

***The Little Book of Mental Health***

**心理健康小手册**

***A practical guide for***

***Everyday Emotional Wellbeing***

**“天天好心情”实用指南**

Third Edition – 2009 (2009年第三版)

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#### **Disclaimer:**

In producing this booklet NHS Somerset has made every effort to provide advice based on up to date evidence for what is effective. It is, however, not intended as a substitute for thorough medical assessment and clinical intervention. If you are concerned about your mental health consult your GP.

声明:

萨默塞特(Somerset)NHS已尽全力使此书具最有效之用。然而，此册不代表完整的国家医学评价和临床治疗。如有疑处，请询您的GP医生。

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## Everyday Emotional Wellbeing (天天好心情)

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## Introduction 介绍

Everyday wellbeing is about how we feel, think and behave. Nobody feels blissfully happy, thinks positive thoughts and behaves sensibly all the time. However, if you are in a pretty good state of mind, it is generally much easier to enjoy life and cope with its challenges.

“天天好心情”关系到我们如何感觉, 思考, 和表现. 没有人能永远感到快乐, 理性和积极的.

但您若能有一个较好的心态, 便较易于对付各种挑战, 从而能安享生活.

Looking after your state of mind is just as important as taking care of your body, yet most of us manage our physical health far better than our mental health. As soon as we feel a physical ache or pain we generally try to do something about it, but when we find ourselves feeling very low or stressed we tend to think it is just part and parcel of life and don't do anything to improve the situation.

保持心理平衡和保持身体健康同样重要, 但是我们中有很多人能坚持对身体保健而忽略了心理康健.

一旦人们觉察身躯之病痛, 便试行找寻治理; 可每遇心情不好或觉到压力,

倒只认为这是天命而不去寻求解法.

The phrase “mental health problems” covers many different conditions, ranging from mild or temporary distress to problems which severely limit a person's ability to cope with everyday life. The move from a mild state of anxiety or depression to a severe one can be very gradual, but it is important to recognise the signs so that action can be taken before the condition becomes serious or prolonged.

“心理健康问题”这句话 涉及到许多不同情况, 从轻度, 短期性抑郁至严重到使人沉沦不能自拔的情况.

从轻度焦虑或沮丧至重度压抑过程可能很缓慢, 但重要的是能觉察到状况, 方能采取行动, 以免後患难除.

### **Helpful Tips 有用小贴士**

*If you do feel down, anxious or distressed, you are not alone. One in four of us experience a mental health problem in any one year.*

*如果您感觉情绪低落, 焦虑或不安, 又岂只您一个呢. 每年中, 每四人中便有一个会有心理健康问题产生。*

## The Secret of Emotional Wellbeing

### 好心情之秘密

#### 10 basic skills for gaining and maintaining emotional wellbeing

#### 獲得并保持 好心情的十项基本技能

##### Set yourself achievable goals

##### 自设目标

Set yourself some goals. Make sure that your goals are specific and achievable. If they are too vague you will never know if you achieved them. If you set them too high you will end up frustrated. Too low, and there will be nothing to aim for. Write down short-term, middle and long-term goals. An example of a short-term goal will concern things to do that day. A middle-term goal could be to

make a change to your lifestyle... like deciding to start jogging. A long-term goal might be to learn a new skill, change your job etc.

自设目标。确保您的目标具体可行。如天马行空，成败难於捉摸，过高亦会成後悔，过低自不妥。应当写下短期，中期和长期目标。比如说，短期目标是写下日中要做的事，中期目标为改变生活方式的纪录，如决定作每日慢跑的习惯，长期目标则是写下一个决定目标...如决定学习新技能，决定改换一个新职业等等。

### **Helpful Tips 有用小贴士**

*Just as achieving physical fitness takes time, practice and commitment, so too does achieving mental fitness.*

*正如果要达到体格康健需要时间，锻炼及投入，要达到心理康健也是如此。*

### **Be good to yourself**

#### **要自爱**

Take notice of your achievements, however small and reward yourself. Think about what gives you pleasure and enjoy the reward. Tell others about your achievements. Giving time to activities we find rewarding increases our sense of wellbeing, whereas a routine made up almost entirely of things that we have to do can have the opposite effect. Doing things to put you in a good mood is sensible, not self-indulgent; so don't feel guilty about it.

记录下所取得的成绩，无论成绩有多微小，都要奖励自己。想想是什么带给您快乐 并享受您您的犒劳可以告慰的是终于得到可自赏及愉快。不要忘记把成绩告诉他人。

花时间在我们觉得值得做的事情上会增进我们的幸福感和成就感，然而去做那些几乎占尽我们生活的例行工作却会有相反的效果。做让您舒心的事情是理性的，这并非放纵自己；所以不要对此觉得内疚。

### **Helpful Tips 有用小贴士**

**To build self-confidence and self-esteem:**

**为了建立自信和自尊：**

- Behave as if you're more confident than you feel 表现俨然有超常的自信心
- Learn from your mistakes 从自己错失中学习
- Speak encouragingly to yourself 对自己说鼓舞之话
- Do the best you can, but don't try to be perfect 尽您所能，但不必定要完美
- Spend time with people who make you feel good. 尽量参与进您喜欢的人群中。

### **Believe in yourself**

#### **相信自己**

Self-confidence is concerned with how we feel about our abilities. Self-esteem is slightly different as it reflects the degree to which we value ourselves. You can build up your self-confidence and self-esteem even if it has been low since childhood.

自信是对自己能力的认识和感受。而自尊略不同，因为它是在某程度上的自我衡量。

如果自小便失却自信和自尊，今后建立起来也不迟。

## Manage your time

### 时间的管理

Good time management means setting goals and planning to tackle the most important things first. Do not waste time on low priority jobs or spend valuable time on things outside of your control. Take 5-10 minutes each morning to plan the day.

好的时间管理意味着目标的设定及计划先做重要的项目。

切勿把太多光阴花在次要的工作上，或者把宝贵的时间花在自己能力范围外的事情上。每天早上花五至十分钟计划就可以了。

Prioritise jobs in this way:

工作之优先次序

- A = Absolutely essential (绝对必做的)
- B = Better done today (今日须做的)
- C = Could wait (不必立即做的)
- D = Delegate/ask someone else to do it (可找人代劳的)

## Face and solve your problems

### 面对及解决问题

We all have a tendency to avoid facing our problems. Avoidance is not helpful in the long run because it can make the problem worse, it can create new problems and it stops you getting on with your life and leads to more stress and tension.

人们常逃避问题。长久下去问题会愈难，積累愈多，

就会产生新的问题，扰乱您的生活节奏，导致紧张和烦恼。

## Keeping things in perspective

### 使事情透视易明

There is always more than one way of seeing things. This means that although you may not be able to choose the facts, you may be able to choose how you react to them. You can help yourself feel better and be more effective by looking at your situation with an open mind and being realistic about what you can manage.

看待事物不止一个途径。意思是就算您不能选择事实，但您可以选择如何面对。

自己想有一个好心情，做事想有高效率，需细心观察为先，要開放，要实事求是。

## Learning to relax

### 学习如何放鬆

Practising relaxation will give you more energy, decrease anxiety and irritability and reduce pains due to tense muscles. Relaxation time should be seen as an important part of your daily routine.

个体精神鬆弛能让您精神充沛，驱除焦慮和躁急，也能减缓肌膚痛楚。鬆弛运动乃日常生活必修。

## Expressing your feelings

### 知发舒您的情感

Expressing our feelings promotes a sense of wellbeing and freedom from tension. It helps us to recover from hurtful experiences, and also helps other people to understand what is going on inside us. Of course there are times when displays of emotion are not helpful, but hiding or holding back

our feelings can cause tensions that affect our physical and mental health.  
抒发我们的情感, 能产生好的心态, 消除紧张. 它能帮助我们 从旧日的创伤中走出,  
也帮助别人多了解我您之心事. 当然, 有时抒发情感会於事无补, 但藏之於心底会导致紧张,  
从而伤害我们的身心健康.

## Managing your diet

### 安排好您的飲食

The foods you eat can play an important part in the way you feel, physically and mentally. Too much sugar, coffee or salt can cause tension and irritability, and alcohol is a depressant. For general wellbeing the secret is a balanced diet.

您的飲食可影响您的感触, 身体和心理. 太过用糖, 咖啡, 盐, 会产生紧张, 烦躁, 而又酒精能抑制情感.  
所以说, 身心幸福的秘密是有一个平均的飲食习惯.

## Exercise

### 体操运动

Regular exercise is good for us in many ways. It can increase our confidence and self-esteem, stimulate “feel good” chemicals in our bodies, provide an outlet for tension and frustration, relieve anxiety, help us sleep better and prevent some physical illnesses. Choose a sport or exercise you enjoy. If you have concerns about your health or fitness speak to your GP.

常运动的好处是多方面的. 这能增强您您的信心和自尊, 因它激发体内”好心情”的化学分子,  
为紧张和挫折提供一个出口, 缓和焦虑, 帮助睡眠和预防疾病.

选择一项您喜爱的运动. 如您有身体健康上面的问题, , 可向您的您家庭GP医生咨询.

## Learn to say NO

### 学会说不

Learning to say ‘No’ in an assertive and tactful way is a difficult but important skill to learn. Remind yourself now and then that you have this right.

学习果断地有技巧地说 “不”是件不容易但很重要的事. 自己时不时地提醒自己有权利说“不”。

## Problem solving – one step at a time

### 一步一步地解决问题

Choose a problem that is causing you concern, then: 先解迎头来的疑难, 然后:

- Write down the problem. Be specific 具体地写下那疑难
- Write down a list of possible solutions 写下一系列解决方法
- Write down the advantages and disadvantages of each solution 再写下每个方法的利弊
- Choose a solution and break it down into steps 揀出最优方法, 逐步履行
- Tackle each step, one at a time. 一步一步的迎刃而解。

If you have more than one problem, write them all down and put them in order of difficulty. Tackle the least difficult problem first.

如果问题不止一个, 从易到难排列出来, 先揀易者行之.

## Check your alcohol intake

### 注意您的酒精摄入量

People who are anxious and/or depressed may try to cope with their symptoms by drinking more alcohol. This makes things worse.

焦虑或沮丧的人们会借酒消愁。但这於事无补, 反而有害。

### For men 男性

Regularly drinking 4 or more units a day (21 per week) is a risk to your health.

男性每日进四个单位或以上 (每周21个单位) 的酒精便会有害健康。

### For women 女性

Regularly drinking 3 or more a day (14 per week) is a risk to your health.

女性每日进三个单位或以上 (每周14个单位) 的酒精便会有害健康。

### As a rough guide, there's ONE unit of alcohol in:

#### 参考指南: 每

- half a pint of ordinary strength beer, lager or cider (半品脱普通浓度的啤酒, 啤酒或苹果酒)
- one small glass of wine (一小杯葡萄酒)
- a single pub measure of spirits. (25cl的烈酒)

中就有一个单位的酒精。

## Helpful Tips 有用小贴士

*Speak to your GP if you think you have lost control of your alcohol intake.*

如您感到飲酒量失控, 请告诉您的家庭医生

*For more information on alcohol and health visit the No Your Limits website [www.units.nhs.uk](http://www.units.nhs.uk) or contact the local Drug and Alcohol Services - Turning Point for adults on 01823 328 463 or On The Level for under 18's on 01749 836 727*

*有关此方面的疑问, 请查看网址: [www.units.nhs.uk](http://www.units.nhs.uk) 或 拨打当地药物和酒精--成人转折点服务中心电话 01823 328 463咨询, 或者18岁以下请拨打01749 836 727.*

## Managing Depression

### 抑郁管理

Most of us have felt low from time to time, but usually the low mood passes after a few days.

Sometimes, a person sinks into depression to a point where they may need professional help to get back to normal.

人们时不时会觉情绪低落, 通常竟日便自好, 但有时也会低沉难以自拔而需求於专业治疗。

Depression does not mean that you are weak or lazy. It is a common illness like high blood pressure, diabetes or arthritis. It can occur at any age. The good news is that there are things you can do to help yourself and treatments that work well.

抑郁不代表您的懦弱或懒惰，它实为通常病例，就像高血压，糖尿病或关节痛，在任何年轻段中都会发生。令人欣慰的是有效果显著的治疗办法。

### **Helpful Tips**有用小贴士

*Most people recover completely from depression. You should never give up. Try to live one day at a time and keep reminding yourself that you will not always feel like this.*

人皆可以从抑郁中完全自拔，所以您不应放弃。珍惜每一天，并告诉自己：我不会长此下去的。

### **Signs of depression**

#### 抑郁症的征兆

#### **When we become depressed, we may experience:**

#### **当抑郁来临，您我们会觉得：**

- Loss of identify and self-esteem  
失了自尊和自识
- Sadness, when there is maybe nothing to feel sad about  
忧来无方无主
- Extreme guilt over minor matters  
因小事而自责
- A sense of failure, when this is not realistic.  
一种不切实的失败感
- Loneliness, even among other people  
纵使众人之中，亦会感觉孤独
- Tearfulness, when there is nothing to cry about  
纵使无事，亦会泪流
- Constant exhaustion  
悠长的疲倦
- Feelings of hopelessness, misery or despair  
感觉无援，痛苦和失望
- Difficulty in concentrating or making decisions  
对事犹豫不决，或不能集中精力

- Thoughts of death or suicide.  
有自杀倾向

### **When to seek help**

#### **何时寻求帮助？**

*You may be experiencing clinical depression and should seek help if your low mood or loss of interest in life:*

*您可能正经历临床抑郁症，并且如果您情绪低落到或生活失意到以下情况，请立即找寻帮助：*

- *interferes with your home, family or work life*  
妨碍了家庭，家人或者工作生活
- *lasts for two weeks or more*  
生病超出了两个周
- *brings you to the point of thinking about suicide*  
发现有自杀倾向

*Talk to your GP or contact one of the mental health associations or voluntary organisation if you are concerned.*

*向家庭医生GP，或精神医疗组织，或志愿组织咨询。*

### **Coping with depression**

#### **对付抑郁症**

- Avoid sitting or lying about doing nothing  
不宜一直坐着或者卧着而不采取行动
- Identify things you used to do regularly and things which you used to enjoy  
宜找以前常做的事做，过去喜欢做的事
- Plan to gradually increase the routine of pleasant activities  
計劃增进做您您喜欢的事
- If a task seems too difficult, try breaking it into a series of small steps  
如事太难，可分段落的去
- Above all reward yourself for your efforts  
可以自给奖励
- Avoid discussions of bad feelings. Solving problems is more helpful  
不宜同人作坏方面的消极的交谈，解困才更有帮助
- If your appetite is poor, eat small quantities regularly and drink lots of fluids  
如胃口不佳，可以多飲流食，少吃多餐

- Keep to a normal sleep routine. Avoid daytime naps. At night get up if you are awake for 30 mins or more, and do something that will help you to relax  
调整睡眠, 不宜白天打盹, 如夜中醒来长达30分钟以上, 可做些鬆弛运动.
- If you go off sex, keep some physical closeness with your partner and reassure them it is not personal but a temporary symptom.  
如性慾减退, 同您的伴侣作肌体的接触, 並表示这只是暂时状况, 不要生疑.

## **Helpful Tips** 有用小贴士

*It is important to be active even when you do not feel like it. Getting going again can help you feel better.*

*保持积极向上很重要, 纵使您不想做; 重新再来会让您感觉更好。*

## **Depressive thinking**

### **抑郁性思维**

When you are depressed there are changes in the way you think, as well as in how you feel. You tend to look on the negative side of everything, see the worst in yourself, in your life and your future. Once you are feeling down, you are more likely to remember the bad things that have happened and ignore the good ones. Negative thinking can also trigger depression and it slows down recovery.

当您沮丧时, 您的您想法和感觉都会不同于平常, 您您会对任何事只看到消极的一面, 自卑自贱, 并对自己的生活 and 未来感到失望. 一旦您情绪低落, 就更容易只记住您坏的事情而忽略好的. 消极思想会引发抑郁, 它会减缓恢复速度。

## **Identifying negative thinking**

### **认识反面消极想法**

Negative thoughts can be difficult to spot because they become a habit, they can flash quickly into your mind and most of us are not used to noticing our thoughts. Learning to spot and catch these negative thoughts is a skill you can master with time. Some examples of negative thinking are:  
消极思想不易被发现, 因为它能逐渐成为习惯, 如电光火石, 无可捉摸.

您需花时间学习如何认识和发现消极思想。 例子如下:

- *Thinking the worst*, eg your boy/girl friend doesn't phone. You assume they don't like you any more  
先想着其最差的一面, 例如: 您的伴侣不再来电话! 必是自己被抛棄了.
- *Ignoring the positive and only seeing the negative*, eg 'The shelves I put up are no good because one screw fell out'  
忽视了积极的而只见消极的. 例如: 我钉的这个书架很不安全, 因为其中一个螺丝没上好.
- *Taking things personally and blaming yourself for what others do*, eg 'My son failed that exam. I should have helped him more. I am a bad parent'.  
太无自信只知自责. 例如: 孩子考试失败, 全因我作为家长的未曾帮助, 我是不良父母.

You may also have beliefs that are unrealistic:

您可能还有不现实的信仰：

- I should be happy all the time  
我可以永恒快乐
- If someone is hurt by something I say or do, I am a bad person  
谁因我的言语受到伤害, 我便是个坏人
- If I show emotion, I am weak  
倘我表露了真情, 便是个弱者.
- If I don't succeed, I am worthless.  
倘我不能有成就, 便是个无用的人.

### Changing negative thinking

#### 改变您的不良想法

You can learn to think more positively with the 3 Step Approach and this will make a huge difference in your life.

您可以学习“三级进”方法让自己积极地思考，这会巨大地改变您的生活。

- **First**, write down your negative thoughts as soon as possible. If it's difficult to notice any thoughts, try noticing when you feel down, and ask 'What went through my mind just before I started feeling sad'.  
第一级: 立即写出您的消极想法. 如果难找到, 试着在您情绪低落时记下来, 并自问: “我发愁之初, 脑中在想着什么?”
- **Second**, ask yourself 'Is what I believe TRUE?' Ask yourself if everyone would have the same belief  
第二级: 自问“我相信的事物是真实的吗?” 问自己是否每个人都有一样的想法.

Think of other possible explanations for the event

对这件事, 还有另一解释罢

Try a different approach. For example, if your friend doesn't phone, call him or her to ask why.  
试行另一角度, 譬如, 朋友不来电, 我就主动打给他/她问个究竟。

- **Third**, balance each unreasonable thought with a more realistic one  
第三级: 以实际行动, 去衡量其不合理的想法

These should be different to the unreasonable belief

这应是不同于那个不合理的信念

Try to think of realistic statements.

试想出真实的说法

Try to think of as many alternatives as possible.

试想出几个不同方法

## **Helpful Tips 有用小贴士**

*Assess your symptoms regularly and consult your doctor and/or mental health worker if you have any problem*

如有难题, 定期评估您的症状, 并向医生或精神科医生询问

If you are worried about feelings getting out of control, keep track of your feelings, thoughts and behaviour on a “mood chart”. This will help you notice anxious or negative thought patterns as soon as they begin, so you can start using your self-help strategies.

如果您担心您自己会情绪失控,

根据“情绪示图”记录您的感觉, 想法和行为。您这会让您一开始就留意您的焦虑或失意的思维模式, 从而可以开始运用自我援助的策略。

Make a list of specific feelings, thoughts and behaviour that sometimes apply to you.

Only you will know what to put in these lists, but here are some examples:

记录下具体的感受, 想法, 和自身表现。您来决定表格的内容, 下面举些例子:

### **Feelings I am aware of:**

我能感觉到:

### **Thoughts that bother me:**

困扰我的想法是:

### **Negative behaviour:**

消极行为是:

### **Positive checklist:**

积极方面是:

- Sad (忧愁)
- Lonely (孤独)
- Nobody likes me (无人关顾)
- I can't cope (不能自持)
- I'm trying to do too much at once (欲速则不达)
- I'm avoiding people (我在逃避人群)
- I am coping with life (维持自我生活)
- I am in control of my thoughts and feelings (可控制自我所思)

Give each of your feelings, thoughts and behaviour a “rating” from 0 to 5.

给您的感受, 想法和表现从0至5打分。

0 = have not noticed any problems;

5 = things could hardly be any worse. For an example of a mood chart see next page.

0=代表未见有任何困难; 5=代表很差。图例在次页。



## Managing Stress and Anxiety

### 压力和焦虑管理

It is normal to feel anxious if you are facing something dangerous or difficult, but it is not usual to feel anxious all the time or to feel that anxiety is ruling your life. Severe anxiety is like a “false alarm” – the body over-reacting to something that is not really dangerous. The most noticeable physical signs are nausea, lightheadedness, sweating, a racing heart, palpitations and rapid breathing.

当您面临困难或危机, 觉得焦虑是正常的, 但如长期焦虑或因此扰乱了您的生活, 则不正常了。

严重的焦虑不安是个“假警报” – 身体会对正常的情况过度反应。最易见的身理现象是作呕, 头轻脚重, 出汗, 心跳脉张, 心悸和呼吸急促。

People often react to severe anxiety by avoiding the situation that makes them feel bad. However, this is not helpful in the long run, because the more you avoid something, the more difficult it will seem to you. It also limits what you can do and does not give you the chance to discover that the situation was not really dangerous after all. Try making a plan to help you face your feared situation, with the least frightening event to be tackled first.

人们常见的严重焦虑的反应是逃避某不利环境。长期下去自然不好,

愈逃避则愈受困扰。并且也干扰了您力所能及的事情而失掉自拔的机会。您

试着对令您不安的境况做出一个处理计划, 从不安程度最轻的方面下手。

When people are under stress, there is also a tendency to worry more than usual. Worry and unrealistic or negative thinking can be triggers for anxiety. People who get anxious sometimes think in ways that bring on the anxiety or make it worse. You may also have beliefs about yourself and about other people that are unrealistic. Anxious people often imagine that other people are judging them harshly.

当人们在紧张状况之下, 常会忧虑过度。担忧和不现实或消极的想法可引发焦虑。

焦虑的人们有时会愈演愈烈。您会对自己对他人有不真实的想法。

焦虑患者通常觉得旁人苛刻地对待他/她。

### Helpful Tips 有用小贴士

*Taking action may make you feel more anxious at first. Just keep going at your own pace, and remember how much better you will feel when you are able to take control and lead a fuller life.*

*采取行动会在开始感到更焦虑, 但只管循步渐进, 只想像着将来的收成就是能自主的完美愉快的生活。*

### Coping with anxiety

#### 克服焦虑

- Learn to relax and do relaxing things  
学习松弛和做松弛的运动

- Reduce caffeine and avoid using alcohol  
减少咖啡因和戒酒的摄入
- Regular physical exercise will help  
有规律的的运动必有帮助
- Make a plan to solve problems and take action  
做出问题的解决方案并采取行动
- Change the way you think.  
改变思考方式

Remember you can learn to think more realistically and this will make a huge difference in your life. Use the 3 Step Approach (see Managing Depression).

记住您可以学习怎样实际思考, 这会使您生活有大改善. 请运用“三级进”方法 ( 参见抑郁管理篇 )。

Worry and negative thinking are habits which take time to change.

去掉忧思和消极之习, 是需时间考验的.

## Managing Stress and Anxiety

压力和焦虑管理

### *When to seek help*

#### *何时需要援助*

*If your anxiety is severe it is important to seek help. Talking therapies can help you feel more positive and in control. Prescribed drug treatment can provide short-term help. Ask your GP for advice or contact one of the organisations listed at the back of the book.*

*如觉焦虑严重, 您需寻求援助, 对话疗法会帮您您积极思考和自制,*

*药物治疗能暂时有用,。最好家庭医生咨询或找有关援助组织 ( 名单见后 )。*

### Relaxation exercise

#### 松弛运动

Before starting this exercise it is advised to talk to your GP about the pros and cons of gently tensing muscles. This particularly applies to people with high blood pressure or a history of heart problems.

在做运动之前最好先找您的您家庭医生GP咨询有关各种肌肉拉张运动的利弊,

尤其患有高血压和心脏病者.

- Choose a quiet place where you will not be interrupted  
选一僻静无干扰之地方
- Before you start, do a few gentle stretching exercises to relieve muscular tension  
在做肌肉舒展运动之前, 宜做些舒缓的伸展练习.

- Make yourself comfortable, whether sitting or lying down  
不论坐还是卧, 都应该身心舒适
- Start to breath slowly and deeply, in a calm, effortless way  
呼吸宜缓, 深长, 和安祥无阻
- Gently tense, then relax, each part of your body, starting with your feet and working your way up to your face and head  
舒缓的拉张, 然后放鬆身体各部, 从脚开始循序而上到头部和面部
- As you focus on each area, think of warmth, heaviness and relaxation  
每到身体各个部位都要注意温度适宜, 注意轻重缓急
- Push any distracting thoughts to the back of your mind; imagine them floating away  
把杂念推之脑後, 想着它浮起而失
- Don't try to relax; simply let go of the tension in your muscles and allow them to become relaxed  
不要试图故意放松, 放开肌间的紧张处, 令肌肉逐度鬆弛
- Let your mind go empty. Some people find it helpful to visualise a calm, beautiful place like a garden or meadow.  
清空脑中杂念, 可以冥思身在安静花園胜境

Stay like this for about 20 minutes. Then take some deep breaths and open your eyes, but stay sitting or lying for a few moments before you get up.

就这样维持二十分钟, 则深呼吸几下, 张开眼, 仍保持坐卧原状一阵, 後才起身.

## Slow breathing to reduce anxiety

### 舒缓呼吸以减少焦虑

Anxiety can make you feel breathless. The natural response to this is to breathe in more or to “over breathe”. However, this makes the problem worse. The best solution is to slow down your breathing which will stop the unpleasant feelings of anxiety.

焦虑会使人呼吸不顺, 本能表现会加快或加深呼吸。但却適得其反。因此, 最佳解决方法应是放缓呼吸从而停止让人不安的焦虑感。

Remember to breathe in using your abdomen (not your chest). This is sometimes called stomach breathing, because the abdomen should gently rise and fall rather than your upper chest.

记住需用小腹呼吸, 即丹田呼吸, 每见小腹起落, 而不见上肺起落.

- Breathe in slowly through your nose to the count of 3 seconds  
先由鼻用三秒钟吸进
- Then slowly breathe out to the count of 3 seconds  
缓慢地用三秒钟呼出

- Pause for 3 seconds before breathing in again  
停止呼吸约三秒钟之久
- Continue this exercise for 5 minutes or so  
继续此呼吸运动, 大约五分钟
- Practise twice a day for 10 minutes (5 minutes is better than nothing)  
每日二次运动共10分钟 (纵使每日只五分钟也好过不做)
- Try to check and slow down your breathing during the day  
也可试把呼吸再放缓
- Use the slow breathing technique whenever you get anxious.  
每当觉得焦躁, 便做此呼吸运动

### **Helpful Tips** 有用小贴士

*Remember the technique of slow breathing sounds very simple, will take practice to master but is very effective.*

*记住, 缓慢呼吸技巧听起来简单, 但需要坚持锻炼才会很有效果.*

### **Panic attacks**

#### 惊恐发作

Panic attacks are very frightening because they seem to come out of the blue. Most people describe a sudden, overwhelming sense of anxiety, including:

此症尤为可怖, 因无所适从, 由来无方。很多人描述感觉到突然而至

势不可挡的焦虑, 包括:

- Feelings of absolute terror  
绝对的惊慌
- Very rapid breathing and heartbeat  
很快的心跳和呼吸
- Dizziness or faintness  
眼花或晕眩
- Sweating and hot or cold flushes  
出汗和乍冷乍热
- Feelings of unreality.  
有幻觉出现

## Helpful Tips 有用小贴士

*The important thing to remember is that feelings of panic will never cause you any harm. Your body is simply gearing itself up for a non-existent danger.*

至要的记得此类惊恐是不会直接造成伤害, 这只是本能的, 是对非危险情况下的紧张反应。

### Coping with a panic attack

#### 惊恐发作管理

- Slow your breathing  
放缓呼吸
- Stay where you are  
应原地不动
- Remind yourself that you are safe and that the feeling will pass  
告诉自己, 自己很安全, 这种感觉会平安渡过
- Try to distract yourself by looking hard at something nearby  
把目标向身外一物以转移注意
- Face the situation again later.  
过后再来处理这事

### Anger

#### 恼怒

Anger needs to be expressed, because if it gets bottled up inside it can cause harm or boil over into rage. You are 6 times more likely to suffer from heart disease if you are persistently angry. Anger has to be expressed calmly, not aggressively. Remember that losing your temper is never a good solution. It may provide temporary relief, but later on you will feel bad, which can lead to more anger.

恼怒需要发洩出去, 如果憋在心里会对身体有害, 也可一发不可收拾。

多怒之人比常人高六倍的几率患心脏病, 以静制怒, 不能变本加厉。记住脾气失控决不是个好办法, 暂出一口气並不解决问题, 反引起更多恼气。

### First aid for anger

#### 恼怒的及时处理

- Breathe slowly and deeply  
深缓呼吸
- Slow down. Don't rush into words or actions you may regret  
放慢一切, 缓迟口中话或行动, 以免後悔。
- Count to 10  
由一数至十

- Walk away if possible  
如可以, 离开现场
- Do something physical like a vigorous walk or housework  
找些体能运动, 如急步行或家务
- Take some exercise but not a competitive sport as this can increase feelings of aggression.  
做些体操但非竞技运动, 因为竞技运动会产生强迫感.

### **Helpful Tips 有用小贴士**

*If you want to deal with your anger STOP blaming others and START to change yourself*

**制怒要点是改变自己, 而非推罪别人**

### **How to tackle deeper, long-term feelings of anger**

#### **如果控制长期的恼怒**

- Talk to someone about the way you feel  
找人倾诉有关您的内心
- Ask your GP for help in tackling your feelings  
求助于家庭医生求处理您的心情
- If it is yourself you are angry with, think whether you are blaming yourself unfairly  
如怒是源于自责, 试自问这自责是否公平
- Try to think about the bigger picture  
向大方面着想
- Express your feelings in writing or painting  
用书写和作画来抒发自己的感情
- Practice techniques to make yourself more relaxed and stress-free  
做放松和不紧张的操练
- Don't take things personally  
对事物不要太敏感
- Recognise your own early warning signs.  
知道观察初期迹象

*For more information on managing anger visit BBC-Health website*

[www.bbc.co.uk/health/conditions/mental\\_health](http://www.bbc.co.uk/health/conditions/mental_health)

*上面英广播电视健康网亦可参考怎样控制恼怒*

## Professional Help

### 专业帮助

If you are experiencing mental distress there are many treatments available to help.

如果您心理抑郁,有多种治疗可以帮助。

### Self Help

#### 自助法

There is a lot you can do to help yourself. Take a look at the suggested reading at the back of this book. You can also be helped by support from family, friends, teachers, or work colleagues. However, there may come a time when you feel you might benefit from additional help. Help can be found via a new Emotional Health and Well-Being Service or your local authority social care department, private or voluntary organisations. The agencies listed in this book are there to help you.

手册後面提供帮助方法,您也可以求助於家人,师友,同事,或您认为仍然不够,则当地机构譬如“心理健康和好心情服务处”,或政府的“社会保健部门”,还有私人 and 志愿组织,都可找到答案。机构已列在手册后面。

*For more self help options see the recommended reading list and the list of useful organisations at the back of this booklet.*

*此册後面还介绍有关自助的推荐读物和各种协助组织的地址*

Here are some steps you may want to take in managing your problems:

解决您的问题,还有以下步骤可行:

### Support from your GP Surgery

#### 家庭医生诊所的援助

There are many sources of help to be found via your surgery. A GP is many people's first point of contact when

seeking help - a sizeable proportion of most GPs' work is related to emotional problems. GPs' can:

有许多诊所可以帮助您找到援助来源,家庭医生GP则是第一联系人---

他们大部份的工作正是为心理病人解困,他们可以:

- Talk through your problems with you  
讨论您您的困难
- Talk about other sources of help in the community  
为您寻找可帮助您您的部门
- Prescribe medication  
给您开药

- Refer you to the Emotional Health and Wellbeing Service  
转介您去“心理健康和好心情服务”(参见三十页)
- Refer you to specialist mental health team.  
转介您去 特别心理治疗小组 (参见三十二页)

Your Practice Nurse, Health Visitor or District Nurse may also be able to help you manage your mental health difficulties and discuss options available in your surgery and community.

区护士和医疗访者也可帮助您管理您的心理健康的难题, 为您找适当治理部门.

## Medication

### 药物帮助

Sometimes when a person's distress is acute, their GP may prescribe medication. Some people dislike the idea of taking medication, believing they should be able to manage without, but there are times when it is the best solution. Taking medication on its own is beneficial and it can help you benefit from other treatments. All medication has some side effects – usually minor but it is very important to not stop taking medication without consulting your doctor.

当病情急迫时, 家庭医生提供药物治疗. 人们都不喜欢吃药, 以为可以自己解决.

但有时候药物解决却是最佳方案. 通过服药, 可以协助并对他种治疗增效, 虽然药物都有其副作用, 通常是轻微的, 但重要的是用药宜先听医生吩咐.

*Talking treatment (Talking therapies) is also available privately and some non-statutory agencies provide free or low cost counselling. See useful organisations at the back of this booklet.*

*私人诊所或有非政府管制之服务所设有免费或廉价的“对话疗法咨询服务”, 地址参此本册.*

## Emotional Health and Wellbeing Service

### 心理健康和好心情服务所

Somerset Community RightSteps is a new, free and confidential service to provide mental health support quickly and easily. The staff are experienced at assessing emotional distress and working with you to find the best ways to manage your difficulties. The service works with many organisations to help give you choices about meeting your individual needs.

萨默塞特社区RightSteps 是一项新的, 免费的保密的服务。它提供快而简便的心理治疗帮助。

它的员工对于心理抑郁治疗有丰富的经验, 可为您寻求最佳解法,

服务员亦会从众多其他机构为您选择, 最适合您的帮助。

A key element of the service is cognitive behaviour therapy (CBT). CBT looks at how your thinking and behaviour are affecting the way you feel. It has a proven record of success in helping people manage a range of mental health problems. It helps you examine your beliefs about yourself and to view your situation differently. Building up your coping skills can improve your mood and enable you to face difficult or feared situations.

有一项关键的服务叫做“观行治疗法”(CBT)。CBT 观察您的思想行为是如何影响您的感受。

经证明此疗法已成功地为心理健康问题患者解决一系列问题。它帮助您考察您的信念,

并从不同角度来分析您的情况。CBT帮助您建立对待事情的技巧, 使您有个好心情以应付各种困难。

## Types of support available:

### 各种帮助

- Telephone support  
电话帮助
- Talking face to face with a therapist/ counsellor  
与治疗师/ 顾问医生见面及谈话
- Advice and information including other organisations that can help  
找寻和提供各种可对您有助的组织
- Employment support  
就业协助
- Sessions with a skilled worker guiding you through self help materials based on CBT  
从观行治疗的疗程中让有经验的员工为您服务
- Books and computer programmes based on CBT  
找与观行治疗科有关书籍及电脑节目
- Workshops to help you learn skills to deal with your difficulties  
学习从解困技能的讲座
- Referral to specialist mental health services  
转介会见专门的心理治疗服务
- Some appointments outside office hours.  
给您办公时间之後的挂号订位

To book an appointment please telephone, 01278 727 447 during office hours. For further information please visit [www.somcomhealth.nhs.uk/rightsteps](http://www.somcomhealth.nhs.uk/rightsteps)

预约请致电 01278 727 447。详情请浏览网址 [www.somcomhealth.nhs.uk/rightsteps](http://www.somcomhealth.nhs.uk/rightsteps)

## Specialist mental health services

### 专业心理健康服务

Sometimes when problems become severe or people are at risk your GP will talk to you about referral to your local specialist mental health service. This is a team of mental health staff including a Psychiatrist, Community Psychiatric Nurses (CPN), Clinical Psychologist, Social Worker, and other support staff. They are skilled and experienced in managing complex problems in a professional, confidential and sensitive manner.

当情况危急时，您的家庭医生可为您转介当地心理治疗服务所。小组成员包括心理学家，精神科护士，临床心理学家，社会工作者及其他成员。他们技术熟练，经验丰富，能专业地处理复杂疑难问题，并且对敏感问题有高度的保密性。

For further information about local services, go to the Somerset Partnership NHS Foundation Trust website: [www.sompar.nhs.uk](http://www.sompar.nhs.uk) 相关的当地服务中心,  
请浏览萨默塞特NHS信用合作网站: [www.sompar.nhs.uk](http://www.sompar.nhs.uk)

There are some mental health problems that require early access to specialist services, these include psychosis, dementia, and some eating disorders. If you are at all concerned that this may apply to you make an appointment to discuss with your GP.

有数种心理疾病的情况是需要提早进行专门治疗的, 包括幻觉精神病, 老人痴呆症和 饮食失调症.

如果您有这方面的问题, 可以找您的家庭医生咨询.

## Giving Support

### 给予援助

If someone close to you is experiencing emotional problems, encourage them to talk about their feelings and, if necessary, get advice from their GP. They may need a lot of support and their behaviour can be out of character and worrying.

如您发现身边的人情绪出现问题, 应鼓励他们谈论困惑,

或如有必要找求医生的意见。这些病人会表现异常, 令人担心, 需要援助.

You can help by listening. Be reassuring and encouraging, but try not to tell them how they should feel or what they should do. Show appreciation, small successes should be recognised and celebrated. Anything that may help the person forget their problems for a while is beneficial. Practical help may be needed short term with everyday tasks.

您可以通过聆听, 鼓励他们, 给他们保证, 但不能强加指责. 当他们情况有了进展应该多加勉励和鼓舞. 能帮助他们暂忘困境也是有好处的。日常运动和劳作可有短期疗效.

It can be very upsetting when a friend or relative is distressed, and you may well find yourself in a caring role that you did not choose. Ask friends and relatives for help. Outside support may also be helpful. Remember your emotional well-being is important too! See the Carers organisations listed at the back of the book.

当您亲朋好友患有抑郁症是令人沮丧的,

您可以发现自己扮演自己并未料到的护理角色。您可以找朋友或者亲戚帮忙。外界支持同样有效。请记住您的精神健康也很重要! 请参考此书後页的各个护理组织。

## Suggested Reading

### 推荐阅读

**Overcoming Depression (克服抑郁症)** by Paul Gilbert, Robinson, 2009. A self help guide

**Understanding Stress (了解压力症)** by Professor Greg Wilkinson. Family Doctor Series in association with BMA, available from Lloyds Chemists, Boots and some Tesco stores

**Managing Anxiety and Depression:(处理焦虑和郁症)** A Self Help Guide by N Holdsworth and R Paxton. Mental Health Foundation, 1999

**Overcoming Anger and Irritability (克服恼怒及烦躁)**  
by William Davies, Basic Books, 2009. A self help guide

**Overcoming Anxiety(克服焦急)** by Helen Kennerley.  
Robinson, 2009. A self help guide

**Postnatal Depression(孕後抑郁症):** Facing the Paradox of Loss, Happiness and Motherhood by Dr Paula Nicolson, Wiley, 2001

**The Feeling Good Handbook(好心情手冊):** Using The New Mood Therapy in Everyday Life by David Burns, Plume Book, 2000

**Overcoming Low Self Esteem(克服自卑心理):** by Melanie Fennel, Robinson, 2009

## Useful Organisations

### 有用机构组织

Advocacy in Somerset	01458 253 053
Age Concern Somerset	01823 423 496
Alcoholics Anonymous	0845 769 7555
Alzheimers Society	0845 300 0336
Anxiety UK	08444 775 774
APNI - Association for Postnatal Illness	020 7386 0868
Benefit Enquiry Line	0800 882 200
British Association for Counselling and Psychotherapy	01455 88 33 00
Broken Rainbow - LGBT Domestic Abuse Support	0845 260 4060
CALM - for young men	0800 585 858
Carers Counselling Service	0800 174 319
Childline	0800 1111

Citizens Advice Bureau	
Bridgwater	01278 455 236
Taunton	01823 282 235
Mendip	01749 675 677
Yeovil	01935 421 167
Cruse Bereavement Helpline	0844 477 9400
Young Cruse	01458 840 898
Depression Alliance	0845 123 2320
Domestic Abuse Free Phone Line	0800 694 9999
Drinkline	0800 917 8282
Equilibrium, the Bi Polar organisation	01823 323 363
Farming Crisis Network	0845 367 9990
Frank – National Drugs Helpline	0800 77 66 00
Gamblers Anonymous	020 7384 3040
Links - to voice views on health and social care services	0300 111 0102
Make the Change - behaviour change programme	01823 353 456
Manic Depression Fellowship	0845 634 0540
Men's Advice Line for Domestic Abuse Support	0808 801 0327
Mental Health Foundation	020 7803 1101
MIND - Information Line	0845 7660 163
MIND	
Bridgwater	01278 44 69 35
Minehead	01643 708 765
South Somerset	01935 410 138
Taunton & West Somerset	01823 334 906
Mindline (Somerset)	01823 276 892
National Bullying Helpline	0845 225 5787
National Carers - Helpline	0808 808 7777
NHS Direct - health & medical information	0845 4647
No Panic	0808 808 0545
Patient Advice and Liaison Service	01278 432 022
Papyrus – prevention of young suicide	01282 432 555
Parentline Plus	0808 800 2222
Relate - relationship counselling	01823 275 983
Rethink - mental health charity	01823 365 301
Samaritans	08457 90 90 90
Saneline	0845 767 8000
Somerset Carers Network	01373 455 854
Somerset Change - domestic abuse support service	01823 352 247
Somerset Gateway - community information database	01823 336 370

Somerset Gay Health	01823 327 076
Somerset Partnership NHS Foundation Trust	01278 432 000
SREC -Racial Equality Council	01458 274 200
SWEDA - eating disorder association	01458 448 600
Somerset Emergency Social Work Duty Team	01458 253 241
Triumph over Phobia	0845 600 9601
Turning Point - drug & alcohol service	01823 328 463
Wanting 2BU - gay & lesbian youth group	0773 354 6771
Young Carers Network	01452 309 399
Young Minds	020 7336 8445

Whether you sometimes experience difficulties yourself or are supporting someone else who struggles with anxiety or depression, this booklet is for you. It gives you useful tips on managing these problems and advice about when and where to seek further help. Importantly, it looks at things we can all do to avoid mental distress and improve our everyday emotional wellbeing.

无论您自己或他人受到压力还是抑郁的困扰, 这是必读的手册。

手册指导给您如何克服困难和寻求建议和协助。重要的是, 手册涉及到您如何避免精神痛苦, 如何增进日常心理健康的方方面面。



**Somerset**

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