

健康导师

本书中的技巧和工具能让你
在工作和生活中精力充沛，充满
活力，热情高涨。

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上海交通大学出版社



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什么是精力? 了解精力的杀手

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营造一个充满活力的环境
营造理想的工作环境,寻找在家庭和工作中放松和充电的地方,植物、灯光、音乐、颜色和艺术品对精力的重要作用

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保持旺盛精力的因素
搞清楚自己的精力状况,你的健身目标,了解自己的生物钟和一天中精力旺盛的工作时段,身体和精神之间的联系,创造内啡肽和积极思想,保证充足睡眠

(13)



自己的时间
在工作/生活之间寻求平衡点,忙碌模式,监控你的压力阀,放松的时间,休闲储备,什么对你来说是至关重要的,偶然事件和补救措施

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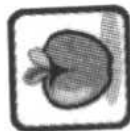
保持精力旺盛的运动
每日活动,步行的益处,适当休息,工作休息操,营造一个充满活力的空间,保持身体健康

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你的精力行动计划
下一步措施,个人健康小结,个人精力计划图,保持旺盛的精力,增进你个人精力的因素,全新的精力充沛的你,你的所见、所感、所闻

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旺盛精力的燃料(营养)
水的重要性,健康零食,健脑和减压食品,营养午餐,水果和蔬菜,保持能量的食物

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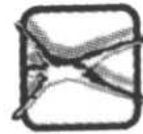
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Energy and well-being audit, your well-being goal, understanding your body clock and energy times of the day, the mind/body connection, creating endorphins and positive thoughts, getting enough sleep

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TIME FOR YOURSELF

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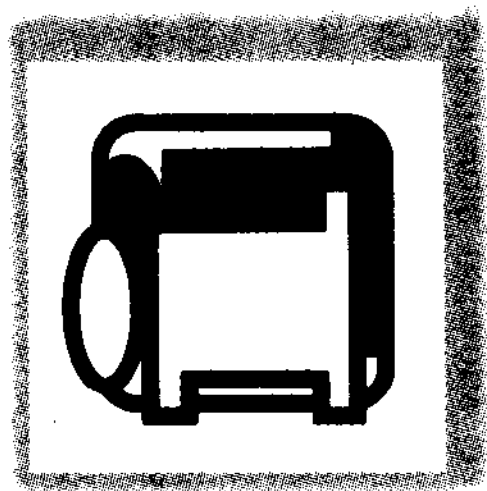
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YOUR ENERGY ACTION PLAN

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INTRODUCTION

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INTRODUCTION

WHAT IS ENERGY?

Energy is essential for good health to nourish our bodies and minds.
We all need sufficient stores of energy every day to:

- Feel good
- Achieve what we want to achieve
- And enjoy each day to the full

If your energy is low you may feel lethargic, unhappy, lazy, tired, under pressure, not wanting to wake up in the mornings.

If your energy levels are high you may be smiling, happy, cheerful, able to complete tasks, raring to go, feeling full of vitality and vigour.

导言

什么是精力？



精力是保持身体健康，为身体和大脑提供营养的重要元素。我们每天都需要足够充沛的精力，这样才能：

- 感觉良好
- 达到既定目标
- 充分享受每一天

如果你没有精力，就会出现无精打采，不快乐、懒洋洋、疲倦、有压力、早上不想起床等状况。

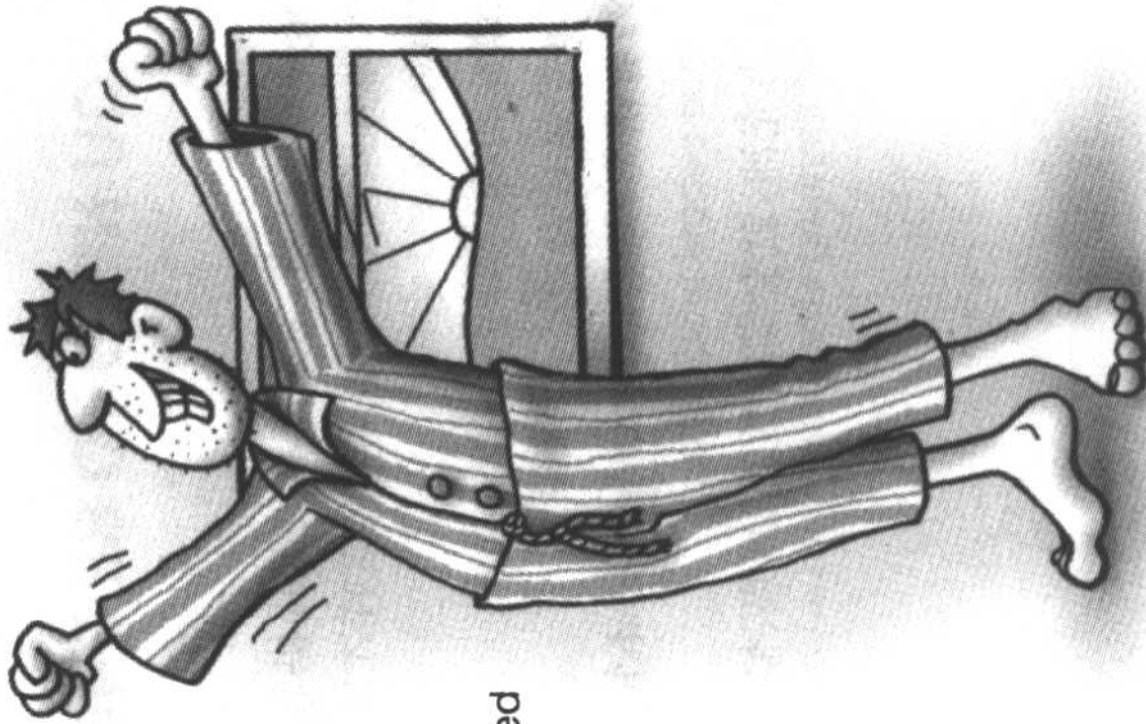
如果你精力充沛，就会满脸微笑、高兴、愉悦、能够胜任工作、跃跃欲试、充满生机和活力。

INTRODUCTION

WHAT IS ENERGY?

- Health
- Vitality
- Raring to go
- Waking early and jumping out of bed
- Zest for life
- Power
- Strength
- Endurance
- Personal achievement
- Dynamism

What else does energy mean for you?

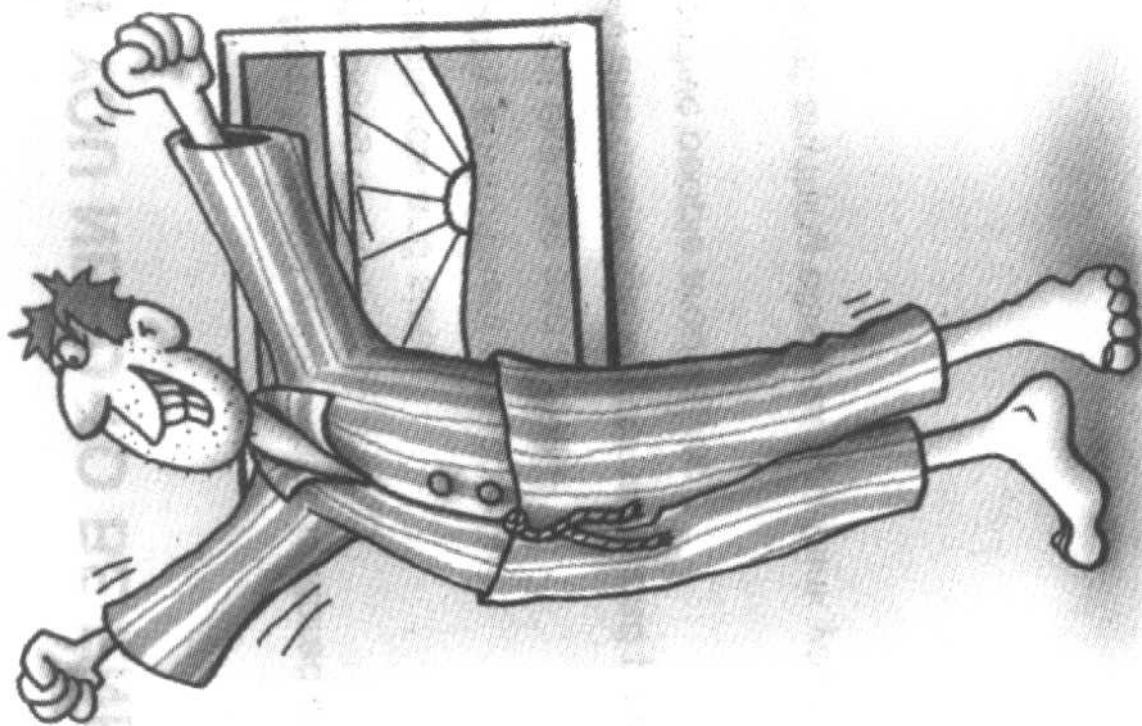


导言

什么是精力?

- 健康
- 有活力
- 跃跃欲试
- 清晨醒来,马上起床
- 热爱生活
- 有能力
- 有力量
- 有耐心
- 自我实现
- 劲头十足

对你来说,精力还意味着什么?



INTRODUCTION

WHAT YOU NEED TO BE ENERGETIC



- Fuel from food and water which is stored in your body cells, muscles and liver, before being converted to energy
- Adequate rest and sleep
- A healthy environment around you
- Sufficient exercise and activity
- Variety and challenge in your work and play
- Supportive people around you

Add to the list anything else that you think you need.

导言

保持旺盛精力的几大要素



- 在转化为能量之前,储存在身体细胞、肌肉和肝脏内的食物和水,是精力的来源
- 充足的睡眠和休息
- 周围健康的环境
- 足够的运动和锻炼
- 工作、娱乐中的多样化和挑战
- 周围人群的支持

如果你还能想起其他因素,可以把它加入这个列表。

INTRODUCTION

UNDERSTANDING ENERGY ZAPPERS



WHAT DRAINS YOUR ENERGY?

- Time of the day - are there times in the day when your mind doesn't seem so clear and you are not working as productively, eg early afternoon?
- Season - are you more lethargic in the winter than in the spring?
- Food and drink - do certain foods make you feel sleepy, eg roast Sunday lunch or a glass or two of wine?
- Activity and exercise - do you feel less and less energetic the less you do?
- Sleep - after a poor night's sleep, do you find it hard to get going and harder to complete jobs during the day?
- During illness - do you sleep more and have less energy whilst your body is recovering from an illness?
- Under stress - do you feel energy draining from you?

Things that drain my energy

Travel
Winter
Late nights

Their effect

Makes me tired
Makes me irritable and lethargic
Give me dull skin

导言

了解精力杀手

是什么在消耗你的精力？



- 一天中的某个阶段——一天中是否有有的时段你的大脑似乎不那么清醒，工作效率低，比如说，下午两三点钟？
- 季节——是否冬天比春天更容易昏昏欲睡？
- 饮食——是否吃某种特定食物会令你发困，比如说周末享用烧烤午餐或喝了一两杯酒之后？
- 活动和锻炼——是否锻炼越少，越感到乏力？
- 睡眠——头一天晚上睡不好的话，是否发现第二天很难坚持和完成自己的工作？
- 生病期间——生病恢复期，是否感到睡得越多浑身却越没劲呢？
- 有压力——有某种压力的时候，是否感到精力在慢慢消耗？

消耗精力的事

旅游
冬季
睡得晚

后果

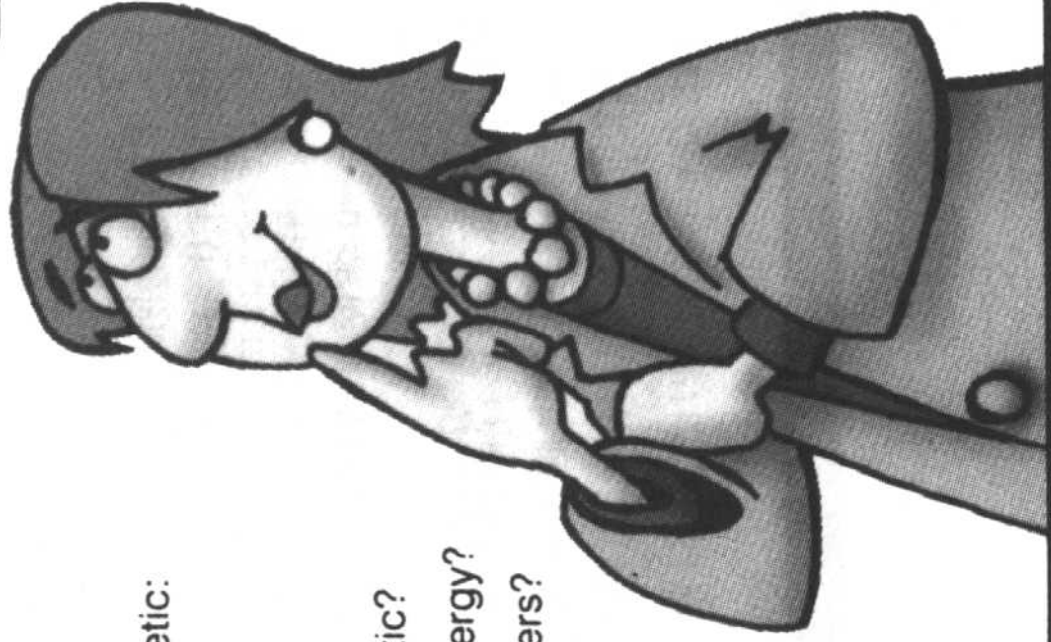
使我疲惫
我易发怒
我会皮肤干燥

INTRODUCTION

THE ENERGY CHOICE FOR YOU

Consider what you personally need to feel energetic:

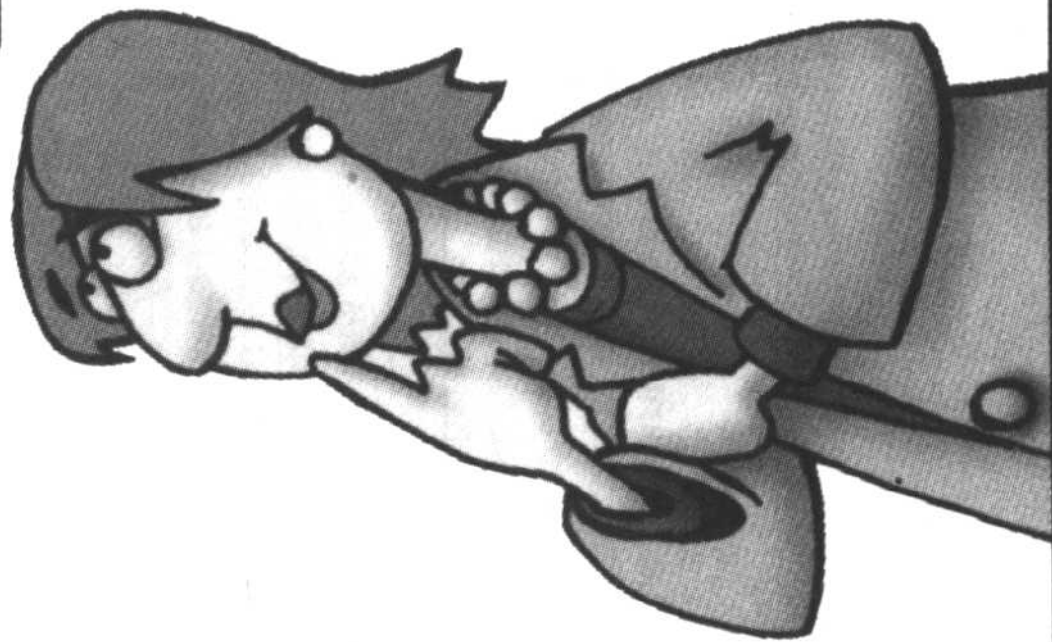
- How do you want to feel?
- What do you need to help you?
- What will you look like when you are energetic?
- What will your inner voice say about your energy?
- How will people describe your energy to others?



保持旺盛精力的一些考虑

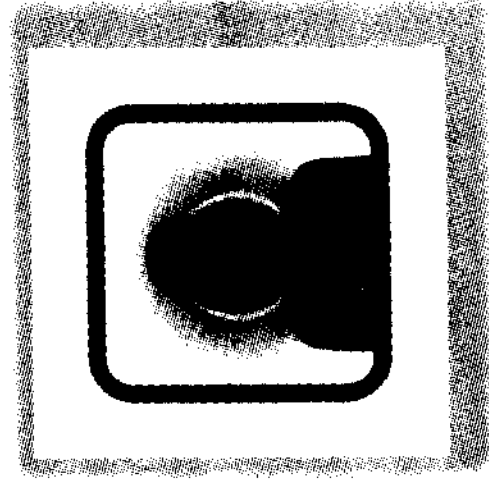
考虑一下你对精力旺盛的一些个人需求：

- 你希望有什么样的感受？
- 你需要什么帮助？
- 你精力充沛时表现如何？
- 你内心对精力的呼声怎样？
- 别人怎样看待你的精力状况？





NOTES
笔记

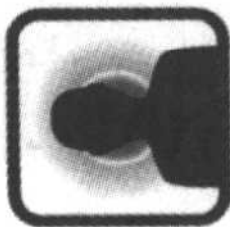


THE ENERGY FACTOR

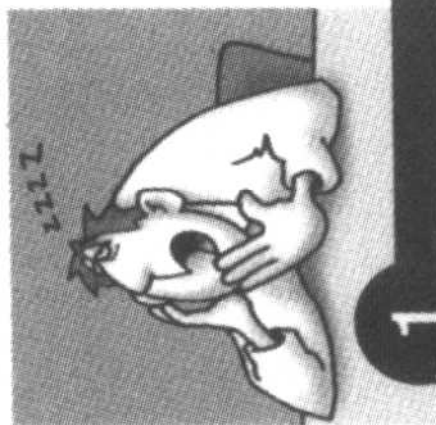
保持旺盛精力的因素

THE ENERGY FACTOR

ENERGY AND WELL-BEING AUDIT



What is your energy
level today?



Give yourself a score from one to ten for your own personal energy level:

- 1 feeling very lazy, like *Slowpoke Rodriguez* or a couch potato
- 10 full of energy, like *Speedy Gonzales* or Mr. Fit

Now consider how energetic you would like to feel.