

## Is it stress or anxiety? 這是壓力還是焦慮?

Life can be stressful—you may feel stressed about a traffic, traumatic events (such as a pandemic, natural disaster, or act of violence), or a life change. Everyone feels stress from time to time.

Stress is the physical or mental response to an external cause, such as having a lot of chores or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You might experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression.

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. Coping activities could include keeping a journal, using an app that provides relaxation exercises, or reaching out to trusted friends or family members. If you're struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Counseling and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

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生活是有壓力的；小到交通狀況，大至創傷性事件，如瘟疫的流行、自然災害或暴力行為，甚至個人生活中的重要改變，都可能帶來壓力。每個人或多或少都會有時感到壓力。

壓力是對外在事件引起的生理或心理反應，例如有很多家務或有疾病。壓力的源頭有時是一次性的，有時短期內重複發生，或是長時間反覆發生。

焦慮是你的身體對壓力的反應，但有時已經沒有威脅存在了，仍產生焦慮。

如果焦慮沒有消失，並開始干擾你的生活，它可能會影響你的健康：你可能開始有睡眠障礙，或在免疫系統、消化系統、心血管和生殖系統方面出現問題。你患上焦慮症或憂鬱症等精神疾病的風險，也會增加。

找到觸發或導致壓力的源頭，並學習一些應對壓力的技巧，可以有助於減輕你的焦慮，改善生活質量。這些應對措施包括寫日記，使用可以讓人放鬆的APP，或者求助於值得信任的朋友和家人。如果你仍無法有效應對，或焦慮帶來的症狀沒有改善，也許就要尋找專業人士協助。治療焦慮症一般是諮詢和藥物治療，這兩者結合讓很多人從中獲益。

如果想找到一位說中文的醫生 請點擊[這裡](#)

