

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 time, 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?

情景再现为什么会发生？

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.

在任何创伤期间，我们的大脑都会变得高度紧张。情境再现和其他创伤后反应并不是一个人拒绝放开过去。它们是大脑在试图处理发生的压倒性事情时的症状。创伤性记忆可能会纠缠在一起。大脑储存这些记忆时可能会产生混乱。有些记忆不容易回忆起来。现在的研究发现了更多关于创伤性记忆的复杂性和可能引起的问题。

对于大多数人来说，随着大脑意识到威胁已经过去，退出生存模式并重新平衡自身，情境再现会随着时间的推移而逐渐减少。对于某些人来说，创伤的影响可能更复杂。当他们的大脑试图将创伤性记忆整合在一起并治愈时，定期和令人不安的情境再现仍在继续。在这种情况下，人们可以从专业帮助中受益，帮助他们的大脑找到重新恢复平衡的方法。

What Helps?

有什么可以帮助应对情境再现？

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.

你最好的第一反应是让自己着陆

用你的五种感官将你与此时此地联系起来。看看你的周围。说出并数数你能看到的東西及其颜色。触摸一些东西，比如地面、你的衣服或一件家具。是什么感觉？附近能听到什么声音？它们是响亮的还是安静的？品尝一些食物或饮料。你能在周围闻到什么？这些简单的基础练习非常有效。

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.

使用自我对话

告诉自己一些关键信息，例如：

我现在是在经历情境再现。这是对过去发生的特殊创伤事件的正常反应。现在实际上并没有发生。我非常安全。很快就会过去的。我会没事的。

如果可以的话，大声说出来。需要时重复它们。找到适合你的词语。

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.

注意当下

当下寻找可以让您确信没有回到过去的事情。比如日期和时间、和您在一起的人、您在哪里或者穿着什么。可以随身携带或佩戴一些能让您记起现在的有意义的物品，例如一件珠宝、一张照片或写在一张小卡片上的东西。

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.

找个安心舒服的地方

安静地坐着或站立一段时间可能会有所帮助。也许在自己身上裹上一件外套或毯子，听听音乐，手握住一些特别的東西，和您信任的人在一起，或者到户外去感受大自然。

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

做几次缓慢而深沉的腹部呼吸。通过你的鼻子慢慢地吸气，停顿，然后用嘴慢慢地呼气。专注于深呼吸，吸气呼气，腹部起伏。

深呼吸在任何时候都能让你平静下来，让你感觉更有掌控的能力。在焦虑的时候，我们的呼吸通常是浅而快的。

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.

移动

即使是很小的动作，比如扭动脚趾和手指，也有帮助。拍手或搓手。睁大你的眼睛。如果可以的话，坐直或站直。伸展。跺脚。到处走走。

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.

放松肌肉

整个身体逐渐从上向下，尽可能用力拉紧不同的肌肉，慢慢数到五，然后放松它们。移动到下一个肌肉区域。专注于你正在做的事情。尝试在挤压肌肉时吸气，然后在放松肌肉时呼气。这称为渐进性肌肉松弛(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.

使用干扰物

从 100 开始倒数。说出所有朋友和家人的名字。喝点水。看看窗外。与某人交谈。想想晚点有什么计划，或者你对未来有什么期待。聆听能让您平静或鼓励您的音乐。

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.

给自己时间恢复

情境再现会让你暂时迷失方向并消耗你的能量。慢慢来。使用着陆技巧。深呼吸。您可能需要几分钟才能完全专注于下一件事。这个是正常的。如果可以，请休息。

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

从家人和朋友那里获得持续的情感和实际支持是有帮助的。告诉您信任的人您正在处理的事情。情境再现会显著影响您的心理健康，尤其是不断发生的情景再现。

如需专业支持和治疗，请咨询您的医生、咨询师或心理医师、您当地的心理健康团队，也可以拨打或发短信至 1737（全国健康和福祉热线）。

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.

继续照顾好自己

展现出您的善良、理解和同情心。不要对自己说消极的话。

健康饮食，多喝水，规律休息和睡眠，锻炼身体，做自己喜欢的事情。

与您的家人和朋友保持联系。如果睡眠有问题，也许是因为你害怕夜间情境再现，请咨询你的医生并学习一些获得良好睡眠的方法。

避免使用药物或酒精来应对，这可能会导致进一步的问题并延迟您的康复。自我照顾就是自我尊重。照顾好自己需要成为你每天的首要任务。

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?

了解什么会触发您，并为自己制定一个切实可行的行动计划

如果您感觉情境再现出现，您会怎么做？开始深呼吸，开始你的基础练习并做一些自我对话，以帮助您在当下。您事后会怎么做才能好好恢复？

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

创伤性情况会让您的大脑和身体经历很多。创伤后恢复需要一些时间是正常的。

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.

练习

就像任何技能一样，当你练习时，这些策略就会更好地发挥作用。都试一试。找到适合您的技能并使用它。它将帮助您建立韧性和信心。

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!

请记住

对创伤经历有一些持续的反应是正常的。发生创伤后的愈合缓慢也是正常的。这是一个持续的，日复一日的过程。当您痊愈时，您的情境再现反应会逐渐减少，而出现反应的强度也会降低。您不会忘记发生过的事情，您也可能总是会觉得有些记忆很困难，但您能更好地管理它们。通过使用上述的方法，您正在学习主动应对并采取一些积极和明智的行动来改善自己的情况。

创伤后，我们可能会受到看不见的深深伤口…但它们对我们造成了很大的伤害。

照顾好自己需要成为你每天的首要任务。

情境再现很烦人，会让我感觉失控。很难向那些说“克服它”的人解释。我正在学习更好地磨练自己，终于，现在它们不再那么频繁或强烈了！