

Coping with Stress

Stress is an emotional and physical reaction to change. Everyone has stress. Stress can be positive and give you energy or it can be unhealthy and cause health problems. Stress for short periods may not affect you but stress over time can cause or make some illnesses worse, such as heart disease, stroke, high blood pressure, diabetes, irritable bowel syndrome, asthma or arthritis.

Causes

Causes of stress vary from person to person. Some common causes of stress can be a death of a family member, illness, taking care of your family, relationship changes, work, job change, moving and money. Even small things such as long waits or delays or traffic can cause stress.

Signs

Some common signs of unhealthy stress:

- Feeling nervous, sad or angry
- Fast pounding heartbeat
- Hard time breathing
- Sweating
- Pain or tense muscles in the neck, shoulders, back, jaw or face
- Headaches
- Feeling tired or having trouble sleeping
- Constipation or diarrhea
- Upset stomach, lack of appetite or weight loss

應對壓力

人感到壓力，是情緒和身體上對變化作出的反應。壓力人人都有。壓力可能產生積極作用，促使人積極奮進，也可能是不健康的，導致疾病。壓力持續時間不長，可能不會影響健康，但是長時間處於壓力下，可能引起疾病或使之惡化，例如心臟病、中風、高血壓、糖尿病、腸易激綜合症、哮喘或關節炎。

原因

產生壓力的原因，人與人不一樣。產生壓力的一些常見原因有親人死亡、疾病、照顧家庭、個人關係的變化、工作、職業變化、搬遷和金錢。很小的事情也會產生壓力，例如長時間等候或拖延或交通堵塞。

症狀

不利於健康的壓力，會有一些常見的症狀：

- 感到緊張、悲傷或憤怒
- 心跳加重加快
- 呼吸困難
- 出汗
- 頸、肩、背、頷 或面部疼痛或肌肉緊張
- 頭痛
- 感到疲乏或睡眠困難
- 便秘或腹瀉
- 胃不舒服、缺乏食欲或體重減輕

Tips for Coping with Stress

Watch for signs of stress. When they occur, try to avoid the cause or change how you react. Other helpful tips:

- Do something that relaxes you such as: deep and slow breathing, stretching exercises, yoga, a massage, meditation, listening to music, reading, a hot bath or shower.
- Get a hobby or do something you enjoy.
- Learn to accept things that you cannot change.
- Think positive.
- Set limits. Learn to say no. Take one thing at a time.
- Get 8 hours of sleep each night.
- Eat a healthy diet that includes fruits, vegetables, protein and whole grains. Limit caffeine and sugar.
- Exercise regularly. Exercise will help relax tense muscles, improve your mood and help you sleep better.
- Talk to your family and friends about your problems.
- Do not deal with stress in unhealthy ways such as eating too much, not eating enough, using tobacco products, drinking alcohol or using drugs.
- Get help from a professional if you need it. A counselor can help you cope with stress and deal with problems. Your doctor may prescribe medicines to help with sad feelings, nervousness or trouble sleeping.

Talk to your doctor or nurse if you have signs of stress.

應對壓力的方法

留心壓力的症狀。如有症狀出現，試圖避開導致壓力的原因或調整自己的反應。其他有用的方法有：

- 做一些放鬆自己的事情，例如：緩慢深呼吸、伸展身體、瑜珈、按摩、入靜、聽音樂、讀書、洗個熱水澡或淋浴。
- 發展一個愛好，或做自己喜歡的事情。
- 學會接受自己無法改變的事物。
- 保持正面樂觀。
- 設定限制。學會說不。一次只做一件事情。
- 每天睡滿 8 小時。
- 保持飲食健康，吃水果、蔬菜、蛋白質和全穀物。限制咖啡因和糖的攝入量。
- 堅持運動。運動有助於放鬆緊張的肌肉，改善心情，提高睡眠質量。
- 向親人和朋友傾訴。
- 遇到壓力，不要採取對健康不利的做法，例如吃得太多、吃得太少、抽煙、喝酒或使用藥物。
- 必要時，向專業人員求助。心理諮詢師可幫助您應對壓力，處理壓力問題。醫生可能會開藥，協助緩解您的悲傷心情、緊張或睡眠困難。

如果有壓力的症狀，請諮詢醫生或護士。