

Finding Resilience in Troubling Times

Where to Seek Help for your Mental Health Needs

California is mourning a third mass shooting since start of the new year. Two of these shootings included Asian American victims and perpetrators. These tragedies leave us shaken and struggling to understand why such terrible things happen. While there may never be satisfactory answers to these questions, we do know that it is normal for people to experience a variety of emotions following such traumatic events.

Throughout the community, traumatized residents are experiencing grief, coupled with fear and disbelief. The impact of these traumatic events often extends to individuals with no personal connection outside affected areas. Emotions can include shock, sorrow, numbness, fear, anger, disillusionment, and sorrow. People may have trouble sleeping, concentrating, eating, or remembering even simple tasks.

These feelings are a natural reaction to today's troubling world, where every day seems to bring more uncertainty.

While there's no right way to cope with fear and confusion, you can strengthen your resilience—the ability to adapt well in the face of adversity—in the days and weeks ahead.

If you are feeling overwhelmed, or stress is interfering with your everyday life, visit <https://www.elcaminohealth.org/community/chinese—health—initiative/specialty—programs/emotional—well—being—zh> for resources where you can receive help for your mental health needs. It includes information about the Crisis Hotline, mental health services, Chinese-speaking support groups and more.



在艱困中培養韌性

何處尋求心理健康的服務

新年伊始，加州卻沈浸在三個大規模槍擊案的悲痛中。而兩件槍擊事件都和亞裔社區有關，行凶的嫌犯和眾多受害者也大多為亞裔。這些大規模暴力事件讓我們震驚，無法理解為什麼會發生如此可怕的悲劇！雖然這些問題可能永遠找不到令人滿意的答案，但我們知道的是，在此類創傷性事件後，我們可能感受到各種的情緒，都是正常的。

在整個社區中，受事件影響的居民除了難以置信的震驚，可能都感受到悲痛和恐懼。這些創傷性事件的影響，往往延伸到事件發生的地區以外，那些即使和事件沒有關連的個人。產生的情緒可以包括震驚、悲傷、麻木、恐懼、憤怒、幻滅和悲傷。有人可能難以入睡、無法集中注意力、無法進食，甚至無法記住簡單的任務。

這些感覺是很自然的反應——這個令人不安的世界，好像每天都在發生難以預料的事啊。

不過，就算沒有完美的途徑來應對恐懼和困惑，但在接下來的日子裡，我們可以加強自己的抗壓和復原能力，以迅速適應環境。

如果您感到不知所措，壓力和焦慮已經干擾您的日常生活，請查詢

<https://www.elcaminohealth.org/community/chinese—health—initiative/specialty—programs/emotional—well—being—zh>.

有列出了社區心理服務和資源，如說中文的心理健康互助小組，危機處理熱線等，希望可以幫助您找到您所需要的心理健康協助。

Here are some tips from the American Psychological Association about how to cope with your emotions.

- **Allow your feelings.** If you notice you are having strong feelings, acknowledge them. Don't try to ignore or deny them. Remember that it is common to have a range of emotions after a traumatic incident.
- **Talk about it.** Give voice to and share your concerns with people you trust. It often helps to speak with others who are also experiencing emotional reactions, so you do not feel alone. You may help them as well, as they put their thoughts and feelings in order.
- **Practice self-care.** Engage in healthy behaviors to enhance your ability to cope. Make sure you get enough rest, eat well-balanced meals, and build physical activity into your day. Avoid alcohol and drugs as they can suppress your feelings rather than help you manage or lessen your distress. If you are having trouble sleeping, try some relaxation techniques such as deep breathing, or yoga.
- **Minimize exposure to the media.** Once you have the facts, it's a good idea to limit replay of the events. Try to give yourself and your family a break from the intensity of what's going on. Being overexposed can increase your stress.
- **Get reliable information.** One of the best ways to manage fear is to understand what is being done to protect your community.

When to get help

If you are feeling stuck or overwhelmed and stress is interfering with your every-day life, consulting with a counselor may be beneficial.

Source: [APA](#)

以下是美國心理學會 (APA) 關於如何應對情緒的一些建議：

- **接受自己的感受。**如果你發現自己情緒強烈，那就直面承認。不要去嘗試忽視它，或者否認它的存在。記住，發生創傷性事件後，人們有一系列情緒是非常正常的。
- **談論它。**向你信任的人說出來，坦承你的擔憂。與經歷過同樣情境和情緒的人交談會很有幫助的，這樣，你不會感到孤獨，而且，你也正好可以幫助這些人，把痛苦的感受和想法做一個清理。
- **練習如何照顧自己。**身心健康可以提高抗壓力。首先，你要確保有足夠休息，吃營養均衡的食物，並每天進行一定的鍛煉。避免攝入酒精和藥物，因為它們只會壓制你的感覺，而不是清理或減輕這些痛苦情緒。如果睡不著，那就做一些放鬆的事，比如做個瑜伽，來一個深呼吸，等等。
- **盡量減少接觸媒體。**一旦你已經了解悲劇的基本事實，克制自己不要反覆追蹤同一新聞。盡量讓自己和家人從高度震驚的情緒裡逃離出來。過度跟蹤新聞的爆光，會使自己壓力重重。
- **要看可信可靠的信息。**如果不想害怕擔心，就了解一下你的社區正在做哪些安全措施。

什麼時候尋求專業人員的幫助？

如果你的恐懼和痛苦讓你不堪重負，日常生活舉步維艱，那麼，趕快去見專業的心理和精神健康顧問。這對你會有很大幫助，

Source: [APA](#)