

Anxiety and Depression in the Time of COVID-19

新冠疫情蔓延下的焦慮與憂鬱

Living in the age of coronavirus can have a profound effect on your mood. Most of the time we can bounce back from feelings of sadness or melancholy. But these are uncertain times, and all the fear and uncertainty surrounding COVID-19 makes it natural to worry. But when your worries spiral out of control, they can cause feelings of anxiety and depression.

While not a substitute for medical advice, here are a few healthy strategies to boost your mood.

Practice relaxation techniques. Incorporating a relaxation technique such as Qigong or meditation into your daily routine can help relieve tension and anxiety. You might also try [Calm](#), an app that features meditation, sleep aids, gentle movement and stretching, and music to help you relax. [Headspace](#) is an app that meditation skills in just a few minutes a day.

Find simple sources of joy. While you can't force yourself to have fun, you can push yourself to do things that will help boost your mood throughout the day. Try listening to uplifting music or finding a reason to laugh by watching episodes of your favorite television shows or enjoyable movies.

Spend time in nature. Get outside. Whether it's walking your dog, going to the park, or working in the garden, you can ease stress and put a smile on your face, even if you are alone.

在新冠病毒肆虐下生活，您的情緒可能會深受影響。大多數時候，我們可以很快從悲傷或鬱悶的情緒中抽身，但在這充斥著諸多未知的時刻，還加上所有新冠病毒相關的恐懼和不確定，會憂慮是很自然的。但當您的憂慮一旦過頭，便可能會形成焦慮和憂鬱的症狀。

以下提供幾個雖非醫療建議，但可提振心情的健康心法。

練習放鬆技巧

在您的日常作息中加入一項放鬆技巧的練習，例如氣功或靜坐，可以幫助您紓解壓力和焦慮。您也可以試試一個 app（應用程式）[Calm](#)，提供靜坐、睡眠輔助、緩和的運動和舒展、以及幫助您放鬆的音樂。另一個 app 是 [Headspace](#)，一天花幾分鐘學習靜坐。

尋找簡單的喜悅來源

雖然我們不能強迫自己高興，但還是可以努力做一些事，讓一天的心情好過些。試試聽輕鬆歡樂的音樂，看喜歡的影集或喜劇電影，好好笑一笑。

走向大自然

走到戶外，不管是遛狗、到公園逛逛、或者整理庭院，您會覺得壓力減輕，即使獨自一人也會微笑。



華人健康促進計畫 | Chinese Health Initiative

2500 Grant Road | Mountain View, CA 94040 | 650-988-3234

elcaminohealth.org/chi    

Eat a mood boosting diet. In times of stress, we often turn to “comfort foods” packed with unhealthy fats, sugar, and refined carbs. But these foods along with too much caffeine and alcohol can adversely impact your mood. Instead, focus on a diet rich in veggies, fruits, whole grains, and fish.

Sleep better. Just as anxiety and depression can impact your quality of sleep, poor sleep can also contribute to those symptoms. When you are well rested, it’s easier to maintain your emotional balance. Changing your daytime habits and bedtime routines can help improve how well you sleep at night. [Click here](#) for more tips on better sleep.

When to get help If symptoms of depression are causing problems with relationships, work, or your family, it might help to talk with a physician or mental health professional.

吃讓心情美好的食物

壓力大的時候，我們常會去吃「安慰食物」，但這些充滿不健康油脂、糖分和精緻澱粉的食品，搭配過多的咖啡因和酒精，反而容易使您的心情雪上加霜。請多攝取含有豐富蔬菜、水果、全穀物和魚的飲食。

睡好一點

如同焦慮與憂鬱會影響睡眠品質，睡不好同樣也會造成這些症狀。當您獲得充分的休息，便比較容易保持情緒平衡。改變白日作息和上床時間，有助於改善夜晚的睡眠。

何時該求助

如果憂鬱的症狀開始造成您在人際、工作、或家人間的問題，最好能求助醫生或心理健康專家。