

Caregivers' Cove

The prolonged pandemic can take a toll on our mental health¹.

It is natural for one to feel anxious or upset...

- if a loved one develops a new health condition.
 - to be in disagreement with people who are dear to us.
 - struggling with new or conflicting demands.
- ...for any situation we don't feel confident in handling.

Prolonged stress could get out of hand

Here are symptoms of mood issues that one needs help with:

- Getting upset by common things which are usually bearable.
- Feeling lousy every day for weeks or even months.
- Unable to explain clearly what one is feeling upset about.
- Eating or sleeping too little or too much.
- Using medications heavily to manage one's mood.
- Feeling drained with everything that it's hard to go on.

Keep the situation in check

- Tell a trusted person when we need help.
- Check with a doctor if medical attention is required.
- Tackle one concern at a time.
- Maintain a healthy diet and regular exercise regime.

Let's make self care our way of life.

Share with us your experience!



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看护者港湾

持久的疫情可能影响我们的精神健康¹。

一般让人觉得焦虑或懊恼的事有如。。。。

- 发现亲人有新的健康状况。
 - 和亲密的人意见不合。
 - 难为新的或多项需求争取平衡。
- 总之就是让人感觉缺乏信心面对的事。

长期承受压力可能会失控

以下是某人需要外在帮助的症状：

- 一般的芝麻小事都让人觉得受不了。
- 每天都心情恶劣，持续几个星期甚至几个月不断。
- 无法清楚解释为什么心烦意乱。
- 吃得太少或太多。
- 严重依赖药物来控制情绪。
- 什么事都觉得劳累难以继续。

掌握和控制状况

- 需要帮助时就告诉亲信的人。
- 让医生确定是否需要治疗。
- 凡事一样一样来。
- 维持健康饮食和定时运动的习惯。

让自护成为我们选择的生活方式。



图像源：Unsplash

请和我们分享您的经验！