

忧伤

Feeling Sad

Feeling sad or unhappy is normal when something goes wrong. These feelings often go away with time and you feel better.

When these feelings occur each day and last for more than 2 weeks, get in the way of your ability to go to school or work, or affect your self-esteem, then it is important to get help.

Signs

Use this list to mark any signs that you have had for 2 weeks or more:

- Loss of interest and pleasure in activities you have enjoyed
- Feeling sad, irritable, empty or down in the dumps
- Spending a lot of time alone
- Restless, not able to sit still or feeling slow
- Feeling worthless or guilty
- Feeling hopeless
- Thoughts of death or harming yourself
- Changes in appetite, weight loss or weight gain
- Change in how you are sleeping, such as not sleeping or sleeping too much
- Problems concentrating, thinking, remembering, or making decisions
- Loss of energy or feeling tired all of the time
- Loss of interest in sex

遇到困难时感到悲伤或不快乐，这是正常的反应。这些感觉通常会随着时间的流逝而消失，您的感觉会好转。

当这些感觉每天都发生并且持续超过 2 周时，甚至对您的学习或工作能力产生损害或影响您的自尊心，那么获取帮助尤为重要。

症状

在这个列表中，勾选您已持续 2 周以上的任何症状：

- 对之前喜欢的活动失去兴趣和乐趣
- 感到悲伤、烦躁、空虚或闷闷不乐
- 长时间独处
- 坐立不安，无法静坐或感觉迟缓
- 缺乏个人价值感或内疚
- 感到绝望
- 死亡或自残的念头
- 食欲变化、体重减轻或体重增加
- 睡眠方式改变，例如不睡或睡眠过多
- 无法集中注意、思考、记忆或做出决定
- 一直精力不振或感到疲倦
- 缺乏性趣

If you have any of these signs for more than 2 weeks, talk to your doctor. You may have a health condition called depression. If you are thinking of harming yourself or others, seek help **right away** by going to a hospital emergency room.

Your Care

The first step to feeling better is talking to someone who can help you. This might be a doctor, counselor or other mental health professional. Getting help early can shorten how long depression lasts, make it less serious and reduce the chance it will happen again. Your care may include medicine and counseling.

Here are things you can do that can help:

- Eat a healthy diet and avoid junk food.
- Stay active, even if you do not feel like it.
- Try to get 8 hours of sleep each night.
- Avoid being alone.
- Avoid stress if possible.
- Treat yourself with respect and kindness.
- Join a support group.
- Talk to clergy or spiritual leaders.
- Pray or meditate.
- Set a small goal each day that you can do, such as a small task or take a walk.
- Share your feelings with family or friends.
- Write your thoughts and feelings in a journal.
- Be patient with yourself.
- Think about joyful events in your life by looking at videos or photos.
- Plan to do something you enjoy each day.
- Do creative activities, such as drawing, painting and poetry.

如果您出现任何上述症状并持续 2 周以上，请咨询医生。您可能患有抑郁症。如果您想自残或伤人，请**立即**前往医院急诊室寻求帮助。

医疗护理

为了改善情绪，第一步是与可以帮助您的人交流。可能是医生、辅导员或其他心理健康专业人员。尽早获得帮助可以缩短抑郁症的持续时间，减轻其严重程度，降低再次发生抑郁症的机会。您的护理可能包括药物和咨询。

您可以采取以下措施进行辅助：

- 保持饮食健康，避免垃圾食品。
- 即使您不想动，也要保持活跃。
- 每晚尽量睡足约 8 小时。
- 避免独处。
- 尽可能避免压力。
- 尊重和善待自己。
- 加入支持团体。
- 与神职人员或精神领袖交谈。
- 祈祷或冥想。
- 每天设定一个小目标，例如小任务或散步。
- 与家人或朋友分享您的感受。
- 在日记中写下您的想法和感受。
- 耐心对待自己。
- 通过观看视频或翻阅照片，回忆生活中的快乐往事。
- 每天计划一些自己喜欢的事情。
- 从事一些创造性的活动，例如素描、绘画和诗歌。

- Avoid alcohol and street drugs.
- Ask your doctor about other ways to deal with sadness, such as medicine.
- Let your family and friends help you.
- 不要饮酒和吸毒。
- 向医生询问其他解决悲伤情绪的方法，例如药物。
- 请亲朋好友为您提供帮助。

Family and Friends Can Help

Helping someone get treatment is important. Your loved one may not have the energy or desire to ask for help.

Here are things you can do to help:

- Offer to go to the doctor with your loved one. You can ask questions and write down notes.
- Invite the person to go for walks or outings. Do not be discouraged if he or she says no. Continue asking, but do not push.
- Give emotional support by talking and careful listening.
- Give hope that he or she will feel better with time.
- **Do not ignore** words or actions that show the person thinks life is worthless. **Do not ignore** words or actions about hurting others. Seek help **right away** at a hospital emergency department.

Talk to your doctor if you think you or a loved one has feelings of sadness that last for more than 2 weeks.

亲朋好友的帮助很重要

帮助他人获得治疗极为重要。您的亲人可能缺乏寻求帮助的动力或渴望。

您可以采取以下措施来提供帮助：

- 提议与对方一起就医。您可以提出问题并写下笔记。
- 邀请对方外出散步或郊游。如果对方拒绝回应，不要灰心。继续问，但不要催促。
- 通过交流和认真倾听，给予情感上的支持。
- 鼓励对方，其负面感受会随时间而好转。
- 切勿忽视感到生活毫无价值的言语或行为。切勿忽视有关伤害他人的言语或行为。**立即**向医院急诊科寻求帮助。

如果您自己或亲人情绪低落持续超过 2 周，请向医生咨询。