

Anxiety and Your Health

What is Anxiety?

Everyone experiences anxiety now and then. It's a normal emotion. For example, you may feel nervous before taking a test, dealing with a problem at work, or before a job interview. Anxiety is a natural biological reaction to very real everyday stresses. In today's world, that reaction helps prepare us to deal with things we must face, and gives us energy to take action.

Symptoms of Anxiety

While symptoms may vary from person to person, the body typically reacts in a very specific way.

Common Symptoms of Anxiety

- Rapid heartbeat
- Shortness of breath
- Increased or heavy sweating
- Nausea or stomach upset
- Dizzy and lightheaded
- Dry mouth
- Tight or painful chest
- Numbness and tingling sensations
- Feelings of unreality or bright vision
- Increased muscle tension
- Sensation of heavy legs
- Weakness or lethargy
- Difficulty focusing or thinking clearly

Coping with Anxiety

One of the first steps in learning to cope with anxiety is to learn as much as you can about it. Having a better understanding often helps reduce its frequency and intensity. Here are a few other practical tips to help you manage anxiety as it occurs.

Take a time out. Give yourself permission to take a breather. Step back from the problem and "get out of your head" as much as possible. Listen to music, go for a walk, meditate, call a friend.



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焦慮與健康

什麼是焦慮？

每個人都會時不時地經歷焦慮，這是一種正常的情緒。例如，當您參加考試、處理工作難題或求職面試前，您可能會感到緊張。焦慮是面對真實生活壓力之下，人體出現的自然生理反應。當今之世，這種反應有助於人們面對難題時做好準備，並產生付諸於行動的能量。

焦慮症的症狀

焦慮的症狀因人而異，每個人的身體通常都有特定的反應方式。

焦慮症常見症狀

- 心跳加快
- 呼吸急促
- 大量出汗
- 噁心或胃部不適
- 頭暈目眩
- 口乾舌燥
- 胸悶胸痛
- 麻木和刺痛感
- 非現實感或眼前刺亮
- 肌肉緊張
- 四肢沉重
- 疲倦或昏昏欲睡
- 注意力難以集中或思維混亂

應對焦慮

應對焦慮的第一步是盡可能地了解它。正確地認識焦慮，有助於降低它發生的頻率和強度。以下是一些實用小貼士，焦慮來臨時，它們可以幫你對付它。

休息一下。 給自己一個喘息的機會。從難題裡退後一步，盡可能讓注意力“離開你的大腦”；聽音樂，散步，靜坐，給朋友打電話。

Don't fight anxious feelings. Acknowledge them and know that it's okay to feel that way. Accept yourself as someone who experiences anxiety.

You're not alone.

Learn what triggers your anxiety. Journal when you are feeling anxious. Look for a pattern: Is it work? Family? Something else?

Breathe. When people get anxious, they tend to hold their breath. Focusing on breathing is one effective technique to help calm your nerves.

Slowly breathe in through your nose and hold it for several seconds. Purse your lips and gradually let the air out. Remember to breathe from your diaphragm, not your chest. Repeat until you feel more relaxed.

Ground yourself. Observe the world around you. Concentrate on things besides your anxiety. Look outside. Count the trees or number of cars going by. What sounds are you hearing? People talking? A radio? Airplane noise?

Repeat a mantra. Develop a list of simple mantras to repeat when you are anxious. "I am safe." "I am okay." "I can handle these feelings." Choose mantras that resonate with you.

Challenge negative thoughts. Ask yourself: Is this a productive thought? Is it helping me achieve my goals? Come up with logical arguments against your fears.

Worry. Give yourself a fixed amount of time to worry and notice anxious thoughts. Walk yourself through worse-case scenarios. Think about how you would handle them. When time's up, stop and move on.

If anxiety is keeping you awake at night, get up. If you don't fall asleep within 20 to 30 minutes, get out of bed and go into another room. Write down your worries and then put them aside until morning. Try reading a book, or drinking some tea. Once you start to feel sleepy, go back to bed.

Plan ahead. Fight anxiety in advance by preparing for the next day. Create a to-do list. Lay out your clothes. Make lunch ahead of time.

不要抗拒焦慮的感受。 承認它們，要知道，有焦慮的感受是正常的，接受自己感受到焦慮，而你不是唯一的。

了解引發焦慮的原因。 當你感受到焦慮時，寫下來。看看是不是有些規律，它來自何處？來自工作？來自家庭？來自其它原因？

呼吸。 當人們感到焦慮時，往往會屏住呼吸。專注於呼吸是一種可以幫助您安撫緊張的有效技巧。用鼻子慢慢地吸氣，屏氣數秒，然後嘴唇微開，逐漸把空氣呼出去。記住，要從橫隔膜呼吸，而不是從胸腔部呼吸。重複進行，直到您感覺越來越放鬆。

讓自己立足於當下(Ground yourself)。 環顧周圍的世界。專注於焦慮之外的事。看看窗外，數一數多少棵樹，算一算幾輛車經過。聽到了什麼？有人在聊天？收音機聲音？飛機的雜音？

複誦屬於自己的警句或提醒(mantra)。 訂定一個簡單的警句或提醒的名單，焦慮時就不停念誦，比如，“我很安全”、“我沒事”，“我可以解決這些問題”，等等。挑一些自己特別有感覺的警句。

挑戰消極思想。 捫心自問：這是個正向的念頭嗎？這能幫助我達成目標嗎？有條有理的推理來對制您的恐懼。

擔心。 給自己設置一個固定時間段來擔心，注意自己焦慮的念頭。設想一下最糟糕的情況會是如何，自己會怎樣處理它們？設定的時間到時，就停下來，繼續往前。

如果您焦慮得夜不能寐，乾脆起床吧。 如果躺在床上20-30分鐘還沒有睡著，就下床到另一個房間去，把擔心的事寫下來，放到一邊留給明天早上。或者，試試閱讀，喝點熱茶，一旦睏意襲來，立即回床再睡。

提前計畫。 提前準備第二天要辦的事，免得到時候擔心這擔心那。列出待辦事項清單。選好次日穿戴行頭。提前準備午餐。

Practice mindfulness. Mindfulness anchors you to the present moment and helps combat anxiety-inducing effects of negative thinking.

Talk to someone. If you feel that anxiety is interfering with your day-to-day activities, reach out to a friend or family member. Let them know how they can help.

When to get help

For most people, feelings of anxiety only last a short time (moments to a few days). But for others, it may not go away for many weeks, months, or longer. If anxiety is interfering with your routine, or if you are feeling overwhelmed, consulting with a counselor may be beneficial.

練習正念(mindfulness)。 正念讓您立足當下，幫您抗衡消極思維帶來的焦慮。

找人傾訴。 如果你的焦慮已經影響到你的日常起居，要向朋友或家人求助，讓他們知道你希望他們如何幫你。

什麼時候尋求幫助呢？

大多數人的焦慮只持續短時間，可能是一些片刻或幾天。但有的人可能持續幾個星期、幾個月甚至更長時間，也無法消除焦慮和擔心。如果焦慮影響日常生活，或您感到被焦慮壓掩蓋，那麼，向心裡諮詢師求助是很有幫助的。