、肩膀與全身，
專注於呼吸，一吸一呼



步驟三：用 2 秒，深呼吸第 3 次 → 專注於轉移意念到正向思想

語言：轉移意念

行動：自己跟自己對話，
運用正面、肯定的說話，
轉移緊張及驚慌的情緒，放鬆自己。
(例如自己跟自己說：我可以！無問題！要冷靜！放鬆些！)



At the highest level of emotions intensify, it usually only remains for 6 seconds. When you feel worried, anxious, fear, and uncontrollably think in negative way, PLEASE STOP and Follow the description of [6 Seconds Quieting Response] below. Switch your focus to your breathing, draw a long, deep breath for 6 seconds as to regain your control of emotion and body. Then handle the situation after calming down.

【6 Seconds Quieting Response】 (Dr. Charles F. Stroebel)

Step 1: Breathe in deep for first 2 seconds → Focus on feeling your body

Body: **Read Your Body**

Action: Stop handling everything at the moment
 Ask yourself what just happens
 Check and Feel your body for any unpleasant biological reaction of
 nervousness / panic / fear

Step 2: Breathe in deep for another 2 seconds → Focus on calming your body

Heart: **Clam Your Body**

Action: Use the skills of “Diaphragmatic Breathing” ,
 Close your eyes, relax your way down your body from your face to
 shoulders, and all the way down, let go of surface body tension.
 Focus on your breathing, take deep breathes and as you exhale

Step 3: Breathe in deep for the last 2 seconds → Focus on recreating positive mind

Language: **Redirect Your Mind**

Action: Do a positive self-talk, see positive words, give yourself positive
 affirmations.
 Relax your body and let go the feeling of anxiety and fear.
 **(For example: I am capable and strong. Everything will be alright. I just
 need to calm down and be relaxed.)**