

新冠大流行下的压力和焦虑

新冠大流行对你产生了什么冲击？紧张不安、身心疲惫？世界进入了第三年的新冠病毒大流行，不仅仅给感染者带来了躯体上的病痛，同时给大众心理上带来了“群体悲伤和大流行性压力和焦虑”，在个人层面，每一个人或多或少都会受到影响。

新冠大流行导致的压力和焦虑可以表现为：

- 恐惧、愤怒、悲伤、担忧、麻木或沮丧的感觉
- 食欲、精力和活动水平的变化
- 难以集中注意力和做出决定
- 难以入睡或做噩梦
- 身体反应，如头痛、身体疼痛、胃不适和皮疹
- 慢性健康问题出现恶化
- 增加使用酒精、烟草或其他药物

在疫情 / 灾难期间和之后感到压力、焦虑、悲伤和担忧是很自然的。每个人的反应都不一样，你自己的感受也会随着时间而改变。注意并接受你的感受。在紧急情况下照顾好自己情绪健康将有助于您清晰地思考并对保护自己和家人的紧急需求做出反应。紧急情况下的自我保健将有助于您的长期康复。

个人可以采取以下步骤应对疫情 / 灾难：

- 照顾好你的身体：均衡的膳食，定期锻炼，充足的睡眠。避免饮酒、吸烟和其他药物。
- 保持健康的人际关系，建立坚实的支持系统。
- 适当休息 - 做你通常喜欢的活动。
- 保持信息更新，注意危机期间可能会有谣言，判断信息。
- 使用精神放松的练习，如正念练习，太极，瑜伽，冥想等
- 需要时寻求他人的帮助 - 请教 心理咨询 / 治疗师和医护服务系。

特邀心理咨询师：刘鹏，手机：0475 389 195，微信：dapeng_shuo



Are you coping well??

Three years of pandemic has caused millions of casualties and non-reversible changes in the world. The macro effects have reached every layer of our social fabric and the micro effects have researched each individual at the very personal level. Research data has shown mental health status has been greatly impacted by the pandemic situation.

The common symptoms of Covid induced anxiety include:

- Feelings of fear, anger, sadness, worry, numb and or depressed
- Loss of appetite, motivation and change of daily function
- Reduced or loss of attention span and decision making capacity
- Insomnia, interrupted sleep and or having nightmare
- Other physiological signs like headache, bodily ache, indigestion and rashes of no other apparent medical explanation
- Deterioration of pre-existing health issues
- Increase use of drug and alcohol or other stimulants

Quick tips of coping:

- Keep fit as a daily priority (including nutritional food intake, balance of rest and work, physical exercise, exposure to sunlight and fresh air)
- Consider the amount and quality of accurate information
- Keep connection with others
- Find time to practice relaxation and to enjoy hobbies daily
- Seek help from others includes friends and professional helps

