

English	繁體中文 Chinese (Traditional)
<p><b>Long COVID: Anxiety</b></p> <p>If you're feeling distressed, in a state of despair, suicidal or in need of emotional support you can phone NHS 24 on 111.</p>	<p><b>新冠長期症狀：焦慮</b></p> <p>如果你感到痛苦、身處絕望的境地、有自殺的念頭或需要情緒上的支援，你可以致電 NHS 24，電話 111。</p>
<p>Everyone experiences feelings of anxiety - it's a normal reaction when we're in danger or under threat. Ongoing anxiety can start when we don't feel in control.</p> <p>A stressful event like having coronavirus (COVID-19) or experiencing a stay in hospital can cause anxiety. This can be particularly true if you've had a stay in an intensive care unit (ICU), which can be a very traumatic experience. You may also experience nightmares and/or flashbacks of your time in ICU. In most cases these reduce over time, but may continue for some people.</p>	<p>每個人都會經歷焦慮的感覺——當你身處險境或受威脅時，這是正常的反應。當我們感覺自己不能控制情況時，持續的焦慮可能會開始。</p> <p>像患上新冠病毒病（2019 冠狀病毒病）這樣壓力大的事情或經歷留院治療都可能引起焦慮。如果你需要入住深切治療部（ICU）尤其會如此，因這可以是令人十分痛苦的經歷。你可能會發惡夢和/或你在 ICU 的時光會突然在腦海重現。在大部分情況下，這些問題會隨着時間過去而減少，但在一些人的身上卻會持續。</p>

<p>You may worry that you may contract coronavirus again, or have another stay in hospital and this can make you feel more anxious about the future. These concerns are normal and common.</p> <p>Typical worries that people who've had coronavirus have include:</p> <ul style="list-style-type: none"><li>• fears about health and recovery - for example, thinking "I'll never get back to how I was"</li><li>• stress about being off work and the impact on finances - for example, thinking "I'll lose my job"</li><li>• worries about family and friends also getting ill - for example, thinking "What if my mother gets it?"</li></ul>	<p>你可能擔心自己也許會再次感染新冠病毒病或再次入院，這會令你對將來感到焦慮。這些擔心是正常及常見的。</p> <p>曾患新冠病毒病人士的典型憂慮包括：</p> <ul style="list-style-type: none"><li>• 對健康及康復的恐懼——例如有「我永遠不能恢復到像從前一樣」的想法</li><li>• 不能上班及經濟受影響帶來的壓力——例如有「我會失去工作」的想法</li><li>• 擔心家人及朋友也會患病——例如有「如果我的媽媽也受感染怎辦？」的想法</li></ul>
<p><b>Symptoms of anxiety</b></p> <p>Anxiety affects people in different ways. These symptoms are part of the body's natural 'fight, flight, or freeze' response.</p> <p>You may experience:</p> <ul style="list-style-type: none"><li>• trouble sleeping</li></ul>	<p><b>焦慮的症狀</b></p> <p>焦慮會以不同的方式影響人。這些症狀是身體自然的「戰鬥-逃跑-僵住」反應的一部分。</p> <p>你可能會出現：</p> <ul style="list-style-type: none"><li>• 失眠</li></ul>

- difficulty concentrating
- difficulty remembering things
- changes in mood
- flashbacks
- more breathlessness
- rapid shallow breathing
- difficulty slowing your breathing down
- chest pain
- racing thoughts

For many people these symptoms will only last for short periods of time, but some symptoms may continue for longer and can start to affect your daily life.

- 難以集中精神
- 記憶事物有困難
- 情緒轉變
- 往事突然在腦海重現
- 氣促增加
- 呼吸淺快
- 難以放慢你的呼吸
- 胸痛
- 思緒翻騰

對很多人來說，這些症狀只會持續很短的時間，但有些症狀可能會持續較久及可能開始影響你的日常生活。

## Managing anxiety

If your anxiety symptoms are affecting your life, there are some things you can do.

## Relaxation techniques

When people feel stressed or anxious, their bodies tense up. You may experience symptoms such as headaches, shallow breathing, and dizziness.

Relaxation can be used to help to manage these physical symptoms of anxiety. You could try doing an activity you already find relaxing - for example, reading a book, having a bath, sitting outside, or having a short walk. You could also try [specific relaxation techniques](#).

Using these techniques can also help you to better manage post-viral fatigue ([link to fatigue page on microsite](#)).

## 處理焦慮

如果你的焦慮症狀正在影響你的生活，你可以做一些有用的事。

## 放鬆技巧

當人們感受壓力或焦慮時，他們的身體會繃緊起來。你可能會出現例如頭痛、淺呼吸及眩暈等症狀。

放鬆可以用於幫助處理這些焦慮帶來的身體症狀。你可以嘗試進行本來就令你放鬆的活動——例如：閱讀一本書，洗一個澡，到外面坐坐或短程散步。你也可以嘗試[特定的放鬆技巧](#)。

使用這些技巧亦能幫助你更好地處理病毒後疲勞（[微型網站內的疲勞網頁連結](#)）。

## Mindfulness

After being unwell, people can become caught up in worries about the future, or difficult memories from being unwell. Sometimes people find it hard to focus on the 'here and now'. The aim of mindfulness is to help you to focus on the present moment, and to 'step back' from any worries.

[Further information on mindfulness](#)

## 正念

在患病之後，人們可能會陷入對未來的擔憂或患病時的難受回憶。有時，人們發現很難把精神集中在「此時此地」上。正念的目標就是幫助你把注意力集中在此刻，並且「退一步」思考任何焦慮。

[關於正念的進一步資訊](#)

## Getting back to usual activities

It's normal, when you've been through a difficult time, to stop doing things which feel too hard or unsafe. This can help you to cope with being unwell, but you can lose sight of what is important to you. Avoiding activities can also make them feel even more scary.

Getting back to normal activities may feel overwhelming, but breaking activities down into small steps may help them feel more achievable, and can help you to manage your energy. For example, if you're keen to get back to shopping, try visiting a local

## 恢復平日的活動

當你經歷過難受的時光後，停止做一些你覺得太困難或不安全的事是正常的。這能幫助你應付不適的狀況，但你可能會忽略了對你重要的東西。避開活動亦可能會令它們更加可怕。

恢復正常的活動可能令你感到難以應付，但把活動分為多個小步驟可能有助於令活動看起來較易完成，並且可以幫助管理你的精力。例如，如果你很想恢復出外購物，可嘗試到本地的商店買一、兩樣

<p>shop for one or two items, rather than trying to visit a busy supermarket or shopping centre right away. You can then build this up gradually over time.</p>	<p>東西，而不是嘗試立刻前往繁忙的超級市場或購物中心。然後你可以在一段時間內逐漸增加購物量。</p>
<p><b>Positive self-talk</b></p> <p>When you're noticing racing thoughts and worries, it can be helpful to try to take a step back and reassure yourself. Try to notice what the worry or difficult thought is, then write it down and see if you can think of an alternative, kinder thought.</p> <p>For example, if you notice yourself thinking "I'll never get back to how I was", you could try telling yourself "I'm making progress but recovery takes time. It's ok to take time to rest and look after myself".</p>	<p><b>積極的自我對話</b></p> <p>當你留意到自己思緒翻騰及感到擔憂時，嘗試退一步思考及令自己安心，這可能會有幫助。嘗試留意這些擔憂和困難想法是什麼，然後把它們寫下來，看看你能否想到可替代的更溫和想法。</p> <p>例如：如果你留意到自己有「我永遠不能恢復到像從前一樣」的想法，可嘗試告訴自己「我正在進步中，但康復需時。花一些時間休息及照顧自己是對的」。</p>
<p><b>Anxiety self-help guide</b></p> <p>Work through our <a href="#">self-help guide for anxiety</a> that uses cognitive behavioural therapy (CBT).</p>	<p><b>焦慮自助指南</b></p> <p>按照步驟完成我們使用認知行為治療（CBT）的<a href="#">焦慮自助指南</a>。</p>

<p><b>When to seek help</b></p> <p>Although feelings of anxiety at certain times are completely normal, you should see your GP if anxiety is affecting your daily life. For example, if anxiety stops you doing things that matter to you.</p> <p>Your GP will ask you about your symptoms and your worries, fears and emotions and let you know what help might be available in your area.</p> <p>You may be able to access a computerised Cognitive Behavioural Therapy (CBT) course or be referred for further support, such as talking therapies.</p>	<p><b>應何時求助</b></p> <p>雖然在某些時候感到焦慮是完全正常的，但如果焦慮在影響你的日常生活，你應該向你的 GP 求診。舉例說，如果焦慮妨礙你做對你重要的事情。</p> <p>你的 GP 會問及你的症狀和你的擔憂、恐懼、情緒，並讓你知道在你本區有甚麼可提供的援助。</p> <p>你也許可以參與電腦化的認知行為治療（CBT）課程或被轉介以取得進一步的支援（例如談話療法）。</p>
<p>For more information in Chinese go to <a href="http://www.nhsinform.scot/translations/languages/chinese">www.nhsinform.scot/translations/languages/chinese</a></p>	<p>如欲獲得更多繁體中文的資訊，可瀏覽 <a href="http://www.nhsinform.scot/translations/languages/chinese">www.nhsinform.scot/translations/languages/chinese</a></p>
<p>October 2021</p>	<p>2021 年 10 月</p>