

English	繁體中文 Chinese (Traditional)
<p><b>Long COVID: Low mood and depression</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>Being unwell can have an impact on your mental health. It's not unusual to experience lower mood after being through a significant event such as coronavirus (COVID-19). It can take a while to process what you've been through and the impact this has had and may still be having on your life. If you haven't been able to do the activities you would usually do, this can have a big impact on your mood as well.</p>	<p><b>新冠長期症狀：情緒低落和抑鬱症</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>身體不適可以影響你的精神健康。在經歷如新冠病毒病（2019 冠狀病毒病）等重大事故後，出現情緒低落並非罕見。你需要一段時間去適應你的經歷，以及對你的生活曾帶來和仍然存在的影響。如果你尚未能做你向來會做的事情，這可能對你的情緒有重大影響。</p>

## Symptoms of low mood and depression

Signs and symptoms of low mood can include:

- sadness
- feeling [anxious or panicky](#)
- worry
- tiredness
- low self-esteem
- frustration
- [anger](#)
- feelings of hopelessness

A low mood usually lifts after a few days or weeks. However, a low mood that doesn't go away can be a sign of [depression](#).

In addition to the symptoms above, depression can include:

- low mood lasting 2 weeks or more

## 情緒低落和抑鬱症的症狀

情緒低落的病徵和症狀包括：

- 傷感
- 感到[焦慮或恐慌](#)
- 擔憂
- 疲倦
- 自尊心低
- 沮喪
- [憤怒](#)
- 感到絕望

情緒低落通常會在數天或數星期內獲得改善。然而，情緒低落持續不減退則可能是[抑鬱症](#)的徵兆。

除了上述症狀外，抑鬱症可能包括：

- not getting any enjoyment out of life
- feeling hopeless
- feeling tired or lacking energy
- not being able to concentrate on everyday things, like reading the paper or watching television
- comfort eating or losing your appetite
- sleeping more than usual, or being unable to sleep
- having [suicidal thoughts](#) or thoughts about [harming yourself](#)

If negative feelings don't go away, are too much for you to cope with, or are stopping you from carrying on with your normal life, you may need to make some changes and get some extra support.

If you experience depression symptoms most of the day, every day, for more than two weeks, you should visit your GP.

[Learn more about depression](#)

- 持續超過兩個星期的情緒低落
- 覺得生命沒有任何樂趣
- 感到無助
- 感到疲倦或缺乏精力
- 無法把精神集中於日常事物（如讀報或看電視）
- 為尋求安慰而進食，或者失去胃口
- 比平日睡得更多，或者無法入睡
- 有[自殺的念頭](#)或[傷害自己](#)的想法

如果負面的感覺不消失或沉重得令你難以承受，或者妨礙你繼續正常地生活，你可能需要作出一些改變及需額外的支援。

如果你超過兩個星期在大部分日子裏或每天都出現抑鬱症的症狀，就應該向你的 GP 求診。

[進一步認識抑鬱症](#)

## Managing low mood

These are some things you can do to manage your mood.

## 處理情緒低落

你可以做一些事來管理自己的情緒。

### Look after yourself

Simple lifestyle factors can have a big effect on mood. Try to:

- stick to a routine
- limit your alcohol intake
- choose a well-balanced diet
- do some exercise
- get enough sleep

### 照顧好自己

簡單的生活方式因素可以對情緒產生巨大的影響。嘗試：

- 堅持每日的例行作息
- 限制酒精攝入
- 選擇均衡飲食
- 做些運動
- 睡眠充足

### Connect with others

Reach out to family and friends and speak with them on the phone, or through [video calls](#) if you're unable to see them face to face. If talking feels too much, try to stay in touch through messages instead.

### 與別人保持聯絡

### **Take part in meaningful activities**

When people feel low, they sometimes don't feel like doing their usual activities. You might also find that you can't do all the activities you used to do while you're recovering from coronavirus.

Try to think about small, achievable activities you can complete every day that will give you a sense of enjoyment and accomplishment.

### **Write a recovery diary**

Try writing down how your recovery is going and the achievements you've made along the way, both big and small. It can be helpful to look back on the positive progress you've made.

It can also be helpful to write down any difficult thoughts and feelings you've been experiencing, in order to help you to 'step back' from them.

### **Be kind to yourself**

與家人和朋友溝通，如果你不能夠與他們面對面相見，可透過電話或[視訊通話](#)傾談。如果你覺得傾談太過吃力，可嘗試透過訊息聯絡。

### **參加有意義的活動**

當人們感到情緒低落時，有時並不想進行他們的日常活動。你也許發現當你正在康復時，並不能做所有從前常常做的事。

嘗試考慮一些你做得到的簡單活動，以便能夠每日完成，這會給你帶來樂趣和成就感。

### **寫康復日記**

嘗試寫下你康復的進展情況，以及你在此過程中所達至不論大小的成功。回顧你獲得的積極進展可能會有幫助。

寫下你正在經歷的任何難受的想法和感覺，以便能幫助你「退一步」思考，這可能也會有用。

### **對自己寬容**

Recovery takes time and it's important to let yourself rest and recover. This can feel difficult if any ongoing symptoms are 'hidden'.

You might find that you're being very hard on yourself, and seeing yourself as 'lazy'. However, if you broke your leg, you wouldn't try to run a race straight away. It can be helpful to think about what you'd say to a close friend or family member if they were in your position.

[How to feel happier](#)

康復需時，讓你自己休息和復原是很重要的。如果任何持續的症狀似乎「難以在表現上看見」，你可能覺得這樣做很困難。

你也許發現你對自己十分苛求，並且認為自己「懶惰」。但如果你的腿斷了，你不會嘗試立刻便去賽跑。可能有用的就是試想一下，如果你的好朋友或家庭成員身處你的境地，你會跟他們說些甚麼。

[怎樣令自己比較開心](#)

## Depression self-help guide

Work through our [self-help guide for depression](#) that uses cognitive behavioural therapy (CBT).

## 抑鬱症自助指南

按照步驟完成我們使用認知行為治療（CBT）的[抑鬱症自助指南](#)。

## When to seek help

If you're still feeling down after a couple of weeks, talk to your GP.

It's especially important to seek help if:

- you have symptoms of depression that aren't getting any better
- your work, relationships with friends and family, or interests are affected by your mood

If you are diagnosed with depression, your GP will discuss all of the available treatment options with you, including self-help, talking therapies and antidepressants.

You may be able to access a computerised Cognitive Behavioural Therapy (CBT) course or be referred for further support, such as talking therapies.

## 應何時求助

如果你在數星期後仍然感到情緒低落，應告訴你的 GP。

如果出現以下情況，尋求協助尤其重要：

- 你有並不改善的抑鬱症症狀
- 你的工作、與朋友及家人的關係或者興趣被你的情緒影響

如果你被診斷為患有抑鬱症，你的 GP 會和你商討所有可提供的治療選項，包括自助、談話療法及抗抑鬱藥。

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><b>More help and information</b></p> <p>If you're feeling low and want to talk to someone, you can phone <a href="https://www.breathingspace.org.uk">Breathing Space</a> on 0800 83 85 87.</p> <p>The Breathing Space phonenumber is available:</p> <ul style="list-style-type: none"> <li>• 24 hours at weekends (6pm Friday to 6am Monday)</li> <li>• 6pm to 2am on weekdays (Monday to Thursday)</li> </ul>	<p><b>更多幫助和資訊</b></p> <p>如果你感到情緒低落及想與人傾談，你可以致電 <a href="https://www.breathingspace.org.uk">Breathing Space</a>，電話 0800 83 85 87。</p> <p>The Breathing Space 熱線開放時間：</p> <ul style="list-style-type: none"> <li>• 週末 24 小時（由星期五下午 6 時至星期一上午 6 時）</li> <li>• 平日由下午 6 時至凌晨 2 時（星期一至四）</li> </ul>
<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>