

銘傳大學導師電子公報(第 號)

Ming Chuan University Class Advisor Electronic Bulletin

發文單位：學務處
Student Affairs Division

中華民國 109 年月日

適用月份：

適用使用對象：◎大學部 大學部在職專班 研究所 碩士在職專班

第 8 週宣導主題名稱為--『認識憂鬱，珍愛生命』，請導師於班會課播放 TED 短片：『喜劇演員的憂鬱告白』生命教育宣導短片，短片於網址 https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic?referrer=playlist-4_ted_talks_on_overcoming_depr&language=zh-tw#t-97928 中，宣導內容如附件 1。

The 8th Week Promotion Theme is “Understanding depression; Cherish life”, class advisors please show students this TED life education promotion video (https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic?referrer=playlist-4_ted_talks_on_overcoming_depr&language=zh-tw#t-97928) during the class meeting. For more promotion content details, please see attachment 1 for your reference.

附件 1 Attachment 1

第 8 週宣導主題--『認識憂鬱，珍愛生命』

The 8th Week Promotion Theme--“Understanding depression; Cherish life”

TED 短片 TED Video：

https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic?referrer=playlist-4_ted_talks_on_overcoming_depr&language=zh-tw#t-97928

片名：「喜劇演員的憂鬱告白」

Video Title: Confessions of a Depressed Comic

一、內容說明 Abstract

本片的主角 Kevin Breel 身為球隊隊長、脫口秀諧星、派對萬人迷，看起來充滿自信、一點都不像個憂鬱症患者。但在影片中他敘述了自己私底下不為人知的心路歷程，包含因為人們對於憂鬱症的偏見，導致自己內心的痛苦掙扎，必須為了求生而奮力抵抗憂鬱症；進而開始試著面對並與憂鬱症共處，並且能夠勇敢站出來與大眾分享自身的經驗，讓更多人了解憂鬱症患者的心情。

Kevin Breel didn't look like a depressed kid: team captain, welcome at every party, funny and confident. But in this video, he talks about his private life, unknown by others, which includes people's prejudices about depression and how painful that was for him, and how he needed to exert much effort to overcome depression. He started to face depression and tries to live with it, he stands up courageously to share his experience with people to let them understand the feeling of patients suffering with depression.

二、背景知識 Background Knowledge

本影片的背景知識包含「憂鬱症的污名與負面標籤」、「學習接納自己的脆弱與不完美」、「走過生命中的幽谷與泥淖」、及「陪伴患者尋求專業的協助」等重要概念，可依各學習階段導覽以下重點，作為參考。

Background knowledge for this video includes the following significant concepts: “the stigma and negative label of depression”, “learn to accept one's own weaknesses and imperfections”, “pass through the deep valleys and muck of life”, and “accompany depression patients to seek professional assistance”. Students can follow their own learning path and focus on the details of different key concepts as listed below for reference.

1. 憂鬱症的污名與負面標籤 The Stigma and Negative Label of Depression

誠如影片中主角所述，許多不理解憂鬱症的人，往往認為憂鬱症患者是「想太多」、「抗壓性低」、「心智脆弱」，甚至懷疑他們的心理與生理症狀是演出來的，或是不願意接受身邊的人得了憂鬱症，對於憂鬱症患者來說無疑是更大的打擊。

According to the description in the video, many people who don't understand

depression often think that depression patients think too much, have low stress resistance or a fragile mind, or even may suspect that those patients are acting all the mental and physical symptoms, or they don't accept the fact their close friends or family members have depression. These abovementioned reactions hit depression patients hard.

事實上，憂鬱症是一種疾病，像是我們從憂鬱症患者的腦部掃描結果，顯示患者腦部有異常活動的水平；在神經之間傳送信號的大腦關鍵化學物質，似乎在憂鬱症患者也失去平衡。並且憂鬱症跟心情憂鬱不一樣，日常的憂鬱對生活不會有很大的阻力，心情也會有好轉的時候；但如果是憂鬱症，日常生活很多事情都做不了，任何事情都不會讓心情變好。

In fact, depression is a medical illness, and computerized tomography scans of depression patients show that there is abnormal activity in these patients' brains, and the key chemicals for transmitting nerve signals in the brain is also imbalanced. On the other hand, depression is different from feeling down, melancholy in daily life usually won't become someone's huge obstacle, and they will feel better after that. But depression patients frequently can't do many things in their daily lives, and nothing can help them change their mood to feel better.

2. 學習接納自己的脆弱與不完美 Learn to Accept One's Own Weaknesses and Imperfections

影片中的主角雖然外在形象充滿活力與自信，在校表現優異並且十分受歡迎，私底下卻害怕被人發現真實的自己、害怕自己也有軟弱的時候，也害怕被人發現自己得了憂鬱症、害怕旁人會不再喜歡自己。事實上沒有人是完美的，即使表現再優異的人都會有缺點，也會遇到挫折、關卡，也會有感到脆弱無助的時候。

The main character in this video projects an image full of energy and confidence; he had excellent performance at school and he was popular among his peers, but in his private life he is afraid of people discovering his dark side, afraid of feeling fragile sometimes, afraid of letting people know he has depression, and afraid that other people won't like him. In fact, no one is perfect, everyone has their own shortcomings, even those people with excellent performance also have their weaknesses, and they may also encounter frustration, feel fragile and hopeless sometimes.

可以引導學生學著欣賞自己的缺點和瑕疵，對自己更寬容，更溫柔，也用我們對所愛

的人的語氣和自己對話，當心裡感到受傷時，好好照顧自己。即使表現不好也沒有關係，試著將心態從「擔心大家怎麼想」轉為「我已經夠好了」。脆弱是必然的，坦然接受脆弱、承認自己的不完美，接受真實的自己，並且珍愛自己。

Class advisors can lead students to accept their weaknesses and try to learn to be accepting and gentle with themselves. Students can learn to dialogue with themselves just like they talk to other people they love, take good care of themselves when they feel hurt. Students need to understand that it's okay to have bad performance sometimes, and try to change their thoughts from "I am worry how people will see my failure" to "I am already good enough". Every human has their fragile aspects; try to accept it, accept imperfection in yourself, truly accept and cherish yourself.

3. 走過生命中的幽谷與泥淖 Pass Through the Deep Valleys and Muck of Life

逆境的當下一定是很令人傷心痛苦的，也會讓人想要逃離。但只要撐過去，就會發現「每一次的經歷都是一個學習的機會」；影片中的主角因憂鬱症差點輕生，但他選擇面對自己內心的陰暗，與憂鬱症共處。可以藉此引導同學當遇到挫折時，選擇面對問題並嘗試找尋解決的方法，以更積極的態度面對人生。

It is really upsetting when people are stuck in adverse circumstances; it makes them want to run away, but they will find that all these experiences will become their personal learning opportunities as they overcome the adverse circumstances. The star of this video tried to kill himself because of his depression; finally he chose to face his dark side, and live with depression. The video can lead students to understand that they can face their lives with a positive attitude, face their problems and try to find solutions when they meet frustration.

4. 陪伴患者尋求專業的協助 Accompany Depression Patients to Seek Professional Assistance

本片傳達許多憂鬱症患者選擇輕生的訊息，事實上憂鬱症患者的確是自殺的高危險群，而憂鬱症患者很需要他人的陪伴與支持，若家人朋友願意試著理解患者，適時介入、關心陪伴，帶患者去求助專業人員如精神科醫師、諮商師，都可減少憾事。

The video shares that many depression patients choose to try to kill themselves and in fact they are a group at high risk for suicide. Depression patients need company and support from others; tragedy may be prevented by family members' and friends' understanding, care, and company. Their family members and friends can help them in

timely ways and take them to seek professionals for assistance, such as psychiatrists and counselors.

三、延伸學習 **Extended learning**

1. 可以搭配 youtube 影片「什麼是憂鬱症？3 分鐘動畫告訴你」進行分享。

<https://www.youtube.com/watch?v=Q967zmvu14>

Share your thoughts after watching the video “3-minute Animation Telling You What Depression Is” on YouTube.

2. 其他推薦影片：「憂鬱症才不只是心情不好！」https://www.youtube.com/watch?v=-1ZDEbTal_g；

「兩分鐘認識憂鬱症」https://www.youtube.com/watch?v=fHerubF8_5A

Other recommended videos related to depression: “Depression is not just a bad mood”

https://www.youtube.com/watch?v=-1ZDEbTal_g, “Two minutes to get acquainted with

depression: ” https://www.youtube.com/watch?v=fHerubF8_5A.