

Dealing with Flashbacks

如何處理情境再現

Flashbacks are uninvited guests. They can arrive suddenly and out of the blue. Their effects can be powerful and distressing. Having to cope with them can be frustrating and, at times, even embarrassing. Understanding your flashbacks better and learning ways to manage them can help a lot.

情境再現是不速之客。他們可以出乎意料地突然出現。它們的影響可能是強大而令人痛苦的。應對它們可能會令人沮喪，有時甚至會令人尷尬。更好地了解您的情境再現並學習管理它們的方法會很有幫助。

What is a flashback?

什麼是情境再現？

Having flashbacks is a normal reaction to a frightening and overwhelming event (or events) that you've been through, recently, some months ago, or even years ago. A flashback feels as though you're back in the middle of your traumatic experience or reliving some aspect of it. It can seem like it's still happening or happening all over again. This re-experiencing can be in vivid detail.

A flashback can mimic the original traumatic event because it causes a very similar level of stress in your body. As you begin to sense fear and threat, your brain gets reactivated within seconds. The same hormones get released through your body that did when the trauma happened, such as adrenalin and cortisol. Your heart beats faster and your muscles and body systems react like they do at the time. Your brain is trying to protect you as it puts you into survival mode and you flee (run away), freeze or fight back against the threat you think is there. All these instinctive and automatic high-stress reactions affect you physically. They also affect your thoughts and feelings and how you behave during that flashback.

A flashback can last seconds, minutes or even hours. They can happen anytime and anywhere, including at work, in social situations, or during nightmares. They can happen to anyone after traumatic situations of any kind.

During a flashback it can be difficult and confusing to connect back to the present moment and to what is real. As a flashback ends, it will usually take some moments or minutes for a person to fully recognise where they are, who they are with, and that they are safe.

情境再現是對最近、幾個月前甚至幾年前經歷的可怕和壓倒性的（單一或多起）事件的正常反應。情境再現會讓您感覺您好像回到了經歷創傷的時候或重溫了它的某些方面。它會讓您覺得事件仍在發生或再次發生。這種重新體驗可以具有清晰的細節。

情境再現可以模仿最初的創傷事件，因為它會在您的身體中引起非常相似的壓力水平。當您開始感覺到恐懼和威脅時，您的大腦會在幾秒鐘內重新激活。與創傷發生時相同的激素會通過您的身體釋放，例如腎上腺素和皮質醇。您的心跳會加快，而您的肌肉和身體系統會像當時一樣做出反應。您的大腦正試圖保護你，它會讓您進入生存模式，對於您認為存在的威脅做出戰鬥、逃跑、僵住反應。所有這些本能和自動的高壓反應都會影響你的身體。它們還會影響您的想法和感受，以及您在情境再現期間的行為方式。

情境再現可持續數秒、數分鐘甚至數小時。它們可以隨時隨地發生，包括在工作、社交場合或噩夢中。它們可能在任何類型的創傷情況之後發生在任何人身上。

在情境再現期間，要連接回到當前的現實能會很困難且令人困惑。當情境再現結束時，一個人通常需要一些時間或幾分鐘才能完全反應過來知道到他們在哪裡，和誰在一起，並且是安全的。

What can trigger them?

什麼可以觸發情景再現？

Flashbacks can be set off subconsciously by anything that relates to your five senses - things you see, hear, touch, smell or taste. These 'triggers' can bring back distressing and frightening memories that re-activate your brain's survival mode. For example, a photo, a place, someone's face, a song, the sound something makes, words you hear, a certain meal, a familiar smell, an object you see, a pain or body sensation you get, or a certain date.

任何與您的五種感官相關的東西——您看到的、聽到的、觸摸到的、聞到的或嚐到的東西，都可以下意識地引發情境再現。這些“觸發器”可以帶回令人痛苦和可怕的記憶，重新激活你大腦的生

存模式。例如，一張照片、一個地方、某人的臉、一首歌、某物發出的聲音、您聽到的詞語、某頓飯、一種熟悉的氣味、您看到的物體、您受到的疼痛或身體感覺，或者某個日期。

Why do they happen?

情景再現為什麼會發生？

During any trauma our brains become highly stressed. Flashbacks and other post-trauma reactions are not about a person refusing to let go of the past. They are symptoms of a brain that's trying to process the overwhelming things that happened. Traumatic memories can get tangled up. How the brain stores them can get confused. Some memories can't be easily recalled. Research is now finding out a lot more about how complex and problematic traumatic memories can be.

For most people, flashbacks gradually decrease over time as a person's brain recognises the threat has passed, gets out of survival mode and re-balances itself. For some people, the impact of trauma can be more complicated. As their brain tries to bring the traumatic memories together and heal, regular and troubling flashbacks continue. In this situation, people can benefit from having professional assistance to help their brain find ways to get back into balance again.

在任何創傷期間，我們的大腦都會變得高度緊張。情境再現和其他創傷後反應並不是一個人拒絕放開過去。它們是大腦在試圖處理發生的壓倒性事情時的症狀。創傷性記憶可能會糾纏在一起。大腦儲存這些記憶時可能會產生混亂。有些記憶不容易回憶起來。現在的研究發現了更多關於創傷性記憶的複雜性和可能引起的問題。

對於大多數人來說，隨著大腦意識到威脅已經過去，退出生存模式並重新平衡自身，情境再現會隨著時間的推移而逐漸減少。對於某些人來說，創傷的影響可能更複雜。當他們的大腦試圖將創傷性記憶整合在一起並治愈時，定期和令人不安的情境再現仍在繼續。在這種情況下，人們可以從專業幫助中受益，幫助他們的大腦找到重新恢復平衡的方法。

What Helps?

有什麼可以幫助因應情境再現？

Your best first response is to ground yourself

Use your five senses to connect you with the here and now. Look around you. Name and count the things you can see and their colours. Touch something, like the ground, your clothes, or a piece of furniture. What does it feel like? What noises can you hear nearby? Are they loud or quiet? Taste some food or a drink. What can you smell around you? These simple grounding exercises are very effective.

你最好的第一反應是讓自己著陸

用你的五種感官將你與此時此地聯繫起來。看看你的周圍。說出並數數你能看到的東西及其顏色。觸摸一些東西，比如地面、你的衣服或一件家具。是什麼感覺？附近能聽到什麼聲音？它們是響亮的還是安靜的？品嚐一些食物或飲料。你能在周圍聞到什麼？這些簡單的基礎練習非常有效。

Use self talk

Tell yourself key messages, such as:

I'm having a flashback. It's a normal response to an extraordinary traumatic event that happened in the past. It's not actually happening now. I am completely safe. It will pass soon. I will be okay.

Say them aloud if you can. Repeat them when you need to. Find words that work for you.

使用自我對話

告訴自己一些關鍵信息，例如：

我現在是在經歷情境再現。這是對過去發生的特殊創傷事件的正常反應。現在實際上並沒有發生。我非常安全。很快就會過去的。我會沒事的。

如果可以的話，大聲說出來。需要時重複它們。找到適合你的詞語。

Take notice of the present

Look for things from the present which reassure you that you're not back in the past. Such as the date and time, the people you are with, where you are or what you're wearing. Perhaps carry or wear something meaningful that reminds you of the present, such as a piece of jewellery, a photo, or something written on a small card.

注意當下

當下尋找可以讓您確信沒有回到過去的事情。比如日期和時間、和您在一起的人、您在哪里或者穿著什麼。可以隨身攜帶或佩戴一些能讓您記起現在的有意義的物品，例如一件珠寶、一張照片或寫在一張小卡片上的東西。

Find a comforting place

It may help to sit or stand somewhere quietly for a while. Perhaps wrap a coat or blanket around yourself, listen to music, hold onto something special, be with someone you trust, or get outside into nature.

找個安心舒服的地方

安靜地坐著或站立一段時間可能會有所幫助。也許在自己身上裹上一件外套或毯子，聽聽音樂，手握住一些特別的東西，和您信任的人在一起，或者到戶外去感受大自然。

Breathe

Take several slow, deep belly breaths. Breathe in slowly through your nose, pause, then breathe out slowly through your mouth. Concentrate on breathing deeply, in and out, moving your belly up and down.

Deep breathing, at any time, can calm you and help you feel more in control. In anxious times, our breaths are usually shallow and fast.

呼吸

做幾次緩慢而深沉的腹部呼吸。通過你的鼻子慢慢地吸氣，停頓，然後用嘴慢慢地呼氣。專注於深呼吸，吸氣呼氣，腹部起伏。

深呼吸在任何時候都能讓你平靜下來，讓你感覺更有掌控的能力。在焦慮的時候，我們的呼吸通常是淺而快的。

Move

Even small movements, like wiggling your toes and fingers, helps. Clap or rub your hands together. Keep your eyes open. Sit or stand upright if possible. Stretch. Stamp your feet. Walk around.

移動

即使是很小的動作，比如扭動腳趾和手指，也有幫助。拍手或搓手。睜大你的眼睛。如果可以的話，坐直或站直。伸展。跺腳。到處走走。

Relax your muscles

Gradually move down through your body and tense different muscles as hard as you can for a slow count of five, and then relax them. Move on to the next muscle area. Focus on what you're doing. Try breathing in as you squeeze the muscles and then breathe out as you relax them. This is called progressive muscle relaxation.

放鬆肌肉

整個身體逐漸從上向下，盡可能用力拉緊不同的肌肉，慢慢數到五，然後放鬆它們。移動到下一個肌肉區域。專注於你正在做的事情。嘗試在擠壓肌肉時吸氣，然後在放鬆肌肉時呼氣。這稱為漸進性肌肉鬆弛(PMR)。

Use distractions

Count backwards from 100. Name all your friends and family. Get a drink of water. Look out the window. Talk to someone. Think about what you've got planned for later that day or what you're looking forward to in the future. Listen to a go-to music playlist that calms or encourages you.

使用干擾物

從 100 開始倒數。說出所有朋友和家人的名字。喝點水。看看窗外。與某人交談。想想晚點有什麼計劃，或者你對未來有什麼期待。聆聽能讓您平靜或鼓勵您的音樂。

Give yourself time to recover

Flashbacks can leave you disoriented for a while and drain your energy. Take things slowly. Ground yourself. Breathe deeply. It might take a few minutes until you can fully concentrate on the next thing. This is normal. Rest if you can.

給自己時間恢復

情境再現會讓你暫時迷失方向並消耗你的能量。慢慢來。使用著陸技巧。深呼吸。您可能需要幾分鐘才能完全專注於下一件事。這個是正常的。如果可以，請休息。

Use support

It helps to have ongoing emotional and practical support from family, whanau and friends. Tell those you trust about what you're dealing with. Flashbacks, especially if they keep happening, can affect your mental health significantly.

For professional support and treatments, see your doctor, a counsellor or psychologist, your local mental health team, or phone or text 1737, a national health and well-being helpline.

使用他人支持

從家人和朋友那裡獲得持續的情感和實際支持是有幫助的。告訴您信任的人您正在處理的事情。情境再現會顯著影響您的心理健康，尤其是不斷發生的情景再現。

如需專業支持和治療，請諮詢您的醫生、諮商師或心理醫師、您當地的心理健康團隊，也可以撥打或發短信至 1737（全國健康和福祉熱線）。

Keep looking after yourself

Show yourself kindness, understanding and compassion. Don't speak negatively to yourself.

Eat healthy, drink a good amount of water, get regular rest and sleep, exercise, and do the things you enjoy.

Keep connecting with your family, whanau and friends. If sleep is a problem, perhaps because you're fearing night-time flashbacks, talk with your doctor and learn some ways to get good sleep.

Avoid using drugs or alcohol to cope, as this can cause further problems and delay your recovery. Self-care is self-respect. Looking after yourself well needs to be your daily priority.

繼續照顧好自己

展現出您的善良、理解和同情心。不要對自己說消極的話。

健康飲食，多喝水，規律休息和睡眠，鍛煉身體，做自己喜歡的事情。

與您的家人和朋友保持聯繫。如果睡眠有問題，也許是因為你害怕夜間情境再現，請諮詢你的醫生並學習一些獲得良好睡眠的方法。

避免使用藥物或酒精來應對，這可能會導致進一步的問題並延遲您的康復。自我照顧就是自我尊重。照顧好自己需要成為你每天的首要任務。

Learn what your triggers are and make yourself a practical action plan

If you sense a flashback coming, what will you do? Start deep breathing, begin your grounding exercises and do some self-talk to help keep you in the present. What will you do afterwards to recover well?

了解什麼會觸發您，並為自己制定一個切實可行的行動計劃

如果您感覺情境再現出現，您會怎麼做？開始深呼吸，開始你的基礎練習並做一些自我對話，以幫助您保持在當下。您事後會怎麼做才能好好恢復？

Be patient

Traumatic situations put your brain and your body through a lot. It's normal for recovery after trauma to take some time.

要有耐心

創傷性情況會讓您的大腦和身體經歷很多。創傷後恢復需要一些時間是正常的。

Practice

Like with any skills, all these strategies will work better when you give them some practice. Try them all out. Find the ones that work well for you and use them. They will help build your resilience and your confidence.

練習

就像任何技能一樣，當你練習時，這些策略就會更好地發揮作用。都試一試。找到適合您的技能並使用它。它將幫助您建立韌性和信心。

Remember

Having some ongoing responses to a traumatic experience is normal. It's also normal for healing after trauma to happen gradually - little by little. It's an ongoing, daily process. As you do heal, you'll gradually get fewer flashback reactions and ones you do have will lessen in their intensity. You won't forget what happened, and you'll probably always find some of the memories difficult, but you will become better able to manage them. By using the above tips, you're learning to actively cope and taking some positive and wise actions to improve things for yourself.

After trauma, we can have deep wounds that we can't see... but they can hurt us a great deal.

Looking after yourself well needs to be your daily priority.

Flashbacks are annoying and can make me feel out of control. They're hard to explain to people who say, 'just get over it'. I'm learning to ground myself better and they're not as frequent or intense now, finally!

請記住

對創傷經歷有一些持續的反應是正常的。發生創傷後的癒合緩慢也是正常的。這是一個持續的，日復一日的過程。當您痊癒時，您的情境再現反應會逐漸減少，而出現反應的強度也會降低。您不會忘記發生過的事情，您也可能總是會覺得有些記憶很困難，但您能更好地管理它們。通過使用上述的方法，您正在學習主動應對並採取一些積極和明智的行動來改善自己的情況。

創傷後，我們可能會受到看不見的深深傷口...但它們對我們造成了很大的傷害。

照顧好自己需要成為你每天的首要任務。

情境再現很煩人，會讓我感覺失控。很難向那些說“克服它”的人解釋。我正在學習更好地磨練自己，終於，現在它們不再那麼頻繁或強烈了！