

# 感到憂傷

## Feeling Sad

Feeling sad or unhappy is normal when something goes wrong. These feelings often go away with time and you feel better.

When these feelings occur each day and last for more than 2 weeks, get in the way of your ability to go to school or work, or affect your self-esteem, then it is important to get help.

### Signs

Use this list to mark any signs that you have had for 2 weeks or more:

- Loss of interest and pleasure in activities you have enjoyed
- Feeling sad, irritable, empty or down in the dumps
- Spending a lot of time alone
- Restless, not able to sit still or feeling slow
- Feeling worthless or guilty
- Feeling hopeless
- Thoughts of death or harming yourself
- Changes in appetite, weight loss or weight gain
- Change in how you are sleeping, such as not sleeping or sleeping too much
- Problems concentrating, thinking, remembering, or making decisions
- Loss of energy or feeling tired all of the time
- Loss of interest in sex

當出現問題時，感到憂傷或不快樂是正常的。這些感覺通常會逐漸消失，您會覺得好轉。

當這些感覺每天都發生且持續超過 2 周，甚至對學習或工作產生損害或影響您自尊心時，獲取幫助尤為重要。

### 症狀

使用此列單來標記您已出現的長達 2 周以上的任何症狀：

- 對您喜歡的活動失去興趣和樂趣
- 感到憂傷、煩躁、空虛或悶悶不樂
- 長時間獨處
- 坐立不安，無法靜坐或感覺遲緩
- 感覺自己沒有價值或內疚
- 感到絕望
- 出現死亡或自殘的念頭
- 食慾變化、體重減輕或體重增加
- 睡眠方式改變，例如不睡或嗜睡
- 缺乏專注力、無法思考、記憶差或無法決策
- 精力不振或感到倦怠
- 對性失去興趣

If you have any of these signs for more than 2 weeks, talk to your doctor. You may have a health condition called depression. If you are thinking of harming yourself or others, seek help **right away** by going to a hospital emergency room.

## Your Care

The first step to feeling better is talking to someone who can help you. This might be a doctor, counselor or other mental health professional. Getting help early can shorten how long depression lasts, make it less serious and reduce the chance it will happen again. Your care may include medicine and counseling.

Here are things you can do that can help:

- Eat a healthy diet and avoid junk food.
- Stay active, even if you do not feel like it.
- Try to get 8 hours of sleep each night.
- Avoid being alone.
- Avoid stress if possible.
- Treat yourself with respect and kindness.
- Join a support group.
- Talk to clergy or spiritual leaders.
- Pray or meditate.
- Set a small goal each day that you can do, such as a small task or take a walk.
- Share your feelings with family or friends.
- Write your thoughts and feelings in a journal.
- Be patient with yourself.
- Think about joyful events in your life by looking at videos or photos.
- Plan to do something you enjoy each day.
- Do creative activities, such as drawing, painting and poetry.

如有任何上述症狀超過 2 周，請諮詢您的醫生。出現這種情況，可能是得了憂鬱症。如果有自傷或傷人的念頭，要立即去醫院看急診。

## 醫療護理

感覺好轉的第一步是和某個能幫助您的人談一談。這可能是醫生、輔導員或其他心理健康專業人員。儘早獲得幫助可以縮短抑鬱症的持續時間，減輕其嚴重程度，降低再次發生的機會。您的醫療可能包括藥物和諮詢輔導。

這裡有一些事項您做了會有幫助：

- 吃健康飲食，避免無營養食品。
- 保持活動，即使您不想。
- 每晚儘量睡足 8 小時。
- 避免孤獨。
- 如果可能，請避免壓力。
- 尊重和善待自己。
- 參加一個支持團體。
- 和牧師或精神領袖談一談。
- 祈禱或默想。
- 為每一天設定一個您能做到的的小目標，例如做一件小任務或散一次步。
- 與家人或朋友分享您的感覺。
- 在日記中寫下您的想法和感受。
- 對自己有耐心。
- 通過觀看視頻或翻閱照片來思憶生活中的快樂事件。
- 每天計劃一些自己喜歡的事情。
- 從事一些創造性的活動，例如素描、繪畫和詩歌。

- Avoid alcohol and street drugs.
- Ask your doctor about other ways to deal with sadness, such as medicine.
- Let your family and friends help you.
- 避免飲酒及使用街頭毒品。
- 向醫生諮詢其他解決憂傷的方法，例如藥物。
- 讓您的家人和朋友幫助您。

## Family and Friends Can Help

Helping someone get treatment is important. Your loved one may not have the energy or desire to ask for help.

Here are things you can do to help:

- Offer to go to the doctor with your loved one. You can ask questions and write down notes.
- Invite the person to go for walks or outings. Do not be discouraged if he or she says no. Continue asking, but do not push.
- Give emotional support by talking and careful listening.
- Give hope that he or she will feel better with time.
- **Do not ignore** words or actions that show the person thinks life is worthless. **Do not ignore** words or actions about hurting others. Seek help **right away** at a hospital emergency department.

**Talk to your doctor if you think you or a loved one has feelings of sadness that last for more than 2 weeks.**

## 家人和朋友可提供幫助

幫助某人得到治療很重要。您的親人可能沒有要求幫助的精力或慾望。

可採取以下措施來提供幫助：

- 提議與您的親人同去看醫生。您能提問並記筆記。
- 邀請這個人去散步或外出。如果此人說不，請別氣餒，繼續向他或她要求，但不要逼迫。
- 通過交流和認真傾聽給予情感上的支持。
- 給予希望，隨着時間的推移，他（她）會感覺更好。
- **不要忽略**表明此人認為生命無價值的言行。**不要忽略**有關傷害他人的言行。請立刻在醫院急診部尋求幫助。

**如果您認為您或您的親人感覺悲哀已持續兩個多星期，請和您的醫生談論。**